

## ABSTRACT

Ittaq Amri Azalista. 2025. The Difference in MP-ASI Knowledge and Toddler's Body Weight Before and After Nutritional Counseling in Krowe Village, Lembeyan District, Magetan Regency. THESIS. Politeknik Kesehatan Kemenkes Malang. Supervisors: Tapriadi, Hasan Aroni, and Juin Hadisuyitno.

Child malnutrition, such as stunting and underweight, remains a challenge in Indonesia. One of the contributing factors is the improper provision of complementary feeding (MP-ASI). This study aimed to analyze the effectiveness of nutritional counseling in improving maternal knowledge and toddlers' body weight in Krowe Village, Magetan Regency, where the percentage of proper MP-ASI practices is low (66.67%) compared to the Lembeyan district average (86.97%).

The objective of this study was to determine the difference in maternal knowledge about MP-ASI and toddlers' nutritional status before and after nutritional counseling in Krowe Village, Lembeyan District, Magetan Regency.

A pre-experimental design with a one-group pretest-posttest design was used on 33 mothers of toddlers aged 6-23 months. Maternal knowledge and toddlers' body weight were measured before and after four counseling sessions. Data analysis was performed using the Wilcoxon Signed Rank Test.

The results show a significant increase in maternal knowledge after counseling, with the average score rising from 76.36 (pretest) to 94.24 (posttest) ( $p=0.000$ ). The percentage of mothers with good knowledge increased from 84.8% to 100% after the intervention. Additionally, toddlers' body weight also showed a significant increase, with the average body weight rising from 9.18 kg to 9.42 kg ( $p=0.000$ ). However, there was no significant difference in nutritional status based on the Weight-for-Age (BB/U) index.

The study concludes that MP-ASI counseling is significantly effective in improving maternal knowledge and toddlers' body weight. Nevertheless, changes in nutritional status require more sustained and comprehensive interventions.

**Keywords: Nutritional Counseling, Complementary Feeding, Maternal Knowledge, Body Weight, Nutritional Status**