**EFFECT OF COMPLEMENTARY THERAPY ON**

**INCREASE IN CHILD'S APPETITE**

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**ABSTRACT**

Nutritional status is an indicator in determining a child's health status. Good nutritional status can help the process of growth and development of children to reach optimal maturity. The nutritional status of toddlers is an important thing that every parent must know and the need for more attention to growth and development at the age of toddlers is based on the fact that malnutrition that occurs during toddlerhood is irreversible (cannot be recovered) Marimbi, 2010. Massage is one of the therapies complementary that many parents choose. 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). This research with literature review design. The data used is secondary data obtained from the results of research conducted by previous researchers whose research journals have been published that are relevant to the topic, from 2015 to 2021 which are accessed in full text. The results of Yuni's research, 2019, show that there is an effect of tui na massage on weight gain. The results of the research by Titik, 2017 that Tui Na Massage is effective in increasing a toddler's weight. Happy research results, 2019 that there is an effect of massage on increasing the appetite of toddlers aged 1 year. Based on the results of the above study, the child'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.

Keywords: Complementary, Children, Appetite

**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 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 & Setiawan, 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.

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%. 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.

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 (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 (Munjidah, 2015 and Maria 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 tuina 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.

**METHODS**

This research is a literature review or literature review. The data used in this research is 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 is accessed in full text in pdf format.

Data extraction used in reviewing articles is all research results in articles that are 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.

**RESULT**

**Table 1. Problem analysis**

|  |  |  |
| --- | --- | --- |
| No | Author | Tittle |
| 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 |
| 2 | Yuni mutia siska | The effect of tui na massage on weight gain in toddlers in aisyiyah early childhood education |
| 3 | Titik wijayanti, ardiani sulistiani | The effectiveness of tui na massage on weight gains to boys aged 1-2 years |
| 4 | Happy marthalena simanungkalit | The effect of massage on the level of difficulty eating to 1 year age |
| 5 | Yostika yulitasari | Tui na acupressure applications to increase the application of total children |
| 6 | Lusianah meinawati | The effect of tui na massage on picky eater in children age 1 to 5 years at BPM lilis suryawati Jombang |

**DISCUSSION**

The growth and development of children are very dependent on the fulfillment of nutrition. 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 massage therapy for children. Massage for children is a touch therapy in direct contact with the body which can provide a sense of security and comfort for children.

This is following the results of the research. According to Resti, 2020 that the effectiveness of tuina massage in overcoming difficulties in toddler diets, the average toddler weight before the Tui Na massage (pretest) is 8.79 with a standard deviation of 1.05. the average toddler weight after the Tui Na Massage (posttest) is 8.87 with a standard deviation of 0. After the Tui Na Massage is done on the toddler, the toddler's appetite increases.

Yuni's research results, in 2019 which was conducted on 33 toddlers, found that the average weight before the tui na massage was 14.79 and after the tui na massage the average weight was 15.09, the difference in average weight gain before and after the tui na massage is 270 grams with a P-value of 0.000. It can be concluded that there is an effect of tui na massage on weight gain.

According to the point, 2017. The research was conducted using quasi-experimental designs of 20 toddlers using a purposive technique, with a one-group pretest-posttest design by treating Tui Na Massage, before giving Tui Na Massage starting with measuring the child's weight (pre-test). , after being given Tui Na Massage 6 times in a row - in a week ending with measuring the child's weight gain (post-test) 1 month later. The results of data analysis using the Paired t-test showed that the ρ-value (0.000) < α (0.05) then Ho was rejected and Ha was accepted, meaning that Tui Na Massage was effective in increasing toddler weight.

According to Happy, 2019 that the research was conducted on toddlers with as many as 15 respondents with the one-group pretest-posttest design method. Data analysis using the Wilcoxon test showed that H0 was rejected and Ha was accepted, which means that there was a significant effect on the level of difficulty eating toddlers before and after the massage, where the appetite of toddlers of as many as 15 respondents (100%) before the massage had difficulty eating. After the massage, 13 respondents (86.7%) of the 15 respondents had no difficulty eating and those who still had difficulty eating were 2 respondents (13.3%) with an average (mean rank) of 7. This indicates that there is an effect of massage on increasing the appetite of toddlers aged 1 year. There is an effect of massage on increasing the appetite of toddlers aged 1 year.

**CONCLUSION**

Tuina massage provides very effective benefits for child growth and development, especially increasing appetite. 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.

**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.

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**CONFLICT OF INTEREST**

The research process was carried out by the researchers themselves to obtain a journal search database from the results of research that had been carried out by previous researchers whose research journals had been published. Secondary data sources in the form of journals and articles relevant to the topic were carried out using the databases used were Google Scholar and NCBI Pubmed. Limited livelihoods from 2015 to 2021 accessed in full text in pdf format

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