

# **The Development of Balanced Nutrition Booklet for Prospective Bride and Groom as Guide for Religion Affairs Officers in Situbondo**

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## **ABSTRACT**

LBW is Low birth weight less than 2500 gram. Born baby with low birth weight will has not good long life span commonly. Prospective brides are women of childbearing age who are a priority in efforts to improve family nutrition to prevent low birth weight. This research aims to develop a balanced nutrition handbook in the form of booklet for Religion Affairs officers. Type of this research is Research and Development. The subject were 15 Religion Affairs Officers of 3 district there were Mlandingan, Bungatan and Suboh and 12 prospective bride of 3 those district. It was used purposive sampling. The data was calculate by Skala Likert and analyzed by using Microsoft Excel 2013. The result of this research shows that validation test of prematerial material gets percentage of 89% it means very feasible, validation test of nutrition material gets percentage of 87% which means very feasible, media validation test gets a percentage of 93% which means very feasible and subject trials both KUA officers and prospective brides have a percentage above 75% on each question which means well and very feasible to use. Based on this research, the researcher suggested that there should be an analysis of the effectiveness of bride and groom's balanced nutrition booklets as the Religion Affairs officers' guide.

**Key words :** Balanced Nutrition, Low Birth Weight, Prospective bride and groom, Religion Affairs Officers