

***The Effect of Education on Infant and Child Feeding Patterns (IYCF) Using E-Booklets on the Knowledge and Skills of Mothers of Underweight Toddlers (Case Study in Trebungan Village, Mlandingan District, Situbondo Regency)***

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***ABSTRACT***

*Underweight is a nutritional problem identified using the weight according to age (WW/A) indicator. Underweight is caused by several factors, namely a lack of nutritional knowledge and maternal skills in feeding children. Efforts to increase the knowledge and skills of mothers of toddlers in feeding their children are carried out through e-booklet media. The aim of this research is to determine the effect of education on infant and young child feeding patterns (IYCF) using e-booklets on the knowledge and skills of mothers of underweight toddlers in Trebungan Village, Mlandingan District, Situbondo Regency. This research used a pre-experimental design method type one group pretest posttest design with 33 respondents and was taken using total sampling. Knowledge data was collected using a knowledge questionnaire and skills data was obtained through a 24-hour food recall questionnaire. The research results showed that there was a significant difference between mothers' knowledge before and after the intervention using e-booklet media with  $p=0.000$ , the results of the amount of food consumed showed that there was a significant difference before and after the intervention using e-booklet media with (energy  $p=0.000$ , protein  $p = 0.008$ , fat  $p = 0.00$ , and carbohydrates  $p = 0.000$ ), the results of the type/variety of food ingredients show that there is a significant difference before and after the intervention using e-booklet media with  $p = 0.001$ , the results of food frequency show that there is no difference significant before and after the intervention using e-booklet media with  $p= 1.000$ .*

*Keywords: E-booklet, Knowledge, Skills, Underweight, Toddlers*