

# The Effectiveness Of Tuina Massage In Overcoming Feeding Difficulties In Toddlers Aged 1-2 Years At Posyandu Mekar In The Talaga Village Area

Nur Azizah Laksono<sup>1\*</sup>, Nursitiyarah<sup>2</sup>

<sup>1,2</sup> Abdi Nusantara College of Health Sciences, Indonesia

\*Corresponding Author:

Email: [azizahlaksono29@gmail.com](mailto:azizahlaksono29@gmail.com)

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## **Abstract.**

*Background : Toddlers are still completely dependent on their parents to perform the necessary tasks such as bathing, urinating, and eating. Purpose of Writing: to determine the effectiveness of tuina massage in overcoming eating difficulties in toddlers aged 1-2 years at TPMB X Talaga Village Region in 2022. Research Methods: This research was an experimental study designed with One – group pre test – post test design. The number of samples in this study were 40 people. The sampling technique was used by accidental sampling. Research Results: Statistical tests using the non-parametric Wilcoxon test obtained the result that the majority of 40 respondents were in positive ranks or the (positive) difference between before and after the Tuina Massage was carried out with the mean ranks being 20.50 and the sum of ranks being 820.00. Asymp research results. Given Sig (2 - Tailed) = 0.001 and 0.000 <0.05, the hypothesis can be considered accepted. This shows that the Mekar Posyandu in the Talaga Village area has been successful in using Tuina Massage to help toddlers aged 1-2 years overcome the challenges of eating at the Mekar Posyandu in the Talaga Village Area. Conclusions and Suggestions: it is hoped that the parents of their children can find out a lot about their involvement in doing tuina massage as a form of alternative medicine so that mothers can do the Tuina Massage technique to overcome the problem of difficulty eating in toddlers 1-2 years.*

**Keywords:** *Tuina Massage, Overcoming Difficulty Eating in Toddlers and Talaga Village Area.*

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## **I. INTRODUCTION**

Toddlers are children who have reached the age of one year or more and are better known among children under the age of five. Children between the ages of three and five years are referred to as toddlers or preschoolers (3-5 years). Toddlers are still completely dependent on their parents to perform the necessary tasks such as bathing, urinating and eating (Setyawati & Hartini, 2018) Children's nutritional status has a significant impact on their physical development and IQ, and food consumption plays an important role in both outcomes (Ariani, 2017). Nutrients absorbed by the body have a significant impact on the health of toddlers. Because diet has a significant effect on immunity, not getting enough nutrients that the body can digest makes a person more susceptible to disease (Widiyanti, 2021). The young person will now enter the protest stage and start resisting the invitation. Children tend to lose weight during this period because they start to do a lot of activities and refuse food (Febrianti, 2020). According to Sitiyarah's research, (2020) which explains non-pharmacological treatment, where non-pharmacological treatment is a treatment without drugs. Massage therapy can help children who have difficulty eating, known as Tuina Massage.

According to some, massage is a manipulative therapy that is used on the soft tissues of the body and is used as an additional and alternative treatment. Massage has various benefits, including boosting the immune system, triggering qi, improving blood flow, and increasing qi flow to the meridians (Gao et al., 2018) In Asih & Mugiati's research (2018), in this study Tui Na massage was given according to the protocol, using 8 series of massages to overcome toddler eating problems. It is hoped that mothers of toddlers can give this massage regularly to help their children who have difficulty eating. Midwives can provide information and training to mothers of toddlers so that all mothers can do tui na massage. Researchers are interested in continuing the study of overcoming eating challenges in toddlers based on previous findings, this is due to the many complaints from parents of toddlers who have difficulty eating and have difficulty eating, namely Tuina Massage, therefore the researcher

wants to prove this in real terms in the current study by taking the research title "Effectiveness of Tuina Massage in Overcoming Feeding Difficulties in Toddlers Aged 1-2 Years at Posyandu Mekar in the Talaga Village Area.

## II. METHODS

This study used the pre-experimental method with the one group pre-posttest design approach. The research instrument is in accordance with the research objectives which consist of SOP for massage steps as a guide in implementing Tuina Massage, Observation Sheets for assessing appetite for toddlers 1-2 years, is there any change based on increased hunger and does not refuse when it is fed and vice versa is it still refuses to eat when his mother feeds him. Implementation stage, at the primary data collection stage in accordance with the research objectives at the beginning of the pretest research to find out eating difficulties in toddlers 1-2 years, the next stage is the Tuina Massage intervention. Then a reassessment of eating difficulties in toddlers 1-2 years after the Tuina Massage intervention was carried out. The number of samples in this study were 40 people. The sampling technique used was accidental sampling.

## III. RESEARCH RESULT

### A. UNIVARIATE ANALYSIS

#### 1. Frequency Distribution Before and After Tuina Massage Concerning Overcoming Difficulty Eating in Toddlers Aged 1-2 Years at Posyandu Mekar, Talaga Village

Tuina Massage Overcomes Eating Difficulties in Toddlers Age 1-2 Years	Pre-test		Post-test	
	(f)	(%)	(f)	(%)
There is Appetite	3	7,5	37	90
There is no appetite	36	92,5	4	10
<b>Total</b>	<b>40</b>	<b>100</b>	<b>40</b>	<b>100</b>

Table 1 can be concluded that before the Tuina Massage was carried out in overcoming eating difficulties in toddlers 1-2 years, it was found that the majority had no appetite as many as 36 toddlers (92.5%). Then after the Tuina Massage was done, the results showed that the majority had an appetite of 37 toddlers (90%)

#### 2. Ratings before and after overcoming eating difficulties in toddlers aged 1-2 years at Posyandu Mekar in the Talaga Village area

Tuina Massage Overcomes Eating Difficulties in Toddlers Age 1-2 Years					
Tuina Massage	N	Mean	Selisih Mean	Min	Max
pre test	40	42,325	30,286	25	50
pos test		74,125		62	87

Table 2 shows that out of 40 children aged 1-2 years before the Tuina Massage was carried out, an average value was obtained of 42.325 with a question value based on a questionnaire in overcoming eating difficulties in toddlers aged 1-2 years, a minimum of 25 and a maximum of 50. After the Tuina Massage is done, the average – an average of 74.125 with a question value based on a questionnaire in overcoming eating problems for toddlers aged 1-2 years, a minimum of 62 and a maximum of 87.

#### 3. Shapiro-Wilk Normality Test Results

Measurements from the pretest and posttest of Tuina Massage were first tested for normality to determine whether there had been an increase in hunger. The Shapiro Wilk test performs a data normality test. After Levene's tests for homogeneity and normality were completed.

group	Pengukuran	Shapiro-Wilk	Keterangan
<b>Tuina Massage Overcomes Eating Difficulties in Toddlers Age 1-2 Years</b>	Pre Test	0,000	Tidak Normal
	Post Test	0,000	Tidak Normal

Based on table 3, it is known that the normality test of the intervention group was effective both pre-test and post-test in overcoming eating problems in toddlers. Age 1-2 years on the Shapiro-Wilk test obtained a pre-test value of  $p = 0.00$  ( $p < 0.05$ ) and post test  $p = 0.000$  ( $p < 0.05$ ). Based on the results of the Shapiro-Wilk test, the data above is not normally distributed. So then do the Wilcoxon statistical test.

## B. BIVARIATE ANALYSIS

1. The Effectiveness of Tuina Massage in Overcoming Feeding Difficulties in Toddlers Aged 1-2 Years at Posyandu Mekar in the Talaga Village Area.

Tuina Massage Mengatasi Kesulitan Makan	N	Mean Rank	Sum Of Rank	Asymp. Sig (2 – Talled)
pre test – Post test				
Negatif Ranks	0	0,00	0,00	
Positif Ranks	40	20,50	820,00	0,00
Ties	0			
Total	40			

In table 4 the statistical test using the non-parametric Wilcoxon test obtained the result that the majority of 40 respondents were in positive ranks or the (positive) difference between before and after the Tuina Massage was carried out with the mean ranks being 20.50 and the sum of ranks being 820.00. The findings of this study are known as asymp. Given that  $0.000 < 0.05$ , and because Sig (2 - Talled) has a value of 0.001, it can be said that the hypothesis is accepted. This indicates that tuina massage is useful for overcoming eating problems in children aged 1-2 years at Posyandu Mekar in the Talaga Village area.

## DISCUSSION

The study findings showed differences between before and after tuina massage, allowing researchers to draw the conclusion that tuina massage is effective for addressing eating problems in toddlers aged 1-2 years. These results were carried out by researchers using a questionnaire with questions related to whether children aged 1-2 years had an appetite or not which consisted of 10 questions answered by respondents, then the results were obtained before tuina massage was carried out, namely the majority found that there was no appetite as much 36 toddlers (92.5%). Then after the Tuina Massage was done, the results showed that the majority had an appetite of 37 toddlers (90%). The findings of this study are in line with the findings of Hidayat T, et al (2021) who found that toddler massage is an activity that significantly improves physical and mental development. Regular massage can help your child relax, his blood circulation can improve, and the capacity of certain organs, such as those involved in digestion, can be strengthened. Therefore, it is very important to optimally manage toddler nutritional conditions when they have problems with hunger. The way to overcome eating difficulties can be done non-pharmacologically, namely without using drugs. This is supported by Sitiyaroh, 2020 which explains that non-pharmacological treatment can be carried out with acupressure, acupuncture, and types of natural and traditional foods. Tuina massage is an action performed by therapy by emphasizing points that have been adjusted to operational standards by the inventor of tuina massage with the aim of increasing appetite for children who have difficulty eating.

This is supported by theory according to Gao, et al, 2020 which explains the concept of traditional Chinese medicine using treatment methods including acupressure and acupuncture to treat and prevent problems with the limbs. It has been proven that massage can help treat conditions that affect the digestive system. Tuina massage was carried out in Judarwanto's research, (2016) massaging young children is a healthy practice that significantly improves their physical and mental development. As a type of touch treatment, routine toddler massage will increase comfort, relaxation, and improve blood circulation to maximize the function of organs such as the digestive system. Massage will also increase intestinal motility, which will increase nutrient absorption and increase appetite. Providing tuina massage or Tuina Massage can be carried out according to operational standards carried out by researchers following the method according to the theory of Dr. Tiwi and Reza, 2013, namely according to this massage recommendation, 1 set of therapy is equal to 1 x therapy protocol per day for 6 consecutive days, if necessary repeat the treatment, 1-2 days apart, and massage only one side of the hand—no need to massage both sides. You should also avoid forcing children to eat because it will result in psychological trauma. ensuring a balanced diet with healthy and nutritious foods. In the opinion of researchers regarding the

difficulty in providing food at the age of 1-2 years is a passive consumer so the need for proper feeding in order to obtain optimal body weight. However, eating difficulties are not resolved quickly, it can result in abnormalities in the growth and development of toddlers.

This is supported by According to Nurjannah, 2018 Due to the large amount of nutrients in food, a toddler's diet has a significant influence on his growth. Growth is very dependent on nutrition. Health and intelligence are closely related to the nutrition in it. Toddler growth will be stunted, the body becomes thin and short, they can even experience malnutrition if the diet is not followed properly. Stunting is closely related to eating habits, especially in the first two years of life. Eating habits can affect the nutritional status of toddlers by affecting the quality of the food they consume. Based on this theory, the researcher believes that it is very necessary to overcome feeding difficulties so that there are no abnormal growth in children by having tuina massage, because it has been proven in current and previous research which found the effectiveness of tuina massage in overcoming eating problems in children aged 1-2 years, it is necessary for health or education workers to provide education in the tuina massage technique so that it can be practiced on children in a non-pharmacological treatment with tuina massage for 6 consecutive days to achieve the best results. In the findings of this study there are limitations in providing research, namely the time spent educating mothers in terms of implementing tuina massage, and there are repeated explanations because respondents still do not understand the point in tuina massage because in research it must be carried out successively, it is necessary to observe the maximum to the respondent in order to get a maximum process.

#### IV. CONCLUSION

According to the findings of the investigation, the following can be said:

1. Before the Tuina Massage was carried out in dealing with eating problems in infants and young children, 1-2 years found the majority had no appetite as many as 36 toddlers (92.5%). Then, after the Tuina Massage was done, the results showed that the majority had an appetite of 37 toddlers (90%)
2. Out of 40 children aged 1-2 years before the Tuina Massage was carried out, an average value was obtained of 42.325 with a question score based on a questionnaire in dealing with eating problems in infants and young children, 1-2 years a minimum of 25 and a maximum of 50. After Tuina Massage the average – an average of 74.125 with a question value based on a questionnaire in overcoming eating difficulties in toddlers aged 1-2 years, a minimum of 62 and a maximum of 87.
3. In the statistical test using the non-parametric Wilcoxon test, the results were that the majority of 40 respondents were in positive ranks or the (positive) difference between before and after the Tuina Massage was carried out with the mean ranks being 20.50 and the sum of ranks being 820.00. Asymp research results. Given Sig (2 - Tailed) = 0.001 and 0.000 < 0.05, the hypothesis can be considered accepted. This shows that the Mekar Posyandu in the Talaga Village area has been successful in using Tuina Massage to help toddlers aged 1-2 years overcome the challenges of eating at the Mekar Posyandu in the Talaga Village Area.

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