

## ABSTRACT

**DHEA FITRI HANDAYANI. 2025.** *Exclusive Breastfeeding Counseling to Improve Breastfeeding Mothers' Knowledge in Karanganyar Village, Gandusari District, Trenggalek Regency.* Scientific Paper, Diploma 3 Nutrition Study Program, Nutrition Department, Health Polytechnic, Ministry of Health, Malang. (Under the Guidance of: **Hasan Aroni SKM., MPH**)

The writing of this Scientific Paper focuses on the knowledge of breastfeeding mothers in Karanganyar Village, Gandusari District, Trenggalek Regency. Data collection was carried out in January 2025 and aims to determine the knowledge of breastfeeding mothers before and after counseling. The findings show that insufficient breast milk production, breast problems, and maternal health problems are direct causes of the problem of not providing exclusive breastfeeding. In addition, indirect factors such as low maternal knowledge about the benefits of exclusive breastfeeding, lack of family or environmental support, mothers who do not have time to express breast milk while working, giving formula milk to babies, and support for early breastfeeding initiation. This study highlights the importance of the practice of exclusive breastfeeding for breastfeeding mothers in Karanganyar Village, Gandusari District, Trenggalek Regency. The average level of knowledge of breastfeeding mothers before and after being given counseling was 15.9%, which was mostly due to the mother's education level. This study needs targeted nutritional interventions to improve maternal knowledge in the area.

**Keywords:** Breastfeeding Mothers, Exclusive Breastfeeding, Knowledge