

**PENGARUH AKUPRESURE PIJAT TUI NA TERHADAP
PENINGKATAN NAFSU MAKAN PADA ANAK USIA PRA SEKOLAH DI
PAUD KOBER AL MUHSHININ KAB. BANDUNG 2024**

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ABSTRAK

Berkurangnya nafsu makan pada Anak Usia Pra Sekolah merupakan gangguan psikologis tumbuh dan kembangnya, Banyak para orang tua yang kesulitan untuk mengatasi para Anaknya yang mengalami nafsu makan berkurang. Salah satu dampak dari nafsu makan yang berkurang adalah Anak akan mengalami masalah pada gizi. Penelitian ini bertujuan untuk menganalisis pengaruh pijat Tui Na terhadap peningkatan nafsu makan Anak, kasus anak usia pra sekolah underweight sebesar 15,7% Di Kec. Arjasari, Desain penelitian menggunakan *accidental sampling* dengan rancangan *one group pretest posttest design*, Populasi Dan Sampel Penelitian Ini Sebanyak 33 Murid Di Paud Kober Al Muhshinin Kab. Bandung, dengan teknik sampling yang digunakan simple random sampling. Terdapat Peningkatan Dengan Nilai Rata Rata 6.57 %, Analisis data menggunakan paired sample t-test, Penelitian ini menunjukkan Terdapat Pengaruh Signifikan Setelah Di Lakukan Pijat Tui na, Berdasarkan hasil uji statistik diketahui bahwa terdapat pengaruh pijat Tui Na terhadap peningkatan nafsu makan Anak Usia Pra Sekolah dengan $p\text{-value} < \alpha$ (0,05) sebesar 0,000, peningkatan nafsu makan disebabkan karena dilakukannya pijat tuina. Hal ini disebabkan oleh karena pemberian pijat tuina membantu memperlancar peredaran darah dan dapat memaksimalkan fungsi organ, salah satu organ yang bisa dimaksimalkan adalah organ pencernaan Anak Usia Pra Sekolah, Diharapkan agar ibu balita mampu dan rutin menerapkan pijat Tui Na dalam mengatasi masalah nafsu makan pada anaknya Selain itu juga para ibu juga harus memperhatikan jenis makanan dan cara penyajiannya agar nafsu makan anak meningkat.

Kata Kunci : Pijat Tui Na, Peningkatan Nafsu Makan, Anak Usia Pra Sekolah

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**THE EFFECT OF TUI NA ACUPRESSURE MASSAGE ON INCREASING
APPETITE IN PRESCHOOL AGE CHILDREN IN PAUD KOBER AL
MUHSHININ REGENCY. BANDUNG 2024**

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ABSTRACT

Reduced appetite in pre-school children is a psychological disorder of growth and development. Many parents have difficulty dealing with their children who experience reduced appetite. One of the impacts of reduced appetite is that children will experience nutritional problems. This study aims to analyze the effect of Tui Na massage on increasing children's appetite. Cases of underweight preschool aged children in the 15.7% Kec. Arjasari, The research design uses accidental sampling with one group pretest posttest design, population and sample for this study were 33 students at Paud Kober Al Muhshinin Kab. Bandung, with the sampling technique used was simple random sampling. Data Results: There is an increase with an average value of 6.57%. Data analysis uses paired sample t-test. This research shows that there is a significant effect after Tui Na massage. Based on the results of statistical tests, it is known that there is an effect of Tui Na massage on increasing the appetite of children aged Pre-School with a p-value $< \alpha$ (0.05) of 0.000, the increase in appetite was caused by tuina massage. This is because giving tuina massage helps improve blood circulation and can maximize organ function, one of the organs that can be maximized is the digestive organs of pre-school aged children. It is hoped that mothers of toddlers will be able and regularly apply Tui Na massage to overcome appetite problems in their children. . Apart from that, mothers also have to pay attention to the type of food and how it is served so that their children's appetite increases.

Keywords: Tui Na Massage, Increased Appetite, Pre-School Age Children

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