

**THE EFFECT OF GIVING MUNG BEAN PORRIDGE ON
WEIGHT GAIN UNDERNOURISHED TODDLERS
AT PT. WELL PANDANWANGI CLINIC**

Lina Dias Tifina N¹, Rina Sri Widayati²
linadias.students@aiska-university.ac.id
Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: *The Indonesian Nutrition Status Study (SSGI) in 2022 showed that the nutritional status of toddlers with underweight was 17.1%, Central Kalimantan was 19.7% and Seruyan District was 22.3%. This is because toddlers have adopted a family diet and a high level of physical activity, which has an impact on increasing IMR, health care costs, the incidence of chronic diseases, disruption of learning and cognitive abilities of children. Suksesty's research (2020) states that the content of mung beans includes 62-63% carbohydrates, 0.7-1 gr/kg fat and 20-25% protein. Protein in raw mung beans has a digestibility of about 77% of the benefits of mung beans.* **Objective:** *Knowing the effect of giving mung bean porridge on increasing body weight of undernourished toddlers at the PT Clinic. Pandanwangi Well.* **Methods:** *Pre-experiment with One Group Pretest Postest Design approach, with Consecutive Sampling technique, sample 20 respondents. Data collection tools are dacin scales, observation sheets and data analysis with Paired-t Test.* **Results:** *The analysis of the study found that the average body weight before giving mung bean porridge was 10955.00 grams and after giving mung bean porridge was 11080.00 grams and the difference was 125.00 grams. The effect of giving mung bean porridge on increasing the body weight of toddlers is obtained p value = 0.001 (p value <0.05).* **Conclusion:** *There is an effect of giving mung bean porridge on increasing the body weight of malnourished toddlers at the PT Clinic Pandanwangi Well.*

Keywords: *Mung Bean Porridge, Toddlers, Nutritional Status*