

*BENEFITS OF BALANCED NUTRITION COUNSELING ON THE  
KNOWLEDGE AND ATTITUDE OF MOTHERS OF TODDLERS  
IN 4 POSYANDU IN GENENGAN VILLAGE*

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**ABSTRACT**

**Background:** Nutritional problems are one of the main factors that inhibit growth and cause death in children. Toddlers grow rapidly and are a group that is vulnerable to nutritional problems. Malnutrition in toddlers can cause serious consequences, such as failure in physical growth, less than optimal development and intelligence, and even death. Mother's knowledge and attitudes are one of the important elements in ensuring balanced nutrition for toddlers, one of which can be obtained through counseling using leaflets. **Objective:** To determine the benefits of balanced nutrition education in improving the knowledge and attitudes of mothers of toddlers at 4 posyandu in Genengan Village. **Method:** The writing method used is descriptive, with analysis using the average pretest and posttest scores taken during the Community Nutrition PKL intervention. **Results:** Of the 40 respondents, there was an increase in maternal knowledge before and after counseling. The average knowledge score increased by 18, and the frequency of respondents' knowledge in the good category increased from 12 (30%) to 23 (57.5%). Apart from that, the average attitude score also increased by 11.2 with the frequency of respondents who had a good attitude increasing from 27 (82.5%) to 34 (85%) after the counseling was carried out. This shows that nutrition education also has a positive effect on the knowledge and attitudes of mothers of toddlers. **Conclusion:** There is an influence of counseling about balanced nutrition for toddlers on knowledge and attitudes at 4 posyandu in Genengan Village.

**Keywords:** Counseling, Balanced Nutrition, Knowledge, Attitude