

THE EFFECT OF TUI NA MASSAGE ON INCREASING APPETITE IN TODDLERS AT AMI MEDIKA CLINIC, SUKABUMI DISTRICT

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ABSTRACT

The nutritional status during infancy needs serious attention from parents, because malnutrition at this time will cause irreversible or irreversible damage. Most parents overcome their child's eating difficulties by giving multivitamins without paying attention to the cause. Today it has been popularized again from the baby massage technique, namely the Tui Na massage. Objective: To determine the effect of Tui Na Massage on increasing appetite in toddlers at the Ami Medika Clinic, Sukabumi Regency. Methods: This study used a quasi-experimental research design with pretest and posttest nonequivalent without control group design. The sample of this study were 35 toddlers who had Tui Na massage therapy at the Ami Medika Sukabumi Clinic. Data analysis used paired t-tests. Results: The mean results before the Tui Na massage was carried out at the Ami Medika Clinic Toddler in Sukabumi Regency obtained a mean result of 17.32. The average results after Tuina massage was carried out on toddlers at the Ami Medika Clinic, Sukabumi Regency, obtained a mean value of 19.06. There is an effect of Tui Na massage on increasing appetite in toddlers at the Ami Medika Clinic, Sukabumi Regency with a value <0.05 p-value = 0.0001. Conclusion: There is an effect of Tui Na Massage on increasing appetite in toddlers at the Ami Medika Clinic, Sukabumi Regency.

Keywords: Tui Na massage, Appetite, Toddler

INTRODUCTION

Toddler is a general term for children aged 1-3 years (toddlers) and preschoolers (3-5 years). At toddler age, children are still dependent on their parents to carry out important activities, such as bathing, defecating and eating. The development of speech and walking has improved, but other abilities are still limited (Ode 2020).

Toddler age is a golden period for a child's growth, so his nutritional needs really must be met properly, good nutrition is an important element in creating quality human beings. Toddler age is a vulnerable age, because growth during this period determines further physical and mental development. Therefore, nutritious food intake is very important for the growth of brain cells and their physique (Annif Munjinah, 2015).

The nutritional status during infancy needs serious attention from parents, because malnutrition at this time will cause *irreversible* or irreversible damage. Short body size is one indicator of prolonged malnutrition in toddlers. A more fatal nutritional deficiency will have an impact on brain development. Phase of rapid brain development at the age of 30 weeks - 18 months. The nutritional status of toddlers can be determined by matching the child's age with standard weight using the WHO-NCHS guidelines. Children under five (toddlers) are an age

group that is vulnerable to nutritional and health status, at this time the child's immune system is still not strong enough to catch infectious diseases. In addition, children also often do not have a good appetite.

According to data from the *World Health Organization (WHO)*, the limit for the global stunting problem is 20%, this makes almost all countries in the world experience public health problems in the form of stunting (Ministry of Health, 2018). The Asian continent has a stunting toddler prevalence of 30.6%. The prevalence of stunting in Southeast Asia is 29.4%, higher than East Asia (14.4%) and West Asia (20.9%). The high prevalence of stunting in the world causes stunting to be a cause of death in children around 14-17% (Prendergast et al, 2014). Indonesia with a stunting rate of 36.4% is ranked the 2nd highest country in Southeast Asia after Laos with a stunting percentage of 43.8%. In Indonesia, out of 23 million toddlers, around 7.6 million children under five are classified as stunted or stunted (35.6%) consisting of 18.5% very short toddlers and 17.1% stunted toddlers. This prevalence rate is above the threshold that is universally agreed upon, the limit for *non-public health problems* tolerated by the World Health Organization (WHO) is only 20% or one fifth of the total number of children under five in a country. More than a third (36.1%) of Indonesian children are classified as short when they enter school age. The prevalence of short children increases with age, both boys and girls (Ministry of Health, 2020). Children with stunting are at risk of having an IQ 5-10 points lower than normal children (Yenni Puspita, 2015).

The number of toddlers in West Java Province in 2020 was 2,294,230, of which 1,907,700 (83.15%) received health services. The percentage of toddlers with malnutrition in West Java province in 2020 is 4.88%. Meanwhile, the number of children under five with severe malnutrition in 2020 was 1.131 (0.06%), a decrease compared to 2019 which was 3.187 (0.10). Meanwhile, the percentage of under-fives with malnutrition in 2020 is 100% according to the Health Service (Dinkes, 2020).

The results of the study (Munjidah 2015) in August 2015 stated that Tui Na massage had a positive effect on eating difficulties in toddlers. Efforts to overcome eating difficulties can be done by means of pharmacology and non-pharmacology. Efforts with pharmacology include administering multivitamins and other micronutrients. While non-pharmacological, among others, through herbal or herbal drinks, massage, acupuncture, and acupuncture (Wong, 2012).

Most parents overcome their child's eating difficulties by giving multivitamins without paying attention to the cause. Today it has been popularized again from the baby massage technique, namely the Tui Na massage. Research results Based on the results of the Wilcoxon statistical test, a p-value of 0.000 was obtained. The p-value is 0.000 (<0.005) indicating that there is an effect of Tui Na massage on increasing appetite in toddlers aged 1 to 5 years. Judging from the research results, this massage technique is a non-pharmacological therapy that increases appetite in toddlers. (Meinawat 2021)

According to data on the stunting rate in Indonesia in 2021 as many as 9 million Indonesian children are stunted, for West Java the stunting data in 2021 is 26.2%, it can be seen that the stunting rate is still high so that Indonesia's efforts to accelerate reducing the stunting rate by 2024 the prevalence rate of speed is 14% (BKKBN, 2021). One of the efforts that have been made to prevent stunting in Indonesia is the government's approach to the community, the

Specific Nutrition Program Intervention is carried out by the Ministry of Health (Kemenkes) through the Community Health Center (Puskesmas) and Integrated Service Post (Posyandu) through the First 1000 Days of Life Movement (HPK).). (Hidayati, Hanifah & Sari 2019)

Based on a preliminary study conducted by researchers where at the Ami Medika Clinic, out of 10 mothers who had children under five, it was found that only 3 mothers said their children's appetite was good, besides that 7 mothers complained that their children had difficulty eating , fussy and the food is not spent, other than that in general the mother has not done massage as an effort to increase her child's appetite. From the results of interviews with 7 mothers who have toddlers, the consistency of visits is not as frequent as 3 mothers who have toddlers do the Tui Na Massage treatment, they attend more often within 1 month, 2 visits. So it can be seen from how often Tui Na massage therapy is done on toddlers to increase appetite, while the 3 mothers who said they had a good appetite said that their children often got tuina massages. If seen from the background above, the researcher is interested in taking the research title with the effect of tuina massage to increase appetite in toddlers at the Ami Medika Sukabumi Clinic in 2021.

RESEARCH METHOD

The type of research used in this research is an experimental study. The research design used in this study was a quasi-experimental study with the one group pretest-posttest design.

RESULTS AND DISCUSSION

Tabel 1 Prior to Tui Na Massage for Toddlers at the Ami Medika Clinic, Sukabumi Regency

Variabel	N	Min-Max	Mean	SD
Before Tui Na Massage	35	12-19	17,328	0,273

Tabel 2 After the Tui Na Massage was carried out on toddlers at the Ami Medika Clinic, Sukabumi Regency

Variabel	N	Min-Max	Mean	SD
After Tui Na Massage	35	12-19	19,068	0,229

Tabel 3 The Effect of Before and After Tui Na Massage on Increasing Appetite in Toddlers at the Ami Medika Clinic, Sukabumi Regency

Variabel	Rerata (s.b)	Selisih (s.b)	IK95%	Nilai P
Before Tui Na Massage	17,32 (0,27)	1,74 (1,31)	2,19-1,28	0.0001
After Tui Na Massage	19,06 (0,22)			

Based on the results of table 1, before the Tui Na massage was carried out on toddlers at the Ami Medika Clinic, Sukabumi Regency, where from 35 respondents the Mean value was 17.328 and the standard deviation value was 0.273, if seen from the results before Tui Na massage was done by looking at the appetite in toddlers, where seen from the Body Mass Index (BMI), the level of appetite in toddlers is still lacking. This shows that on average children under five experience a lack of appetite where they often cry when invited to eat, are fussy when fed, and do not finish their food.

So it can be concluded that the level of appetite of toddlers before the Tuina Massage was mostly in the lower category. This is in line with the results of research conducted by Annif 2015 where the results showed that Tuina Massage was effective in overcoming eating difficulties in toddlers. Disorders of eating difficulties in children are often encountered in ordinary people who do not understand the procedures for meeting nutritional needs in children. There are still many ordinary people who do not understand the importance of nutrition in children (Marimbi, 2015).

Based on the results of table 2 after Tui Na massage was carried out on toddlers at the Ami Medika Clinic, Sukabumi Regency, 35 respondents obtained a mean value of 19.068 and a standard deviation of 0.229, meaning that there was a change in appetite by assessing the Body Mass Index in toddlers that had increased or changed significantly. The results of the study illustrate that respondents who had Tuina Massage tended to have an increased appetite. So that it provides information that Tuina Massage which is done on toddlers is able to have an effect, namely increasing appetite. The results of this study were reinforced by Laurence's 2007 study where the results showed that there was an effect of Tuina Massage on toddlers with increased appetite.

The results of this study are in line with the theory which states that the stimulation of Tuina Massage is giving massage to the ends of the nerves found on the surface of the skin (massage will result in thinning of cell membrane permeability so that it will facilitate the exchange of sodium (Na) and Potassium (Ka) ions which will stimulate the occurrence of potential in muscles and nerves Action potentials that occur in the sympathetic and parasympathetic nerves will affect the work of organs, including: Vagus Nerve stimulation will affect the Gastrointestinal system, namely increased peristalsis so that gastric emptying increases due to fast hunger (appetite will increase) and eating becomes ravenous .In addition, there will also be an increase in the production of digestive enzymes which will help the absorption of nutrients. The nutrients absorbed will enter the blood circulation which will also increase due to stimulation from the sympathetic nerves. Based on the results of table 3, the effect of before and after Tui Na massage on the penis Appetite levels in toddlers at the Ami Medika Clinic, Sukabumi Regency, with a total of 35 respondents. The above was carried out using the paired t-test where the result before being given a Tui Na massage was 17.32, after being given a Tui Na massage was 19.06, and the result p- value 0.0001, it can be interpreted that the p-value is 0.0001 $\alpha < 0.005$, it is concluded that there is an effect of Tui Na massage on appetite in toddlers at the Ami Medika Clinic, Sukabumi Regency.

The results of this study are in accordance with the results of Annif's research (2015) entitled the effectiveness of Tuina Massage in overcoming eating difficulties in toddlers in RW 02 Wonokromo Sub-District Surabaya in August 2015 which states that Tuina Massage has a positive effect on eating difficulties in Toddlers. Likewise the results of Dewi's research, (2015) suggest that there is a significant relationship between Tuina Massage and an increase in appetite in toddlers. Tuina massage can increase growth, increase endurance, build a bond of affection between parents and children, reduce stress and irritation, muscle fitness, accelerate the development of the brain and nervous system and make eating more delicious. In addition, there will also be an increase in the production of digestive enzymes which will help the absorption of

nutrients. Nutrients that are absorbed will enter the blood circulation which also increases due to stimulation from the sympathetic nerves.

Tuina massage can promote growth, increase endurance, build a bond of affection between parents and children, reduce stress and irritability, muscle fitness, accelerate the development of the brain and nervous system. Massage can only be done once a day for 6 consecutive days. In general, 1 massage series above is enough to do, if you feel the need to add a new massage, you should give a break of 1-2 days before doing a new massage series.

Tuina massage is done by sliding massage techniques, massaging, tapping, friction, pulling, rotating, shaking and moving certain points so that they will affect the body's energy flow by holding and pressing the body on certain body parts. Tuina massage is more specific for overcoming feeding difficulties in toddlers by improving blood circulation in the spleen and digestion will increase) and eating it to be ravenous. In addition, there will also be an increase in the production of digestive enzymes which will help the absorption of nutrients. Nutrients that are absorbed will enter the blood circulation which also increases due to stimulation from the sympathetic nerves. Through a modification of acupuncture without needles, this technique uses a technique of pressing on the body's meridian points or lines of energy flow so that it is relatively easier to do than acupuncture (Sukanta, 2017).

Increased appetite in toddlers is caused by Tuina Massage. This is because giving Tuina massages helps improve blood circulation and can maximize organ function, one of the organs that can be maximized is the digestive organs. Massaging intestinal motility will increase and will improve the absorption of nutrients by the body and increase appetite. Tui na massage is done in the area around the joints to open up the body's defenses and get energy moving in the two meridians, which then makes the muscles stimulate the flow of chi and blood to bring healing. If you have a child who has difficulty eating, the Tuina Massage method might help increase appetite and absorb nutrients in his body

CONCLUSION

The average result before Tui Na massage was carried out for toddlers at the Ami Medika clinic, Sukabumi Regency, obtained a 17.32 eating in toddlers at the Ami Medika Clinic, Sukabumi Regency with a value <0.05 p-value = 0.0001.

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