



## Tuina Massage Effectiveness on Weight Gain of Toddlers at BPM Cahaya Bunda Pekanbaru

Een Husanah<sup>1</sup>, Miratu Megasari<sup>2</sup>

<sup>1,2</sup>Program Studi DIII Kebidanan STIKes Hang Tuah Pekanbaru

Email : hanasya\_eeen12@yahoo.com

**Abstract** - Toddler age is a vulnerable age, because growth at this time greatly determines subsequent physical and mental development. Good nutrition is an important element in creating a quality human being. Therefore, nutritious food intake is very important for the growth of brain cells and their physique (Annif Munjinah, 2015). Based on the author's experience in providing guidance to midwifery students who practice in the field, it is found that many parents carry out routine massage on their babies or toddlers with several the reasons for doing the massage include being fussy and not wanting to eat. This research aims to determine the effectiveness of tuina massage on weight gain for toddlers at BPM Cahaya Bunda Pekanbaru. This type of research is a quasi experimental (quasi-experimental) with a one group pretest posttest approach. Sampling in this study using accidental sampling technique. The population in this study were all toddlers who visited BPM to do massage. The analysis used was univariate and bivariate. The results showed that there was a significant difference between body weight before and after being given tuina massage therapy. Tuina massage is effective against weight gain in toddlers. The amount of benefits of Tuina Massage for toddlers is expected to be a complementary therapy in providing care for children who have eating problems so that the growth and development of toddlers can be optimal. The population in this study were all toddlers who visited BPM to do massage. The analysis used was univariate and bivariate. The results showed that there was a significant difference between body weight before and after being given tuina massage therapy. Tuina massage is effective against weight gain in toddlers. The amount of benefits of Tuina Massage for toddlers is expected to be a complementary therapy in providing care for children who have eating problems so that the growth and development of toddlers can be optimal. The population in this study were all toddlers who visited BPM to do massage. The analysis used was univariate and bivariate. The results showed that there was a significant difference between body weight before and after being given tuina massage therapy. Tuina massage is effective against weight gain in toddlers. The amount of benefits of Tuina Massage for toddlers is expected to be a complementary therapy in providing care for children who have eating problems so that the growth and development of toddlers can be optimal. Tuina massage is effective against weight gain in toddlers. The amount of benefits of Tuina Massage for toddlers is expected to be a complementary therapy in providing care for children who have eating problems so that the growth and development of toddlers can be optimal. Tuina massage is effective against weight gain in infants. The amount of benefits of Tuina Massage for toddlers is expected to be a complementary therapy in providing care for children who have eating problems so that the growth and development of toddlers can be optimal.

**Keywords:** Tuina Massage, Toddler, BPM Cahaya Bunda

### 1. Introduction

Toddler period is an important period in the human development process. Development and growth at that time determines the success of children's growth and development in the next period. The period of growth and development at this age is a period that takes place quickly and will never be repeated, because it is often called the golden age or golden age. The growth and development of the body is very dependent on the fulfillment of nutrition (Soetjningsih, 2008). Problems that are often found in toddlers who lack



appetite are food refusal, including refusing vegetables, refusing meat, faddy eating, refusing to drink milk. Symptoms that may arise due to a child's lack of appetite include: weakness, colic, constipation and acute diarrhea, stunting, and malnutrition (Sudjatmoko, 2011). Efforts to overcome eating difficulties can be done by pharmacological and non-pharmacological methods. Efforts with pharmacology include giving milltivitamins and other micronutrients. Meanwhile, non-pharmacology includes herbal / herbal drinks, massage, acupressure and acupuncture. Currently, most parents overcome the lack of appetite in children by giving multivitamins without considering the cause. This will have both positive and negative effects if given for a long time. Recently, baby massage techniques have been developed, namely a way to overcome lack of appetite with Tui Na massage. This Tui Na massage is a more specific massage technique to increase appetite in toddlers by improving blood circulation to the spleen and digestion, through modification of acupuncture without needles, This technique uses emphasis on the body's meridian points or energy flow lines, making it relatively easier to do than acupuncture (Sukanta, 2010). MANfaaat

Tuina massage is a way to support the child's growth and development process both physically, mentally and socially. This massage provides positive stimulation and improves blood and nerve circulation, so that the body becomes relaxed and refreshed (Dewitasari, 2015).

## 2. Method

This research was conducted at BPM Cahaya Bunda Pekanbaru with the population in this study were toddlers who visited BPM to do massage, with the sampling technique used was accidental sampling. This study uses a quantitative approach, the method used in this study is a quasi experiment. Quasi experimental research is research that is intended to determine whether or not there are consequences of "a" imposed on the subject investigating (Notoadmodjo, 2005). The type of design in this study was in the form of a non equivalent design (pretest and posttest). Data analysis was performed using univariate and bivariate analysis.

## 3. Result and Discussion

### 3.1 Univariate Results

**Table 1**  
Weight frequency distribution of toddlers before and after Tuina massage at BPM Bunda Light

Variable	n	BB Toddler Before Tuina Massage Therapy			
		%	Mean	Min	Max
Tuina Massage Therapy	30	100	10.60	7	7
BB Toddler After Tuina Massage Therapy					
Tuina Massage Therapy	30	100	10.97	14	15

Table 1 above shows the results of the highest body weight under five before the Tuina massage, which is 14 kg. While the highest underfive weight after 15 g% Tuina massage

### 3.2 Bivariate Analysis

**Table 2**  
Distribution of average weight of toddlers before and after Tuina massage at BPM Bunda Light

Variable	Mean	SD	SE	P Value	N
BB Toddler					
Before	10.60	2,358	0.430	0.000	30
After	10.97	2,403	0.439		

Table 2 above shows that the average weight of children under five before the tuina massage is 10.60 kg with a standard deviation of 2.358. While the average body weight of children under five after the tuina massage was 10.97 kg with a standard deviation of 2.403. There is a difference in the mean value before and after the tuina massage -10.97 with a standard deviation of 2.403. The result of the statistical test, the value of 0.000, means that there is a significant difference between the weight of children under five before and after the tuina massage.

### 3.3 Discussion

Scientific massage stimulates hormones in the body, a substance that regulates functions such as appetite, sleep, memory and learning, temperature control, mood, behavior, blood vessel function, and the endocrine system. The results showed that baby massage can increase body weight, help babies / toddlers who are not able to sleep well, have less appetite, and lack concentration bias. This is certainly beneficial for children's development and development. Based on the research of Ceria & Arintasari in 2019, it shows that respondents who received tuina massage for 2 weeks mostly experienced weight gain, with the difference in body weight before and after being 0.18 kg. This research was conducted on 30 children under five with 2x weight gain, namely before and after the tuina massage.

This is in accordance with research (Asniar, 2019) who said that after doing Tuina massage for 6 consecutive days in the morning some respondents experienced an increase in appetite. In the journal Tuina Massage Effectiveness on weight gain for toddlers aged 1-2 years, it is stated that tuina massage is effective in increasing body weight.

The results of this study are supported by theory who said that eating difficulties in children can be overcome with complementary nursing actions, namely massage, with a touch of massage on muscle tissue, blood circulation becomes smooth and in the end can maximize organ function. One of the organs that can be maximized is the digestive organ where with massage the intestinal motility will increase and will improve the absorption of nutrients by the body and increase appetite.

Meanwhile, other journals say that there is an effect of tuina massage on weight gain for toddlers. The results of the average hemoglobin before being given the massage were that the body weight did not increase and the appetite was less, but after being given the massage the average weight of the children under five increased.

Based on the results of the toddler's research, after the tuina massage experienced an increase in appetite, this was indicated by the demand for toddlers to eat, in terms of sleep quality, toddlers were calmer and more soundly, they rarely woke up as usual. in toddlers so that growth and development of toddlers can occur optimally.

### 4. Conclusion

- a. The results of the average weight of toddlers before the tuina massage were 10.60 kg with a standard deviation of 2.358, while the average body weight of toddlers after regular tuina massage in the morning for 6 days was 10.97 kg with a standard deviation of 2.403
- b. In the statistical test, the value of  $p = 0.000$  is obtained so that  $H_0$  is rejected, it is concluded that there is an effect of tuina massage on weight gain of children under five
- c. The results of the study of Tuina massage were effective against weight gain for toddlers

### 5. Reference

- [1] Ceria, I., & Arintasari, F. (2019). *Pengaruh Pemberian Pijat Tui Na Dengan Berat Badan Anak Balita*. 471.
- [2] Dewi, S. (n.d.). *Pijat & Asupan Gizi Tepat* (Ari (ed.)). pustaka baru press.
- [3] dr. Soetjningsih, S. (1995). *Tumbuh Kembang Anak* (A. Prof. dr. IG. N. Gde ranuh, S (ed.); 1st ed.). penerbit buku kedokteran EGC.
- [4] Goyena, R. (2019). *Hubungan Pola Pemenuhan Kebutuhan Dasar Bayi Dalam Pemberian Asi Terhadap Perkembangan Bayi*. *Journal of Chemical Information and Modeling*, 53(9), 1689–1699. <https://doi.org/10.1017/CBO9781107415324.004>.
- [5] Handayani, S.IT, M. K., & Dewi, F. K. (2018). *Panduan Pelatihan Peluang Usaha Baby Spa And Mom Treatment* (1st ed.).
- [6] Munjidah, A. (2018). *Efektifitas Pijat Tui Na Dalam Mengatasi Kesulitan Makan Pada Balita Di Rw 02 Kelurahan Wonokromo Surabaya*. *Journal of Health Sciences*, 8(2), 193–199. <https://doi.org/10.33086/jhs.v8i2.204>.
- [7] Prasetyono, D. S. (2013). *Buku Pintar Pijat Bayi* (Fifah (Ed.); 1st Ed.). Bukubiru.
- [8] Proverawati, A., & Asfuah, S. (2009). *Gizi Untuk Kebidanan* (1st ed.). nuha medika.
- [9] Septiari, B. B. (2012). *Mencetak Balita Cerdas Dan Pola Asuh Orang Tua* (1st ed.). nuha medika.
- [10] Sjamsoedin, dr. jaya. (2019). *Pijat Medik Pediatrik* (F. Fabri (ed.); 1st ed.). Myria Publisher.
- [11] Wahningrum, D. A. (2017). *Efektivitas Pijat Tuina Dalam Meningkatkan Nafsu Makan Pada Balita Usia 1-5 Tahun Di Bpm Ma'rifatun M. S Puring*, 1–5.
- [12] , T., & Sulistiani, A. (2019). *Efektifitas Pijat Tui Na Terhadap Kenaikan Berat Badan Balita Usia 1 – 2 Tahun*. *Jurnal Kebidanan Indonesia*, Vol 10, 62.