ABSTRACT

Child-malnutrition in East Java was 10% of the total children who weighed. Nutritional status is affected by internal and external factors. One of the external factors is nutrition education in the form of counseling. The aim of the study was to analyze the growth and feeding counseling towards nutritional status in children in the working area of Puskesmas Brambang, Jombang district.

The study design was quasi-experimental. Sample size was determined by Randomized Block Design. Samples obtained from the screening population of children aged 6-24 months. The control group was given a leaflet whereas the intervention group was given growth and feeding counseling. Wilcoxon Sign Rank test was used to analyze before-after differences in knowledge and attitudes. Descriptive analysis was used in feeding behavior, Wilcoxon Mann-Whitney test was used to analyze differences z-scores of weight for age, height for age, and weight for height.

The results showed that there was difference in the level of knowledge in both groups before-after intervention (p=0.005); (p=0.025). There was a difference of attitude in intervention group before-after intervention (p=0.014) but not in the control group (p=0.317). There was no changes in feeding behaviour in both groups. There was no differences z-score of weight for age in both groups as well as on height for ages and weight for height (p=0.660); (p=0.356); (p=0.546).

The conclusion is growth and feeding counseling tends to increase the knowledge and attitude of mom on nutrition, but did not change the action of feeding behaviour. Besides, there was no changes in the nutritional status of mothers who received counseling or not. Counseling is expected to be done in a more interpersonal and continuous in order to improve the nutritional status of children.

Keywords: Counseling, Knowledge, Attitude, Behaviour, Nutritional status