# Effectiveness of Providing Video Tutorials on Feeding Toddlers in Ringinanom Village

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## ABSTRACT

Disorders that often occur in infants are lack of energy and nutrients needed according to their age. Cases such as child nutrition problems also occur in Ringinanom Village, Udanawu District, Blitar Regency. One way to improve nutritional quality is through a learning program unit through video tutorials given to mothers of toddlers to increase knowledge about children's nutritional intake that is in accordance with children's nutritional needs. The purpose of this study was to analyze the effect of providing food to toddlers aged 6-60 months in Ringinanom Village. The method used in this study was the Quantitative method with "One Groups Pretest-Posttest Design". The population in this study were all toddlers aged 0-5 years who received assistance from the 2018 Family Hope Program in Ringinanom Village. The research location was in Ringinanom Village, Udanawu District, Blitar Regency. Research period January - March 2021. The sample of this study was 31 respondents with Purposive Sampling technique (Purposive or Judgemental Sampling). This can be seen based on the results of the statistical test carried out, the average before the provision of the video tutorial was 6.83 in the sufficient category while the average after the provision of the video tutorial was 8.03 in the good category so that a difference of 1.19 was obtained. It can be concluded that there was an increase of 1.19 so that this shows that providing video tutorials on nutritional intake to mothers of toddlers is considered effective in influencing the behavior of providing nutritional intake to toddlers in Ringinanom Village.

**Keywords:** Nutritional Intake, Video Tutorial, Mother of Toddler

## INTRODUCTION

In accordance with the direction of Law No. 36 of 2009 concerning Health, Article 141 concerning the direction of nutritional development and improvement effortsnutritionpublicwhich is aimed at improving the nutritional quality of individuals and society which can be achieved through improving food consumption patterns, in accordance with the 13 General Messages Nutrition Balanced (PUGS) and improving the behavior of Nutrition Aware Families (Kadarzi). As for The main nutritional problems in Indonesia consist of basic nutritional problems, namely malnutrition. Energy Protein (PEM), Vitamin A Deficiency (VAD), Disorders Due to Deficiency Iodine (GAKY), and Iron Deficiency Anemia (AGB), in addition to over-nutrition (obesity). Through health promotion, efforts are made to convey messagehealth to the community, groups or individuals, with the hope that with this message the community, group or individual can gain better knowledge about health. Knowledge the youtube. In this era, all access digital can be easily accessed with the internet network everything we want to know can appear just by typing keywords and the things we want to search for. With this convenience, all information access becomes easier. It is the same as young mothers who are in the position of parenting. All information about parenting is also easily accessed and obtained via the internet. This can also affect the behavior of mother's

parenting patterns about the knowledge gained from digital information through videos that mothers watch. Including child emotional parenting patterns and nutritional status in toddlers.

Thus, it becomes interesting to be used as a research as a requirement to fulfill the final assignment. With the title "Effectiveness of Providing Video Tutorials on Feeding Toddlers in Ringinanom Village" which will be held in January - March 2021 in Ringinanom Village, Udanawu District, Blitar Regency. Finally expected can influence on behavior. As for health promotions, we can easily get and access them. Life everyday is with the emergence of visual videos in television advertisements about health, both toddlers and adults, as well as through internet advertising and in

**METHOD**

The method used in this study is the Quantitative method with "One Groups Pretest-Posttest Design". The population in this study were all toddlers aged 0-5 years who received assistance from the Family Hope Program. 2018 in Ringinanom Village. Research location in Ringinanom Village, Udanawu District, Blitar Regency. Research period January - March 2021. The sample of this study was 45 respondents with Purposive Sampling technique (Purposive or Judgemental Sampling)

**RESULT**

  **A. Characteristic Variable Analysis**

Table 1 Respondents' Age

| No | Age | Frequency | Percentage (%) |
|---|---|---|---|
| 1 | < 25 | 3 | 9.67 |
| 2 | 25-30 | 8 | 25.80 |
| 3 | > 30 | 20 | 64.53 |
| Amount | | 31 | 100 |

Based on table 1The age of respondents in Ringinanom Village is 31 respondents with the majority category of respondents being aged 30 years and over, amounting to 20 respondents or 64.53% of the total number of respondents.

Table 2 Respondents' Education

| No | Education | Frequency | Prosen Taste (%) |
|---|---|---|---|
| 1 | No school | 1 | 3.2 |
| 2 | SD | 8 | 25.8 |
| 3 | JUNIOR HIGH SCHOOL | 19 | 61.3 |
| 4 | SENIOR HIGH SCHOOL | 3 | 9.7 |
| 5 | Diploma/Bachelor | 0 | 0 |
| | Amount | 31 | 100 |

Based on table 2The educational background of respondents in Ringinanom Village, Udanawu District, is that 1 respondent did not attend school and the majority of respondents in this study had junior high school education, namely 19 respondents or
61.3% of the total percentage of respondents and there were no respondents with Diploma/Bachelor's degree.

Table 3 Respondents' occupations

| No | Work | The Frequency | Percentage (%) |
|---|---|---|---|
| 1 | Work | 17 | 54.8 |
| 2 | No Work | 14 | 45.2 |
| | Amount | 31 | 100 |

Based on table.3As for the characteristics of respondents regarding work, there are 17 (respondents who work as private employees, laborers and other jobs, while there are 14 respondents who do not work with a percentage of 45.2%.

**A.Pre-Test**
   **PRETEST**

| | | Frequency | Percent | Valid Percent | Cumulativee Percent |
|---|---|---|---|---|---|
| Valid | 4 | 1 | 3.2 | 3.2 | 3.2 |
| | 5 | 6 | 19.4 | 19.4 | 22.6 |
| | 6 | 5 | 16.1 | 16.1 | 38.7 |
| | 7 | 11 | 35.5 | 35.5 | 74.2 |
| | 8 | 3 | 9.7 | 9.7 | 83.9 |
| | 9 | 3 | 9.7 | 9.7 | 93.5 |
| | 10 | 2 | 6.5 | 6.5 | 100.0 |
| | Total | 31 | 100.0 | 100.0 | |

So based on the results of the statistical test above, a number of 31 respondents with a minimum value of 4 and a maximum value of 10 obtained a Mean or average of 6.8387 and a Std. Deviation of 1.52964. This shows that the nutritional intake by
Toddlers are assessed as adequate based on a statistical test scale.

**A. Post-Test**
   **POST TEST**

| | | Frequency | Percent | Valid Percent | Cumulative and Percent |
|---|---|---|---|---|---|
| Vali d | 6 | 2 | 6.5 | 6.5 | 6.5 |
| | 7 | 11 | 35.5 | 35.5 | 41.9 |
| | 8 | 9 | 29.0 | 29.0 | 71.0 |
| | 9 | 2 | 6.5 | 6.5 | 77.4 |
| | 10 | 7 | 22.6 | 22.6 | 100.0 |
| | Total | 31 | 100.0 | 100.0 | |

So based on the statistical table shows that the number of 31 respondents the minimum value is 6.0 and the maximum value obtained is 10.0 with an average of 8.0323 and std. Deviation of 1.27760. This shows that the nutritional intake by toddlers is considered good based on the statistical test scale.

## DISCUSSION

### A. Toddler feeding patterns before giving video tutorial

Basically, the normal mealtime factor for toddlers is still used as a standard in providing food to toddlers, namely 3 main meals, namely morning, afternoon and evening and 2 times for snacks. As many as 30 respondents from 31 respondents who follow the standard pattern of feeding their toddlers. In addition, 24 respondents were assisted by other family members in feeding their children, so it can be concluded that most of them feed their toddlers. considered quite difficult so that it requires the help of other family members. This was also done by 22 respondents in Ringinanom Village because this method was considered successful as a careful method in providing food to children, especially for children who have difficulty eating and the taste of food that is not liked, this method is very helpful. This also applies to food that actually tastes less attractive to children so that children tend not to want to eat, but the nutritional value of the food is good for children, using the play method is one good strategy to assess that there are 21 respondents who still provide food according to nutritional value even though the child does not like it because it will have an impact on the child's nutritional intake and for the development of the child.

### B. Toddler feeding patterns after video tutorial

Based on the results of statistical tests, it shows that the research conducted on 31 respondents before being given treatment in the form of video tutorials on providing eating patterns for toddlers in Ringinanom Village, Udanawu District, Blitar Regency with an average level after being given the video tutorial was 8.03 and entered the good category. By showing a good category, this has shown that providing video tutorials can influence the behavior of mothers of toddlers in provide nutritional intake to their toddlers. This is quite well understood by mothers of toddlers in Ringinanom Village, as evidenced by the increase of 22 respondents to 27 respondents who understand that children's nutrition does not depend on what the toddler's mother likes and dislikes. In addition, mothers of toddlers in Ringinanom Village also began to understand that milk and other snacks are also needed as a form of supporting food for the main food given, this is needed as supporting food for the development and growth of toddlers. This understanding is evidenced by the agreement of mothers of toddlers regarding the provision of snacks for toddlers from 14 respondents to 25 respondents.

### C. The effectiveness of providing video tutorials on feeding patterns in toddlers in Ringinanom Village

This can be seen based on the results of the statistical test conducted, the average before the video tutorial was given was 6.83 in the sufficient category, while the average after the video tutorial was given was 8.03 in the good category, so that a difference of 1.19 was obtained.Based on the use of the SPSS applicationPaired Samples T Testshow that :

    a. Pre Test has an average value (mean)6.8387from 31 data. The distribution of data (Std. Deviation) obtained is1.52964with a standard error of 0.27473.

    b. Post Test has an average value (mean)8.0323from 31 data. Data distribution (Std.Deviation) which obtained1.27760with a standard error of 0..22946.

This shows that the final test on the data is higher than the initial test.The sig value of 0.000 < 0.05 means that Ho is rejected and H1 is accepted. This means that there is a relationship between the pre-test and post-test using video tutorials with a fairly large level of relationship / correlation, which is 0.753. The significance value (2-tailed) is 0.000 (p < 0.05) so Ho is rejected.So that the pre-test and post-test results experience significant (meaningful)

changes.As the results of the statistical validity above show that out of 31 respondents, 23 respondents experienced positive behavioral changes. This proves that providing video tutorials on nutritional intake is effective and has an influence on the pattern of providing food intake to toddlers. In Village Ringinanom, Udanawu District, Blitar Regency.

**CONCLUSION**

Based on the results of the research that has been conducted and described in the discussion, the researcher can draw the following conclusions:

1. The feeding pattern of toddlers in Ringinanom Village before being given treatment in the form of a video tutorial, the average nutritional intake of toddlers was 6.83, which is in the sufficient category.
2. Feeding patterns for toddlers in Ringinanom Village after being given treatment in the form of a video tutorial on nutritional intake for toddlersan average of 8.03 in the category good.
3. Providing video tutorials is very effective in terms of feeding patterns for toddlers in Ringinanom Village.   SubdistrictUdanawu, Blitar Regency.

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