



## Complementary Therapy of Tui Na Massage Affected the Increase of Children's Appetite



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### Article Information

#### History Article:

Received, 16/02/2022

Accepted, 27/12/2022

Published, 30/12/2022

#### Keywords:

tui na massage,  
children, appetite

### Abstract

Nutritional status is an indicator in determining a children's health status. Massage is one of the therapies complementary that many parents choose to avoid malnutrition. Touch therapy (massage) can have positive physical effects, including weight gain. Tui Na massage is a more specific massage technique to overcome feeding difficulties in toddlers by improving blood circulation in the spleen and digestion. The purpose of this study was to measure the extent to which Tui Na massage complementary therapy increased children's appetite. This research used a literature review design. The data used secondary data obtained from the results of research that had been carried out by previous researchers whose research journals had been published which were relevant to the topic, from 2015 to 2021, were accessed in full text by 16 journals according to the formulation of the problem and research objectives, and 6 the journal given the Tui Na massage. The results showed that there was an effect of Tui Na massage on weight gain. Tui Na Massage was effective in increasing a toddler's weight. There was an effect of massage on increasing the appetite of toddlers aged 1 year. Based on the results of the above study, the children's appetite and weight after being given the Tui Na massage treatment, the average growth rate of weight gain increased and the appetite increased above the average of babies who did not get massage treatment.

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DOI: <https://doi.org/10.26699/jnk.v9i3.ART.p416-422>

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P-ISSN : 2355-052X

E-ISSN : 2548-3811

## INTRODUCTION

The growth and development of children are very dependent on the fulfillment of nutrition. The family has an important role in determining the nutritional status of school-age children, as well as the family's ability to fulfilment family health duties in fulfilling school-age children's nutrition. The family consists of two or more people who are dependent on each other in terms of emotional, physical and economic (Maria & Setiawan, 2016).

Efforts to reduce and prevent nutritional problems in toddlers from pregnancy to toddlerhood include administration of Fe 90 tablets during pregnancy, vitamin A 2x/year, PMT, routine weighing, and stimulation of growth and development. (Soetjningsih, 2010). Growth stimulation that is currently being widely used is baby massage. Baby massage which is starting to be done a lot to increase a children's appetite and can increase a children's weight is Tui Na massage. Tui Na massage is a more specific massage technique to overcome feeding difficulties in toddlers by increasing blood circulation in the spleen and digestion, through a modification of acupuncture without needles, this technique uses an emphasis on the body's meridian points or energy flow lines so that it is relatively easier to do compared to acupuncture (Sukanta, 2010).

The results of Ceria I, 2019 concerning the effect of giving Tui Na massage on the weight of toddlers carried out on toddlers aged 1-5 years at Posyandu Karangnongko, by purposive sampling obtained 30 samples of toddlers. The results showed that there was a significant effect of giving tui na massage on the weight of children under five before and after tui na massage. Tui na massage can increase toddler's weight significantly.

The most common cause of eating difficulties in toddlers is impaired spleen and digestive function. So that food that enters the stomach is not digested immediately, which results in stagnation of food in the digestive tract, complaints that parents convey about this problem are that children often vomit, feel nauseous when fed, and the stomach feels full, thereby reducing appetite or even no appetite at all (Halimatus Saidah, 2020)

Today, experts have been able to scientifically prove what has long been known to humans, namely touch and massage therapy for babies, which have many benefits for the physiological changes of babies, especially when done by the baby's mother herself. The mother is the closest parent to the baby, and the mother's massage to the

baby is a gentle stroking of affection. The mother's skin is the skin that the baby first recognizes (Aminati, 2013).

Based on the 2018 Riskesdas, the prevalence of malnutrition in Indonesia is 17.7% and stunting is 30.8%. Research on preschool children aged 4-6 years in Jakarta found a prevalence of eating difficulties of 33.6%, 44.5% of them suffered from mild to moderate malnutrition, and 79% had lasted more than three months (Judarwanto, 2007). Malnutrition can hurt health, especially the growth and development of children. Some of the problems that often occur are eating difficulties in toddlers which can cause growth and development disorders, including a decreased immune system, sleep disturbances, balance and coordination disorders, also children become aggressive, impulsive, and stunting. Stunting occurs due to malnutrition and disease. (Merryana Indriani, 2016).

Complementary medicine is now widely used as an alternative therapy option. Complementary medicine is non-conventional medicine that aims to improve the degree of public health, through promotive, preventive, curative, and rehabilitative efforts obtained through structured education with high quality, safety, and effectiveness based on biomedical science according to the regulation of the Minister of Health of the Republic of Indonesia, No.1109/ Menkes/Per/IX/2007. Massage is one of the complementary therapies that many parents choose. According to Kenny (2014), massage by professionals can achieve positive health and well-being (physical, functional, and psychological outcomes) for the body. According to Roesli (2013), touch therapy (massage) can have positive physical effects, including weight gain.

Tui Na massage is a more specific massage technique to overcome feeding difficulties in toddlers by improving blood circulation in the spleen and digestion (Sukanta, 2010). The touch of a mother's massage is a form of communication that can also build closeness between parents and their children. Children who are massaged with happy feelings will get the maximum benefits of massage. (Munjida A, 2015) and Maria D, 2016 proving that Tui Na Massage which is routinely performed by parents can be a stimulation that can have an impact on increasing appetite in toddlers that weight will increase. Gao L's research (2018) used a meta-analysis method to evaluate the effect of massage therapy (massage or Tui Na or manipulation) with the results of massage therapy being significantly better than pharmacotherapy in treating anorexia in children.

This makes it important to build closeness between parents and children by giving children a touch to increase appetite with complementary Tui Na massage therapy in achieving optimal growth and development of the nation's generation. The purpose of this study was to measure the extent to which Tui Na massage complementary therapy increased children's appetite.

## METHODS

This research was a literature review. The data used in this research was secondary data obtained not from direct observation, but from the results of research that has been conducted by previous researchers whose research journals have been published. Secondary data sources in the form of journals and articles relevant to the topic were

carried out using a database that uses Google Scholar and NCBI Pubmed, starting from 2015 to 2021 which was accessed in full text in pdf format. The data extraction used in reviewing articles was all research results in articles that were match by the researchers' goals, namely ensuring the quality of health services in the future not only through clinical skills but also interpersonal skills that will support health. The data used secondary data obtained from the results of research that has been carried out by previous researchers whose research journals have been published that are relevant to the topic, from 2015 to 2021 which were accessed in full text by 16 journals according to the formulation of the problem and research objectives and 6 the journal given the Tui Na massage.

## RESULT

**Table 1:** Problem analysis

No	Author	Title	Result
1	Resty Noflidaputri, Vittria Meilinda, Yeni Hidayat	The effectiveness of Tui Na massage in increasing body weight for toddlers in the working area of the buo lintau health center	The population in this study were all toddlers in the Lintau Health Center Work Area Buo of Tanah Datar Regency totals 24 toddlers. Sampling was done by purposive sampling with a total of 10 toddlers. Collecting research data using observation sheets. Statistical test using the Wilcoxon Test shows that the average frequency of toddler weight before the Tui Na Massage is 8.79 and the average frequency of toddler weight after Tui Na Massage is 8.87 with a value $P=0.002$ . There is the effectiveness of deep Tui Na Massage increase appetite in toddlers.
2	Yuni Mutia Siska	The effect of Tui Na massage on weight gain in toddlers in aisiyah early childhood education	The population in this study was 160 toddlers in Aisyiyah PAUD and Tumaninah Yassin Metro Center PAUD. The sample of this research were 33 toddlers. The sampling technique used purposive sampling. Retrieval of data using a questionnaire by weighing the toddler's weight, interviews and observations with checklists and observation

			<p>sheets. Univariate analysis using the average formula, bivariate analysis using Wilcoxon. Based on research conducted, the average body weight before the tui na massage was 14.79 and after the tui na massage the average body weight was 15.09, with a P-value of 0.000. There is an effect of tui na massage on weight gain.</p>
3	Titik Wijayanti, Ardiani Sulistiani	The effectiveness of Tui Na massage on weight gains to boys aged 1-2 years	<p>This research is a quasi-experimental study with a one-group pretest-posttest design with Tui Na Massage treatment. Samples were taken using a purposive technique that met the criteria for toddlers with underweight, and the number of samples was 20 toddlers. The method used in data collection is observation and data analysis using the Paired t test, with a p-value <math>(0.000) &lt; \alpha (0.05)</math>. Tui Na massage is effective in increasing toddler weight.</p>
4	Happy Marthalena Simanungkalit	The effect of massage on the level of difficulty eating to 1 year age	<p>The research design used the one-group pretest posttest design method. The study population was toddlers in the Working Area of the Baamang II Health Center. Sample with a total of 15 respondents. Data analysis used the Wilcoxon test. The p-value = <math>0.000 &lt; 0.05</math> is obtained. There is an effect of massage on increasing the appetite of toddlers aged 1 year.</p>
5	Yostika Yulitasari	Tui Na acupressure applications to increase the application of total children	<p>The results of the case studies that have been carried out on An. A and An. H with the problem of nursing nutritional imbalances less than body requirements related to inadequate dietary intake, it can be concluded that the application of Tui Na acupressure to increase appetite in toddlers has proven effective in treating children's problems with lack of appetite.</p>

6	Lusianah Meinawati	The effect of Tui Na massage on picky eater in children age 1 to 5 years at BPM lilis suryawati Jombang	The population in the study of toddlers aged 1-5 years in the Working Area of the Lilis Suryawati Midwife Practice totaled 286 toddlers. Sampling used a consecutive sampling method with a total sample of 50 respondents with a ratio of 1: 1 where 25 toddlers were the treatment group, and 25 groups were given multivitamins. The Wilcoxon statistical test results obtained a p-value of 0.000. There is an effect of Tui Na massage on increasing appetite in toddlers aged 1 - 5 years.
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## DISCUSSION

Child growth is closely related to the problem of changes in the number, size or dimensions of the level of cells, organs and individuals, which are usually measured by weight (grams, pounds, kilograms), length (cm, meters), bone age and metabolic balance or retention. body calcium and nitrogen. The growth and development of children is very dependent on the fulfillment of nutrition. Some of the problems that often occur are eating difficulties in toddlers which can cause growth and development disorders, including: decreased immune system, sleep disturbances, balance and coordination disorders, also children become aggressive, impulsive and stunting. Stunting occurs due to malnutrition and disease. Nutritional status is an indicator in determining a children's health status. Good nutritional status can help the process of growth and development of children to reach optimal maturity (Nurlina, 2012).

The process of growth and development in toddlers occurs so quickly that it requires sufficient calories. Toddlers need both micro and macro nutrients which are used for the process of optimizing perfect growth and development. Fulfillment of nutrients must be balanced with optimal body absorption, and one effort that can stimulate the absorption of nutrients in the body is through massage intervention. (Roesli, 2013).

Toddlers aged 1 to 5 years when they have not been introduced to various food menus will experience difficulty eating. The condition of difficulty eating occurs due to the increasing age of children and their increased activities such as playing and running, so they sometimes become lazy to eat. Massage in toddlers is a healthy

behavior that greatly contributes to increasing physical and mental growth and development. As a form of touch therapy, routine massage for toddlers will provide a sense of comfort, relaxation, and blood circulation so that it can maximize the function of organs such as the digestive organs, whereby massage will increase intestinal motility and will improve the absorption of nutrients by the body and increase appetite. (Judarwanto, 2016).

The most common cause of eating difficulties in toddlers is impaired spleen and digestive function. So that food that enters the stomach is not digested immediately, which results in stagnation of food in the digestive tract, complaints that parents convey about this problem are that children often vomit, feel nauseous when fed, and the stomach feels full, thereby reducing appetite or even no appetite at all. very. The family has an important role in determining the nutritional status of school-age children, as well as the family's ability to fulfill family health duties in fulfilling school-age children's nutrition. The family consists of two or more people who are dependent on each other in terms of emotional, physical and economic (Maria. D, 2016).

Children whose eating patterns are disrupted have an impact on their health so they are susceptible to disease and growth and development disorders. Efforts to overcome difficulties can be done using pharmacology and non-pharmacology. One way to prevent this is by doing complementary Tui Na massage therapy for children. Tui Na massage can give children a sense of security and comfort. Tui Na massage is a more specific massage technique for overcoming feeding difficulties in toddlers by improving blood

circulation in the spleen and digestion, through a modification of acupuncture without needles, this technique uses an emphasis on the body's meridian points or energy flow lines so that it is relatively easier to do compared to acupuncture. The tui na massage method is safe to do, the child will feel relaxed, the appetite will increase, and the fulfillment and absorption of nutrients in the children's body can be maximized (Sukanta, 2010).

Based on the results of the article review, Tui Na Massage must be done by either parents or a therapist. Given the benefits of Tui Na massage, it can increase appetite in toddlers so that there is an increase in toddlers' weight. Tui Na massage is one of the non-pharmacological alternatives that can be applied to increase appetite in toddlers so that the fulfillment of toddler nutrition is fulfilled. Giving Tui Na Massage can also be applied and studied by health workers and mothers at home who have toddlers because Tui Na Massage is done with an emphasis technique on certain parts without using tools so that it can facilitate giving this Massage treatment. In addition to increasing appetite in toddlers, Tui Na Massage can also improve blood circulation in the spleen and digestive system of toddlers (Sukanta, 2010). The importance of parental involvement in solving children's problems so that children's appetite increases and does not force children to finish their food. It is hoped that health workers on the day of the posyandu can educate mothers of toddlers about how to do Tui Na Massage so that mothers of toddlers can practice it themselves at home.

## CONCLUSION

Based on research results. It can be concluded that Tui Na massage complementary therapy can increase children's appetite, Tui Na massage complementary therapy is very effective for parents, Tui Na massage complementary therapy which is done regularly can increase children's weight, Tui Na massage complementary therapy can increase appetite children aged 6 months – 12 years

## SUGGESTION

Involving parents in doing Tui Na Massage regularly can be a stimulus to increase appetite and parental closeness to toddlers so that weight will increase.

## ACKNOWLEDGEMENT

This research was funded by the researcher's and was partly supported by an internal research grant from the University of Bina Sehat PPNI Mojokerto for the Improvement of the Lecturer

Research Scheme. Thanks to Dr. Ivan Rovian, M.Kp as Plt. Chancellor of the Bina Sehat University of PPNI Mojokerto who has permitted to conduct research.

## FUNDING

The source of funding comes from the researcher's funds and partly gets research funding from internal grants at Bina Sehat University PPNI Mojokerto.

## CONFLICT OF INTEREST

The authors declared there was no conflict of interest in this study project. All components can work well according to their respective duties and can work as a good team.

## AUTHOR CONTRIBUTIONS

Author Lida Halimatus Sa'diyah contribute in generating ideas/concepts, designing, analyzing, and/or interpreting data. Author Veryudha contribute in the revision of writing and Noer Saudah was final approval for publication.

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