

ABSTRACT

Puguh Dwi Wahono, 2025. *The Effect of Nutrition Education Using Video Tutorial Media on Knowledge and Skills of Infant and Young Child Feeding (IYCF), Level of Energy and Nutrient Intake, and Body Weight of Underweight Children Aged 6–59 Months at Tebon Public Health Center, Magetan District*. Thesis. Politeknik Kesehatan Malang. Advisors: Astutik Pudjirahaju and Ibnu Fajar.

According to the 2022 Indonesian Nutritional Status Survey (SSGI), Magetan District ranks among the top ten districts/cities with the highest prevalence of underweight children, reaching 12.1%. This figure increased to 13.4% in 2023 based on the Indonesian Health Survey (SKI), indicating a rise in underweight cases. Furthermore, the ePPBGM reporting data for the fourth quarter showed an underweight prevalence of 15.6%. One of the efforts to improve maternal knowledge and skills is through nutrition education using video tutorial media.

This study aimed to determine the difference in maternal knowledge regarding Infant and Young Child Feeding (IYCF) before and after receiving nutrition education using video tutorial media at Tebon Public Health Center, Magetan District.

The results showed that the average maternal knowledge score before education was 56.48%, which is categorized as low, and increased to 80.83% after education, classified as good. Maternal skills also significantly improved, from an average score of 51.12 to 81.12, with an average increase of 30%. The dietary intake pattern of underweight children before the intervention was in the very poor category, fulfilling only 64% of the Recommended Dietary Allowance (RDA). In terms of quality, the Dietary Diversity Score (DDS) reached 72.1, fulfilling only 77.9% of the 2019 National Standard target score of 92.5. The nutritional intake of underweight children increased after the intervention, with energy intake at 81.8%, carbohydrates at 79%, protein at 78.8%, and fat at 81.8% of the RDA. Additionally, there was a notable difference in children's body weight, with an improvement observed in 52.2% of the children after the nutrition education intervention using video tutorials.

Keywords: Nutrition Education, IYCF, Video Tutorial, Nutrient Intake Level, Body Weight