

The Effectiveness Of Education Using Video Is Determined Nutritional Knowledge In Mothers With Low Nutritional Children At At Sanur Health Center Nunukan District

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ABSTRACT

Toddlers who lack sufficient nutritional intake will most likely have a decreased immune system, making them susceptible to infectious diseases which can affect their appetite and absorption of nutrients, causing malnutrition. Toddlers who often experience infectious diseases and malnutrition will easily experience growth and development disorders at this age, which will affect the child's level of health and intelligence as well as US productivity in the subsequent growth period. This research aims to determine the effectiveness of education using videos on nutritional knowledge in mothers of malnourished toddlers. This research is a quantitative research with a pre-experimental research design, one group pre-test post test with a cross sectional approach. The sample in this study was 72 mothers who had malnourished toddlers in the working area of the Sanur Health Center, Nunukan Regency, using a purposive sampling technique. The Wilcoxon statistical test was used to determine the effectiveness of education using videos on nutritional knowledge in malnourished mothers of toddlers. The results of research from 72 respondents, almost all respondents experienced an increase in knowledge, namely 41 respondents (55.9%) who had a sufficient level of knowledge and 31 respondents (43.1%) who has a good level of knowledge. The results of bivariate analysis using the Wilcoxon test obtained a p value of $0.000 < 0.05$, so the H₀ was accepted because there was the effectiveness of education using videos on nutritional knowledge in malnourished mothers of toddlers. It can be used as evaluation material to improve educational methods that are more interesting and it is hoped that it can increase knowledge about nutrition in toddlers.

Keywords: Education, Nutrition, Toddlers, Video

INTRODUCTION

Toddlers who are lacking in fulfilling their nutritional intake nutrition will most likely be decrease Power stand his body, so that prone to to disease infection which can affect appetite and nutrient absorption, leading to malnutrition. Toddlers who frequently experience infectious diseases and malnutrition are more likely to experience growth and developmental disorders later in life, which can affect their health, intelligence, and productivity during later development (Istiany & Rusilanty, 2013).

Need will nutrition Which required every individual very important. Every human being will go through stages or cycles of life starting from the pregnancy period, breast-feed, time baby, time children, time teenager, mature to old age. Each stage requires different nutritional needs depending on a person's growth and physical activity (Mardalena & Ida, 2017).

In a way global, according to results UNICEF-WHO- *World bank group joint Child Malnutrition Estimates*, the prevalence of wasting in toddlers is 6.9%, severe wasting is 2.1%,

and overweight is 5.6%. According to the results of the 2018 Basic Health Research, in Indonesia, the national prevalence of overnutrition is 8% and malnutrition is 10.2%. When compared to the national prevalence rate in 2013, there has been a decline where toddlers *with* malnutrition were 12.1%, and nutrition more as much as 11.8%. On year 2018 although experience decline, this figure is still considered quite high because it is still above the standard set by WHO, which is below 5% (Ministry of Health RI, 2019).

In North Kalimantan Province in 2021, there were 17 toddler deaths from 12,566 amount toddler Which There is. Part big reason The causes of infant mortality are respiratory infections, diarrhea, malnutrition, or often a combination. from condition the (Body Center Statistics Province Kalimantan North, 2021)

Based on data from the Nunukan District Health Office, the number of malnourished on year 2020 there is 1668 case on year 2021 there is 1697 case

and in 2022 the number of cases decreased to 192 cases of malnutrition in toddlers (Nunukan District Health Office 2023).

Child toddler very vulnerable experience disturbance health consequence from Poor nutritional status. Long-term malnutrition in toddlers can lead to growth and developmental disorders, such as wasting, stunting, and mental health problems. Many factors contribute to malnutrition (Nugrahaeni, 2018).

Knowledge a Mother about nutrition on toddler will influential on the dishes and the quality of the food served. At this time, the role of a mother is very important, because if the mother's knowledge regarding fulfilling toddler's nutritional needs is lacking so will influential to growth And development a child because this knowledge is important in forming a person's behavior, including behavior in fulfilling nutritional needs in toddlers (Hovhannisyan, 2014).

There are three behavioral changes that a person undergoes in life: knowledge, attitudes, and behavior. One way to change the behavior of an individual or group is through health education. Implementing health education is one way to do this. because considered capable increase knowledge Which Then can improve or change positive attitudes and behavior towards health (Notoadmodjo soekidjo, 2014).

According to research conducted by Pratiwi et al., 2016, malnutrition in toddlers is caused by mothers' attitudes and behaviors regarding poor food selection. This lack of knowledge about food and its nutrients influences poor food choices, resulting in children's nutritional needs being inadequately met.

From a preliminary survey conducted in October 2023 in the Sanur Health Center Working Area, Nunukan Regency, it was found that there were 94 amount toddler Which recorded in 7 Integrated Health Post Which experience Nutrition not enough. Due to this problem, an effort has emerged to prevent malnutrition. that is with give education about nutrition toddler. Knowledge the less so that can harm health should changed toward Which beneficial for health. This is because knowledge can influence attitude Which Finally capable influence How a person in behaving in his daily life.

Based on the background description above, the author will conduct research. about Effectiveness Education Use Video To Nutritional Knowledge of Mothers of Undernourished Toddlers at the Sanur Community Health Center, Nunukan Regency.

METHOD

Study started from stage preparation, design study, application permits to data processing. The program stages begin with a study used to assist the research, followed by observations to gather initial data, namely the observation stage using a questionnaire to determine mothers' knowledge about nutrition. Study This use approach *cross sectional* . Design used in study This is *pre experimental one Group Pre- Test Post Test* . This study examines the causal relationship in the intervention group without a *control group comparison*

. In the research design, the researcher conducted the first observation (pre-test), followed by further observation. second (post test) For see difference results knowledge Mother about Toddler Nutrition after being given nutritional education treatment through the media used. The treatment was carried out by providing nutritional education through the Video method. on the level of mothers' knowledge about toddler nutrition. Data were analyzed using *the Wilcoxon test* to see the effect of education on mothers' skills in caring for low birth weight babies .

RESULTS

- a. Frequency Distribution of Respondent Characteristics Based on Age Respondent characteristics based on age conducted at PKM Sanur, Nunukan Regency can be seen in the following table:

Table 4.1 Distribution frequency respondents based on age at PKM Sanur, Nunukan Regency in 2024

No	Age	Frequency	Presentation (%)
1	< 20 year	12	16.7
2	20 – 35 years	43	59.7
3	> 35 year	17	23.6
	Total	72	100

Source : Questionnaire study Rida Veranata, year 2024

Based on table 4.1 above, it is known that of the 72 respondents, the majority were aged 20-35 years, namely 43 respondents. (59.7%), on age >35 year there is 17 respondents (23.6)

And on age <20 year there is 12 respondents (16.7).

- b. Frequency Distribution of Respondent Characteristics Based on Education Undertaken in PKM Sanur Regency Nunukan can in Look on table the following :

Table 4.2 frequency distribution of respondents based on education in PKM Sanur Regency Nunukan Year 2024

No	Education	Frequency	Percentage(%)
1	Elementary School	24	33.3
2	Junior High School	27	37.5
3	Senior High School	21	29.2
	Total	72	100

Source : Questionnaire study Rida Veranata, year 2024

Based on table 4.2 above, it is known that from 72 respondents, part big respondents own Level Education Junior high school, namely 27 respondents (37.5%), at the elementary school level there were 24 respondents (33.3%) and at the high school level there were 21 respondents (29.2%).

- c. Distribution Frequency Characteristics Respondents Based on Parity Respondent characteristics based on parity conducted in Community Health Center Sanur Nunukan Regency can be seen in the following table:

Table 4.3 Frequency distribution of respondents based on occupation in PKM Sanur Regency Nunukan 2024

No	Work	Frequency	Presentation (%)
1	Housewife	60	83.3
2	Farmer	12	16.7
Total		72	100

Source : Questionnaire study Rida Veranata Simanungkalit, year 2024

Based on table 4.3 on known that from 72 respondents

It was found that almost all respondents had the job status of housewife, as many as 60 respondents (83.3%) and with the job status of farmer, there were 12 respondents (12%).

- d. Cross tabulation of respondent characteristics and level of nutritional knowledge in Mother of a malnourished toddler.

Table 4.4 Tabulation cross-age characteristics respondents and Level Knowledge Nutrition On Mother Toddler Nutrition Not enough in PKM Sanur District Nunukan Year 2024

			LEVEL OF KNOWLEDGE		Total
			ENOUGH	GOOD	
AGE	<20	Count	8	4	12
		% of Total	11.1%	5.6%	16.7%
	20- 35	Count	28	18	46
		% of Total	38.9%	25.0%	63.9%
	>35	Count	9	5	14
		% of Total	12.5%	6.9%	19.4%
Total		Count	45	27	72
		% of Total	62.5%	37.5%	100.0%

Based on table 4.4 above, it is known that the majority of respondents aged 20-35 years have sufficient skills, namely 28. respondents (38.9%) And knowledgeable Good as much as 18 respondents (25.0%).

Table 4.5 Tabulation cross characteristics Education respondents and Level Knowledge Nutrition On Mother Toddler Nutrition Not enough in PKM Sanur District Nunukan Year 2024

			LEVEL OF KNOWLEDGE		Total
			ENOUGH	GOOD	
EDUCATIONAL STATUS	Elementary School	Count	13	11	24
		% of Total	18.1%	15.3%	33.3%
	JUNIOR HIGH SCHOOL	Count	17	10	27
		% of Total	23.6%	13.9%	37.5%
	SENIOR HIGH SCHOOL	Count	15	6	21
		% of Total	20.8%	8.3%	29.2%
Total		Count	45	27	72
		% of Total	62.5%	37.5%	100.0%

Based on table 4.5 above, it is known that the respondents' education SENIOR HIGH SCHOOL Which knowledgeable Enough as much as 17 (23.6%) and knowledgeable Good as much as 10 (13.9%), on level education SD respondents knowledgeable Enough 13 respondents (18.1%) ; 11 respondents (15.3%) had good knowledge, while at the junior high school level, 17 respondents (23.6%) had sufficient knowledge and 10 respondents (13.9%) had good knowledge.

Table 4.6 Cross tabulation of respondents' occupational characteristics and Level Knowledge Nutrition On Mother Toddler Nutrition Not enough at PKM Sanur, Nunukan Regency in 2024

			LEVEL KNOWLEDGE		Total
			ENOUGH	GOOD	
EMPLOYMENT STATUS	housewife	Count	36	24	60
		% of Total	50.0%	33.3%	83.3%
	FARMER	Count	9	3	12
		% of Total	12.5%	4.2%	16.7%
Total		Count	45	27	72
		% of Total	62.5%	37.5%	100.0%

Based on table 4.6 above, it is known that respondents whose employment status is housewife have a good level of knowledge of 24 respondents (33.3%) and sufficient level of knowledge of 36 respondents (20%). Meanwhile, regarding farmer employment status, there were 9 respondents (12.5%) with sufficient knowledge and 3 respondents (4.2%) with good knowledge.

2. Frequency distribution before and after being given education using videos on the level of nutritional knowledge in mothers malnourished toddlers.
- a. Level knowledge Nutrition on Mother toddler nutrition not enough before given education.

Table 4.7 Nutritional Knowledge Level of Mothers of Undernourished Toddlers Before Done Education Use Video at PKM Sanur, Nunukan Regency in 2024

No	Pre Score	Knowledge Frequency	Level (f)	Education Presentation (%)
1	Not Enough	<5.6	45	62.5
2	Enough	5.6- 7.5	27	37.5
3	Good	7.6- 10		
	Total		72	100

Data analysis from table 4.7 shows that the level of knowledge Nutrition on Mother toddler nutrition not enough before given The education of most respondents, namely 45 respondents (62.5%) had insufficient knowledge, 27 respondents (37.5%) had sufficient knowledge.

- b. Level of nutritional knowledge in mothers of malnourished toddlers after being given education.

Table 4.8 Level of Nutritional Knowledge in Mothers of Toddlers Nutrition Not enough After Done Education Using Video at PKM Sanur, Nunukan Regency in 2024

No	Level of Knowledge	Score	Post Frequency (f)	Education Percentage (%)
1	not enough	<5.6	-	-
2	Enough	5.6- 7.5	41	56.9
3	Good	7.6- 10	31	43.1
	Total		72	100

Based on Analysis data from table 4.8 show that Level knowledge Nutrition on Mother toddler nutrition not enough after given education, most of the respondents, namely 41 respondents (56.9%) had sufficient knowledge and 31 respondents (43.1%) had good knowledge.

3. Analysis Statistical Test

a. The Influence of the Effectiveness of Education Using Videos on the Level of Nutritional Knowledge in Mothers of Undernourished Toddlers.

Table 4.9 Effectiveness Education Use Video Against the Level Knowledge Nutrition On Mother Toddler Nutrition Not enough at PKM Sanur, Nunukan Regency in 2024

Regency in 2021					
Pre-test %	Education Level		Nutrition		
	Knowledge	Post-test			
	%		<i>P Value</i>		
	Less than	45	62.5		
	Enough	27	37.5	41	56.9
	Good			31	43.2
	Total	72	100	72	100
					0,000

Based on table 4.9, the results of statistical tests on the level of nutritional knowledge in mothers of malnourished toddlers after being given education using the Wilcoxon signed rank test test. Got it mark $p - value = 0,000 \leq \alpha 0.05$, so that in a way statistics HI in accept And HO in reject, Which It means There is influence education use video on the level of nutritional knowledge in mothers of malnourished toddlers at PKM Sanur, Nunukan Regency.

DISCUSSION

A. Level of nutritional knowledge in mothers of malnourished toddlers before being given education using video .

Based on the results of research conducted on 72 respondents at PKM Sanur, Nunukan Regency, shows that before being given education, the majority of mothers showed a low level of knowledge, namely 45 respondents (62.5%).. Matter this shows that part the level of mothers' knowledge about nutrition was still lacking before education was carried out using video.

There are still many respondents who have a low level of knowledge about nutrition in malnourished toddlers due to a lack of information, support and the willingness of mothers to be able to find out about knowledge about it. nutrition on toddler Because existence customs customs Which Still lived such as limiting the provision of food to toddlers.

Cultural systems regarding food can be viewed from various aspects, including the nature of food (prohibitions on certain foods). Indonesia boasts a wealth of food resources, yet stunting rates remain high in some regions. This is due to myths about food prohibitions, which can lead to stunted growth due to inadequate nutrition (Toto Sudargo, 2022).

This is in line with research (Eka Kurnia, 2021) that there is a cultural influence on food prohibitions so that the problem of culture and food on nutrition is the occurrence of malnutrition.

Knowledge is what happens after someone senses a particular object, moving from ignorance to knowledge. Sensing is done through the five human senses, namely: sight, hearing, smell, taste, and touch. And most human knowledge can be obtained through the senses of hearing and sight, namely the eyes and ears (Notoadmodjo Soekidjo, 2014). According to the assumption of researchers, broader nutritional knowledge can provide well-being. And health to child so that No existence Again prohibitions or cultural myths regarding food consumption by children.

B. Level knowledge Nutrition on Mother toddler nutrition not enough after given education using video

Based on univariate analysis on the video method do it on 72 respondents in PKM Sanur Regency Nunukan, show that After being given education, there was an increase in mothers'

knowledge, where 41 respondents (56.9%) had sufficient knowledge and 31 respondents (43.1%) had good knowledge. This indicates that there was an increase in knowledge with education using video.

Based on the research results of 31 respondents (43.1%) were knowledgeable Good, there is 4 person respondents from level their knowledge is not good, this is because the 4 respondents have a level of education SENIOR HIGH SCHOOL. Study This in line with study Desi Three Jaya (2022) stated that there is a significant relationship where there is a $p\text{-value} = 0.004$ where there is a relationship between the level of education and knowledge. maternal nutrition with nutritional status of lower grade students at Campurejo 1 State Elementary School, Bojonegoro

The results of this study are also in line with research (Magdalena, 2018), based on the results of measurements of 11 respondents using the audio-visual (video) method, it was found that changes in knowledge before and after counseling was carried out on respondents using the audio-visual method, as many as 11 respondents experienced an increase after counseling using the audio-visual method.

Video is a medium for conveying messages that are factual or fictional, informative, educational, or instructional. The advantage of video media is that it can be used for a long period of time and is easy to repeat. part certain Which need more clear And Wrong One media fun learning that can help in understanding learning materials and help teachers in the learning process and can be utilized by public wide And easy accessible.

From Study (susilawati, (2017) Also show results questionnaire *pre-test* from sample as much as 30 person Mother toddler, part big Mother 18 mothers (60%) had sufficient knowledge and a small number of mothers (1 mother) had good knowledge, experiencing changes after being given counseling using audio visual media (video) which increased significantly to 29 mothers (96.7%) having good knowledge.

After showing the video media about balanced nutrition for toddlers, a review was carried out regarding the mothers' knowledge and several mothers were able to complete it. back to the meaning of balanced nutrition, diseases that occur if you consume foods high in sugar, oil and salt, the disadvantages of not eating breakfast, recommendations for drinking water per day, the function of washing hands use soap, method guard heavy body normal And consequence from dirty food and drinks.

This research is also in line with research conducted by (Sopyah, 2020) which shows that of 42 pregnant women before being given intervention with audiovisual media (video), only 20 people (47.6%) had sufficient knowledge. And after being given the intervention, mothers' knowledge increased significantly by 40 people (95.20%).

Based on study Which has done the that Providing education through video before and after showed a change in mothers' knowledge regarding toddler nutrition, as evidenced by the increased knowledge. According to the researchers' assumption, after video education, respondents' knowledge and information would increase, which could improve their children's nutritional quality.

C. The Influence of the Effectiveness of Education Using Videos on the Level of Nutritional Knowledge in Mothers of Undernourished Toddlers .

Based on results test statistics *Wilcoxon* known that There is differences that influence knowledge before and after being given education nutrition using the video method. This is known from the statistical results obtained mark $p\text{-value} = 0,000$ Which means H_0 rejected ($p < 0.05$) Which means there is an influence with the video method.

The above statement is supported by research results (Ida, 2017), conclude that method audiovisual (video) more influential

compared to with lecture that is with difference between before And after it is done counseling that is as big as 27.18 whereas method lecture with a difference between before and

after of 3. From the explanation, the video method is more effective than the lecture method with a difference of 24.18.

Similar to the research results (Nugrahaeni, 2018), which showed an increase in mothers' knowledge through video media. This type of media have ability Which more Good, Because covering both types media, namely auditive (hear) And visual (see) Which means material or tool which is used in learning situations to help writing or words in conveying someone's knowledge.

Knowledge is the result of knowing, and this happens after people do something. sensing to object certain. Sensing happen through five senses man namely senses vision, hearing sense of smell flavor and touch. Part big knowledge man obtained through eye And ears. Knowledge or cognitive is a very important dominant factor in a person's actions. Meanwhile, attitude is a predisposition to behavior (actions) or a closed reaction. In determining a complete attitude, knowledge, thought, belief And emotion hold role important in measurement attitude so that difficult measured And easy changed Because depending on experience personal, influence person other Which considered important, the influence of culture, mass media, educational institutions and religious institutions as well as emotional factors from the selfish nature of the mother herself. Researchers believe that there are difference significant level knowledge Mother about nutrition on toddlers on the media because information about nutrition through video media directly causes respondents to have material objects that can be observed. especially through five senses hearing And vision. On When respondents pay attention to the information provided by researchers through animated media about balanced nutrition, an information transfer process occurs which causes respondents' cognitive knowledge to be better than before. on intervention media picture move. Matter This impact on the respondent's ability to answer questions on the questionnaire well. The existence of change knowledge And attitude Where respondents can see images that come to life quickly and alternately so as to provide continuous visuals, with the combination of two or more images, helping to meet the need for images that are appropriate to learning objectives. will can fulfilled. By because That, importance media Animation plays a significant role in assisting health workers in improving mothers' knowledge of nutrition by directly engaging the respondents' senses of sight and hearing. This media can enhance mothers' attention, concentration, and imagination, and it is hoped that these mothers will begin to learn to apply balanced nutrition guidelines. Good knowledge is based on a thorough understanding of the material being studied and comprehended (Toto Sudargo, 2022) .

The management of malnourished children in hospitals or PPG according to WHO guidelines consists of 10 steps, namely preventing and treating hypoglycemia, preventing and treating hypothermia, preventing and treating dehydration, correcting electrolyte imbalances, treating infections, correcting micronutrient deficiencies, providing early food, increasing food intake for catch-up growth, stimulating emotional and sensory development, and preparing for follow-up at home. Steps the done in 3 phase includes: initial treatment (initial treatment), that is on Sunday First; rehabilitation (rehabilitation) on Sunday second until sixth; And action carry on (follow-up) on seventh week to 26th week. In the guidelines compiled by the Ministry of Health in 1999, these treatment steps are carried out in 4 phases.¹² The difference lies in the treatment of the second to sixth weeks or the rehabilitation phase, which is divided into a transition phase, namely in the second week, followed by a rehabilitation phase from the third to the sixth week (Amelia, 2014).

Based on the discussion above, providing video media counseling is effective because it can present what respondents cannot experience directly. This audiovisual/video presents real situations and the information conveyed creates a deep impression on respondents.

CONCLUSION

Based on the results of research conducted at the Sanur Community Health Center, Nunukan Regency, on 72 respondents regarding the effectiveness of education using video media on nutritional knowledge in mothers of malnourished toddlers, several important conclusions were obtained. Before being given education, most respondents had a low level of knowledge, namely 45 respondents (62.5%). However, after being given education through video media, there was a significant increase in knowledge, where 40 respondents (55.6%) had sufficient knowledge and 32 respondents (44.4%) had good knowledge. Based on the results of statistical tests using the Wilcoxon test, the p value = 0.000 < 0.05 was obtained, so H_0 was rejected and H_1 was accepted. This shows that education through video is effective in increasing nutritional knowledge in mothers of malnourished toddlers at the Sanur Community Health Center, Nunukan Regency.

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