

ABSTRACT

DEVIA MURNADIANTI CAHYA ROMADHONI. 2025. The Influence of MP-ASI Counseling on Knowledge, Energy and Protein Consumption Levels, and Weight Gain in Underweight Toddlers at Parang Health Center Magetan Regency. Undergraduate Study Program in Applied Nutrition and Dietetics, Departement of Nutrition, Health Polytechnic of the Ministry of Health Malang. **(under the guidance of : Ibnu Fajar, SKM., M.Kes., RD and Juin Hadisuyitno, SST., M.Kes.)**

This study aims to analyze the effect of Complementary Feeding (MP-ASI) counseling on knowledge, energy and protein consumption levels, and weight gain in undernourished toddlers at the Parang Health Center, Magetan Regency. Undernutrition in toddlers is a serious health issue that can negatively impact children's growth and development. The method used in this study is a pre-experimental research design with a one-group pre-test post-test arrangement. The research sample consisted of 32 undernourished toddlers selected using purposive sampling techniques. Data were collected through interviews, anthropometric measurements, and a nutrition knowledge questionnaire administered to the mothers of the toddlers. The results showed that MP-ASI counselling significantly improved mothers' knowledge about nutrition ($p = 0.001$), as reflected in the increase in knowledge scores before and after counseling. Additionally, there was a significant increase in energy consumption levels ($p = 0.001$) and protein ($p = 0.001$) in toddlers after receiving counseling. The weight gain of undernourished toddlers also showed a significant increase ($p = 0.001$) after counselling intervention. From the results of this study, it can be concluded that MP-ASI counseling effective in improving mothers' knowledge, as well as contributing to the improvement of nutritional intake and weight growth in undernourished toddlers. This research is expected to serve as a reference for health workers in addressing nutritional issues in toddlers and to provide useful information for the development of nutrition intervention programs in the community.

Keywords: Counseling, Knowledge, Consumption Levels, Weight Gain, Undernourished.