

THE EFFECTIVENESS OF TUI NA MASSAGE TO INCREASE THE APPLICATION OF TODDLERS

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ABSTRACT

The problem that is often experienced by children aged 1-5 years is that it will become difficult to eat. Difficulty eating conditions is a problem in providing food as an effort to meet nutritional intake in children and toddlers. One of the causes of children having difficulty eating is digestive problems. Vomiting, spilling food and brushing off bites are symptoms of a child not having an appetite. One of the actions to overcome children who do not have an appetite is by doing Tui Na Massage. Tui Na massage is a massage technique to overcome eating difficulties in toddlers by improving blood circulation in the spleen and digestion. This type of research is a Pre-Experimental Design with One Group Pretest-Posttest Design, namely by comparing 1 group with 2 treatments, namely observing the frequency of appetite for toddlers before and after being given Tui Na massage. The sample in this study were toddlers who met the inclusion criteria as many as 20 toddlers. The results of statistical tests obtained p-value of 0.000 so it can be concluded that Tui Na massage is effective for overcoming the problem of difficult eating in toddlers. The frequency of eating in toddlers increases after the Tui Na massage. Parents are expected to apply Tui Na massage once a day for 6 consecutive days on their toddlers to overcome appetite problems so that toddler growth and development can be achieved optimally.

Keywords: appetite; children; tui na massage

INTRODUCTION

Adequate nutritional intake is necessary for the growth and development of the toddler's body. This critical period is a time when toddlers will experience growth and development. Toddlers who experienced malnutrition before, can still be improved with good intake so that they can grow and catch up in accordance with their development. Toddlers can experience growth failure if the intervention is late so that toddlers will not be able to catch up with their growth delays (Sihadi and Djaiman, 2011).

The nutritional needs of toddlers will not be met if toddlers have problems eating difficulties. Difficulty eating in children, one of which is influenced by loss of appetite. The condition of difficulty eating mostly occurs in children aged 1-5 years which is also called the food jag age. In this age range, children prefer certain foods and even tend to experience difficult eating conditions. In most parents, the condition of having difficulty eating in the age range of 1 to 5 years is still often considered reasonable, even though there are many risk factors that will occur if a child has a difficult eating condition (Roesli, 2015).

The bad impact that can be caused by nutritional problems during this period in the short term is disruption of brain development, intelligence, impaired physical growth, and metabolic disorders in the body. Whereas in the long term the bad consequences that can be caused are decreased cognitive abilities and learning achievement, decreased immunity so that it is easy to get sick, and a high risk for the emergence of diabetes, obesity, heart and blood vessel disease, cancer, stroke and disability in old age, and uncompetitive work quality which results in low economic

productivity (Kemenkes RI, 2016). No appetite is a condition in which the child does not want or refuses to eat or has difficulty consuming food or drink of the type and amount that is physiologically age-appropriate (natural and natural), starting from opening his mouth without coercion, chewing, swallowing until it is absorbed by the digestive system. both without coercion and without giving certain vitamins and drugs (Widodo, 2009).

According to Zaviera (2008), the problem of no appetite can be caused by: a) organic factors, namely the ability to coordinate gross motor movements around the mouth in the form of coordinating biting, chewing and swallowing movements. Eating disorders can be when the child has canker sores, sore throat or disease in the digestive organs. b) nutritional factors, can be in the form of accuracy in the type and amount of food given to children according to their age development. The accuracy of the type and amount of food will determine the fulfillment of nutrition in toddlers. c) psychological factors are parental mismanagement in terms of regulating their child's eating. The attitude of forcing food causes the baby or child to feel the process of eating as an unpleasant moment, this results in an anti-food attitude. An attitude that is too obsessive and overprotective will have a negative impact on children (Santoso, 2009).

Maulana (2007) states that the symptoms of no appetite in toddlers include: a) Difficulty chewing, sucking, swallowing food or only being able to eat soft or liquid food, b) Vomiting or spitting out food that has entered the child's mouth, c) Eating for a long time and playing with food, d) Completely refusing to put food in the mouth or closing the mouth tightly, e) Spitting up or spilling food and resisting bites, f) Not liking a lot of variety of food, g) Strange and odd eating habits. One of the actions taken in overcoming no appetite is by doing the Tui Na Massage Technique. Tui Na massage is a more specific massage technique to overcome eating difficulties in toddlers by improving blood circulation in the spleen and digestion, through a modification of acupuncture without needles. This technique uses emphasis on body meridian points or energy flow lines so it is relatively easier to do than acupuncture. Massage can only be done once a day for 6 consecutive days (Sukanta, 2010). Giving Tui Na massage to toddlers aged 1 - 5 years is more effective and has an impact on overcoming difficult eating conditions compared to giving multivitamins with a p-value ($p = 0.000$) (Meinawati, 2021).

METHOD

This type of research is a Pre-Experimental Design with One Group Pretest-Posttest Design by comparing 1 group with 2 treatments, namely pretest and posttest in the form of measuring the frequency of eating before and after Tui Na massage on toddlers. Tui Na massage for toddlers is done once a day for 6 consecutive days. The toddler's appetite was measured based on the frequency of eating in the day before being given a Tui Na massage and on the 7th day after being given a Tui Na massage. The instrument used to measure the frequency of eating toddlers is by using a questionnaire. According to Agung (2006), for a simple experiment with tight control, the success of the research can be achieved by using a sample size of 10 to 20. The sample in this study was toddlers who met the inclusion criteria, namely as many as 20 people. The statistical method in this study is a non-parametric method through the Wilcoxon Signed Rank Test with a 95% confidence degree ($\alpha=0.05$).

RESULTS AND DISCUSSION

Based on the results of research on the effectiveness of Tui Na massage to increase the appetite of

toddlers in Beji Village, Andong, Boyolali Regency, the following results were obtained:

Table 1.
 Frequency Distribution of Toddler Appetite Before Tuina Massage (n= 20)

Appetite	f	%
1	6	30
2	6	30
3	8	40

Based on table 1, the results showed that the majority of the frequency of appetite for toddlers before being given Tuina massage were 8 people (40%) with a frequency of eating 3 times a day.

Table 2.
 Frequency Distribution of Toddler Appetite After Tuina Massage (n= 20)

Appetite	f	%
3	12	60
4	6	30
5	2	10

Based on table 2, the results show that the majority of the frequency of appetite for toddlers after being given Tuina massage is 12 people (60%) with a frequency of eating 3 times a day.

Tabel 3.
 Comparison of Toddler Appetite Before and After Tui Na Massage

	N	Mean Rank	Sum of Ranks
After Tui Na Massage - Negative Ranks	0 ^a	,00	,00
Before Tui Na Massage Positive Ranks	19 ^b	10,00	190,00
Ties	1 ^c		

Based on table 3, the results showed that there were no toddlers who experienced a decrease (reduction) in the frequency of appetite after being given a Tuina massage. There were 19 toddlers who experienced an increase in the frequency of appetite after being given a Tui Na massage, while 2 toddlers did not experience a change in appetite after being massaged by Tui Na.

Tabel 4.
 Wilcoxon Signed Ranks Test
 After Tui Na Massage - Before Tui Na Massage

Z	-3,938 ^a
Asymp. Sig. (2-tailed)	,000

Based on the Wilcoxon Signed Ranks Test statistical test, the Asymp value is known. Sig. (2-tailed) is worth 0.000. Asymp Value. Sig. (2-tailed) < 0.005, it can be concluded that "Ha is accepted" which means that there is a difference between the frequency of appetite before being given a Tuina massage and after being given a Tuina massage or there is a significant effect between Tui Na massage on toddlers' appetite.

Based on the results of the study, it was found that there were no toddlers who experienced a decrease (reduction) in the frequency of appetite after being given a Tuina massage. This is in accordance with the results of a study conducted by Yenni Puspita (2021), that after the Tui Na massage was performed for 6 consecutive days, most of the toddlers had a good appetite. Tui Na massage is a more specific massage technique to overcome eating difficulties in toddlers by improving blood circulation in the spleen and digestion, through a modification of acupuncture without needles. This technique uses emphasis on the body's meridians or energy flow lines, making it relatively easier to do than acupuncture. Massage can only be done once a day for 6 consecutive days (Sukanta, 2010).

According to Lusianah Meinawati (2021), in her research she said that giving Tui Na massage to toddlers aged 1 to 5 years was more effective and had an impact on overcoming difficult eating conditions compared to giving multivitamins with a p-value ($p = 0.000$). Massage done on the palm side of the thumb serves to strengthen the child's digestive and spleen functions. Tui Na massage is done by gliding massage techniques (Effleurage or Tui), massaging (Petrissage or Nie), tapping (tapotement or Da), friction, pulling, twisting, shaking, and vibrating certain points so that it will affect the flow of body energy by holding and pressing body in certain body parts (Sukanta, 2010).

The results of this study are in line with research conducted by Titik Wijayanti and Ardiani Sulistiani (2019), that the average weight gain of toddlers after Tui Na massage is 2.29. Tui Na massage is effective in increasing toddler body weight (p value $(0.00) < (0.05)$) with a close correlation (0.984). Tui Na massage is a relaxing massage technique because it can relax tense muscles, especially in the upper back, neck and shoulders. In underweight toddlers, Tui Na massage will make blood circulation in the spleen and digestive system smoother so that appetite increases and absorption of nutrients / nutrition is more optimal as a result can increase body weight (Sukanta, 2010).

CONCLUSION

There is a difference between the frequency of appetite before being given Tuina massage and after being given a Tuina massage or there is a significant effect between Tui Na massage on toddlers' appetite.

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