DIFFERENCE IN KNOWLEDGE LEVEL OF TODDLER'S MOTHERS BEFORE AND AFTER NUTRITIOUS FOOD EDUCATION FOR TODDLERS USING ANIMATED VIDEO MEDIA AT POSYANDU DEWI SHINTA GLANGGANG PAKISAJI

Laila Nur Azizah[1] , Imam Subekti [2]

Applied Nursing Undergraduate Study Program in Malang, Nursing Department, Ministry of Health Polytechnic of Malang

ABSTRACT

Background: *Indonesia continues to struggle with nutritional issues, especially the high prevalence of stunted growth among children under five. Low maternal nutrition literacy is associated with stunting prevalence. This study aims to analyze differences in mothers' knowledge levels before and after providing nutritional education for toddlers using animated videos at the Dewi Shinta Integrated Health Post (Posyandu), Glanggang, Pakisaji, Malang Regency.* ***Method:*** *This research was quantitative with a quasi-experimental one-group pretest-posttest design, with 32 mothers of toddlers as samples. The research instrument used a questionnaire on mothers' knowledge about nutritious food for toddlers, which was measured twice (pre- and post-education). Education was provided through animated videos about nutritious food for toddlers, shared through WhatsApp groups, to be viewed at least twice a week. Bivariate analysis used the Wilcoxon Signed-Rank Test.* ***Results:*** *The pre-test knowledge level of mothers of toddlers was mostly (81.2%) fairly good knowledge and post-test education, all (100%) had good knowledge. The results of the Wilcoxon Signed-Rank Test showed a significant difference between the pre- and post-intervention knowledge levels with a p value = 0.000 (<0.05).* ***Conclusion:*** *There was a significant difference between the knowledge levels before and after nutritious food education for toddlers with animated video media. The use of animated videos in nutrition education programs at integrated health posts (posyandu) can be an effective strategy to increase maternal knowledge and support improvements in toddler nutrition.*

Keywords: *nutrition education, animated video, mother's knowledge, toddlers, posyandu*