

The Effect Of Tui Na Massage With Weight Increase To Bgm Toddlers Ages 1-3 Years Old

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ABSTRAK : PENGARUH PIJAT TUI NA DENGAN KENAIKAN BERAT BADAN BALITA BGM USIA 1-3 TAHUN

Latar Belakang : Berat badan merupakan salah satu parameter pertumbuhan seorang anak, disamping faktor tinggi badan. Data dari Puskesmas Branti Raya pada tahun 2022 kasus balita BGM meningkat sebesar 24 kasus. Upaya untuk mengatasi kesulitan makan dapat dilakukan dengan cara non farmakologi seperti Pijat Tui na. Pijat Tu Ina ini merupakan teknik pijat yang lebih spesifik untuk mengatasi kesulitan makan pada balita dengan cara memperlancar peredaran darah pada limpa dan pencernaan, melalui modifikasi dari akupunktur tanpa jarum. Tujuan penelitian ini diketahui pengaruh pijat tui na dengan kenaikan berat badan balita BGM Di Wilayah Kerja Puskesmas Branti Raya Tahun 2022.

Jenis penelitian: kuantitatif dengan rancangan pra eksperimen semu dengan one group pretest-posttest. Populasi dalam penelitian adalah balita yang akan dilakukan Pijat Tui Na dengan sampel berjumlah 24 balita, teknik sampel yang digunakan total sampling. Penelitian ini telah dilaksanakan di wilayah kerja Puskesmas Rawat Beranti Raya pada bulan April – Juni 2022. Pengambilan data dengan lembar observasi. Analisis data secara univariat dan bivariat (uji t test).

Hasil : Diketahui rata-rata berat badan balita sebelum dilakukan pijat tui na adalah 9383.3 gram dan setelah dilakukan pijat tui na rata-rata berat badan adalah 9841,6 gram.

Kesimpulan Ada Pengaruh Pijat Tui Na Dengan Kenaikan Berat Badan Balita BGM Di Wilayah Kerja Puskesmas Branti Raya Tahun 2022 dengan nilai ($p\text{-value} = 0,000 < \alpha = 0,05$). Saran pada ibu balita agar dapat memanfaatkan teknik pijat tui na sebagai cara dalam mengatasi kesulitan makan pada anak balita dan mengaplikasikan terapi pijat tui na dalam kehidupan sehari-hari

Kata Kunci : Berat Badan Balita, Gizi Kurang, Pijat Tui Na

ABSTRACT

Background : Body weight is one of the growth parameters of a child, in addition to the height factor. Data from the Branti Raya Health Center in 2022 cases of BGM toddlers increased by 24 cases. Efforts to overcome eating difficulties can be done by non-pharmacological methods such as Tui na massage. Tu Ina massage is a more specific massage technique to overcome eating difficulties in toddlers by improving blood circulation in the spleen and digestion, through a modification of acupuncture without needles. The purpose of this study was to determine the effect of tui na massage with weight gain of BGM toddlers in the Branti Raya Health Center Working Area in 2022.

Type of research: quantitative with a quasi-experimental design with one group pretest-posttest. The population in this study is toddlers who will have Tui Na massage with a sample of 24 toddlers, the sample technique used is total sampling. This research was carried out in the working area of the Rawat Beranti Raya Health Center in April – June 2022. The data were collected using observation sheets. Data analysis was univariate and bivariate (t test).

Results: It is known that the average body weight of toddlers before tui na massage is 9383.3 grams and after tui na massage the average weight is 9841.6 grams.

Conclusion There is an Effect of Tui Na Massage with BGM Toddler Weight Gain in the Work Area of the Branti Raya Health Center in 2022 with a value ($p\text{-value} = 0.000 \leq 0.05$). Suggestions for mothers of toddlers to be able to use tui na massage techniques as a way to overcome eating difficulties in toddlers and apply tui na massage therapy in daily life

Keywords: Toddler Weight, Malnutrition, Tui Na Massage

INTRODUCTION

Infancy and toddlerhood are a golden period in life so it can be a very important period and requires serious attention, because during this period a very rapid growth and development process takes place, namely physical growth, mental and psychomotor development, and social development (Suharyanto et al., 2017). Growth can be interpreted as an increase in physical size over time, such as a child growing from small to large or a change in height from short to tall (Almatsier, 2013). The growth and development period at this age is a period that occurs quickly and will never be repeated, therefore it is often called the golden age (Soetjningsih, 2013).

The growth and development of the body is very dependent on adequate nutrition (Soetjningsih, 2013). Growth disorders can increase the risk of malnutrition. The state of nutrition, especially during the toddler years, will greatly influence the level of intelligence of adult humans, because adequate nutrition is very necessary for brain growth, especially during the toddler years and will later produce productive and high-quality humans. Poor nutritional status in toddlers is a condition that is always found in society, therefore The percentage of malnutrition needs to continue to be reduced until it does not exceed 5% (Lampung Health Service, 2021).

The World Health Organization (WHO), reported that the prevalence of malnutrition in the world increased from 17.6% in 2015 to 25.0% in 2020. Children suffering from malnutrition with the assumption that their growth will be disrupted is estimated to increase from 113.4 million in 2015 to 218 million in 2020. This condition is an illustration of the magnitude of the nutritional problem in children in the world today, which directly impacts the disruption of children's growth in the future (WHO, 2021).

The percentage of children under five with malnutrition is 1.2% and malnutrition is 4.7%, the highest percentage of children with malnutrition is in West Papua Province at 8.2% and the lowest is in Bengkulu Province at 1.5% while Lampung Province is 3.3 % (Ministry of Health, 2021). The nutritional status of toddlers in Lampung Province in 2020 is known from 480,620 toddlers, as many as 23,490 (4.9%) toddlers are malnourished. The highest district for under-nourished toddlers is Mesuji District at 10.2%, and the lowest is Pesisir Barat District at 0.4% while South Lampung Regency is 2.0% (Lampung Health Service, 2021).

Coverage of the nutritional status of toddlers in South Lampung Regency is known as Kalianda Community Health Center with the highest incidence of BGM toddlers at 8.1% and the lowest at Bumi

Daya, Tanjung Sari Natar and Natar Community Health Centers at 0% while Branti Raya Community Health Center is at 1.8% (Lampung Regency Government South, 2021). Natar District has 5 Community Health Centers, where Natar Community Health Center and Tanjung Sari Natar Community Health Center have no toddlers with BGM, while Branti Raya Community Health Center has 94 cases of BGM toddlers, Hajimena Community Health Center has 22 cases of BGM toddlers and Branti Raya Community Health Center has 24 cases of BGM toddlers (Lampung Regency Government South, 2021).

Based on data from the Branti Raya Community Health Center, it is known that in 2019 there were 14 toddlers included in the BGM category, then in 2020 cases of BGM toddlers increased by 17 cases, in 2021 cases of BGM toddlers increased by 19 cases and in 2022 BGM cases increased amounting to 24 cases (PKM Branti Raya Medical Records, 2022).

One of the nutritional problems in toddlers is Below the Red Line (BGM) toddlers. BGM is a toddler whose weight for age (WW/U) is below the red line on the KMS, and is an early indicator of experiencing nutritional problems (Novitasari, Destriatania and Febry, 2016). BGM is determined by observing the weight of toddlers who are weighed twice in a row and do not experience weight gain. Toddler BGM can be caused by direct and indirect factors. Direct factors such as food intake, indirect factors include the child's age, birth weight, history of infectious diseases, mother's level of knowledge and education, socio-economics, 2 parenting patterns in providing exclusive breastfeeding, MP-ASI, as well as completeness of immunizations and environmental factors including unstable social and political conditions (Alhamda, 2015).

Toddler BGM is caused by direct factors such as infectious diseases which cause toddlers to experience a decrease in appetite, resulting in a lack of protein and energy intake in daily food that does not meet the nutritional adequacy rate (RDA), accompanied by deficiencies in several other nutrients. This condition is exacerbated by various indirect factors including low education, low knowledge, attitudes, number of family members, income, use of health services and skills which result in mothers of toddlers giving food to their children that is not in accordance with their nutritional needs. Apart from that, the baby's weight at birth is also a factor that can cause BGM. Babies with low birth weight have less than perfect antibodies so they are more susceptible to disease. This is because poor

nutritional status can cause toddlers to be susceptible to BGM (Alhamda, 2015).

Eating behavior can describe interest in food, desire to eat, feelings for eating, speed when eating and choosing new types of food (Ceria & Arintasari, 2019). Parents in overcoming children's eating difficulties are still limited to giving multivitamins without paying attention to the cause, this will have an impact negative if given over a long period of time (Yanti et al., 2021).

Efforts to overcome eating difficulties can be done using pharmacological or non-pharmacological methods. Pharmacological efforts include administering multivitamins and other micronutrients. Meanwhile, non-pharmacology includes herbal drinks/jamu, massage, acupressure and acupuncture (Asih & Mugiati, 2018).

Nowadays, differences have been developed from baby massage techniques to Tui na massage techniques. Baby massage is massaging parts of the body to relax the muscles so that blood circulation is smooth throughout the surface of the baby's body. Meanwhile, Tui Na massage is carried out using gliding massage techniques (Effleurage or Tui), massaging (Petrissage or Nie), tapping (Tapotement or Da), friction, pulling, rotating, shaking and vibrating certain points so that it will influence the body's energy flow by holding and pressing the body on certain body parts (Munjidah & Anggraini, 2019).

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 pressure on the body's meridian points or energy flow lines so it is relatively easier to do. compared to acupuncture (Samiasih, 2020). According to Roesli (2013), touch therapy (massage) can have positive physical effects, including weight gain. This Tui Na massage is limited to the meridian points of the hands, feet, stomach and back. The conditions for this massage are 1 set of therapy equal to 1x therapy protocol per day, for 6 consecutive days, if you need to repeat the therapy, give a break of 1-2 days and massage only one side of the hand, no need for both sides, don't force the child to eat because will cause psychological trauma. Provide healthy, nutritious and varied food intake (Asih & Mugiati, 2018)

The research results (Munjidah & Anggraini, 2019) state that the research results show a p value of $0.009 < \alpha 0.05$. Tui Na massage is effective in overcoming feeding difficulties in toddlers in RW 02, Wonokromo Village, Surabaya. Based on 12 journals obtained from internet media (Google Scholar) and a review carried out, the results showed that overall Tui

Na Massage affects the eating patterns of toddlers. Toddler massage is a healthy behavior that has a huge contribution to increasing physical and mental growth (Hidayat et al., 2021). The weight of toddlers before the Tui Na massage was 11.62 kg and after the Tui Na massage was 11.81 kg, a difference of 0.18 kg or 180 grams with a standard deviation of 0.164 with p value = 0.000. There is a significant effect of giving tui na massage on the weight of toddlers before and after tui na massage. Tui Na massage can significantly increase the weight of toddlers (Ceria & Arintasari, 2019)

The results of this study showed that the average body weight in the control group before the tui na massage was 11.5 kg, while in the experimental group before the tui na massage or on the first day of observation was 11.2 kg. The average body weight in the control group after tui na massage was 11.7 kg and the body weight in the experimental group after tui na massage was around 11.8 kg. There was an effect of Tui Na massage on weight gain in PMB "R" Cipacing, Sumedang Regency, West Java and the amount of weight gain between the experimental group was 0.6 kg while the control group was 0.2 kg, which means that with Tui Na massage treatment the weight increase of toddlers will be more than those who were not given Tui Na massage (Pratami et al., 2020)

Based on the results of a pre-survey conducted by researchers in March 2022 on 10 mothers who have children with malnutrition status, it is known that all mothers do not know and have never done tui na massage to increase children's appetite, so far it has been to increase children's appetite and increase body weight. For children who are lacking, the mother provides vitamin intake provided by the Community Health Center, while for other food intake, the mother doesn't pay much attention, what is important is that the food the child likes is eaten.

RESEARCH METHODOLOGY

Type of quantitative research with a quasi-experimental design with one group pretest-posttest. The subjects in the research were 24 toddlers who would undergo Tui Na Massage, the objects in the research were toddlers with below the red line (BGM). The variables in this study were Tui Na massage and toddler weight gain. The planned research implementation in the Rawat Beranti Raya Community Health Center work area will be carried out in April – June 2022. Data collection will be done using observation sheets. Univariate and bivariate data analysis (t test).

RESEARCH RESULTS

Univariate Analysis

Based on table 1 above, it is known that the average weight of toddlers before the tui na massage is 9383.3 grams, with a standard deviation of 1160.7 grams, the minimum value is 7450 grams, and the

maximum value is 11700 grams, while the average weight of toddlers after the tui na massage is 9841.6 grams, with a standard deviation of 1161.6 grams, a minimum value of 8000 grams, and a maximum value of 12150 grams

Table 1
Average weight of toddlers before and after Tui Na massage in the Branti Raya Community Health Center Work Area in 2022

Weight	Mean	SD	Min	Max	N
Before	9383.3	1160.7	7450	11700	24
After	9841.6	1161.6	8000	12150	24

Table 2
Normality Test

Variabel	Kategori	Shapiro-Wilk	Ket
Pijat Tui Na	Sebelum	0.570	Normal
	Sesudah	0.450	Normal

Based on table 2 above, the data normality test using Shapiro-Wilk for variables in both the intervention group before and after obtained a significant value of ≥ 0.05 , which means the data is normal.

Bivariate Analysis

Based on table 3 above, the statistical test results, $p\text{-value} = 0.000$ ($p\text{-value} < \alpha = 0.05$) which

means there is an effect of Tui Na Massage on the weight gain of BGM toddlers in the Branti Raya Community Health Center working area in 2022. Of which 24 respondents with an average value of 458.3 grams, a standard deviation value of 179.7, a t-test value of 12.4, and a p-value of 0.000 ($p\text{-value} < \alpha = 0.05$). The conclusion from the results of this research is that there is an influence of Tui Na Massage on BGM Toddler Weight Gain.

Table 3
Effect of Tui Na Massage on BGM Toddlers' Weight Gain in the Branti Raya Community Health Center Work Area in 2022

Group	N	Different Means	SD	t-test	P- Value
Weight before and after being given Tui Na massage	24	458.3	179.7	12.4	0,000

DISCUSSION

The Effect of Tui Na Massage on BGM Toddlers' Weight Gain in the Branti Raya Community Health Center Work Area in 2022

Based on the results of statistical tests, $p\text{-value} = 0.000$ ($p\text{-value} < \alpha = 0.05$) which means that there is an effect of Tui Na Massage on the weight gain of BGM toddlers in the Branti Raya Health Center working area in 2022

In line with research by Yusari Asih, et al (2018), the results showed that the average difficulty eating for children who received tuina massage was 3,360 with a standard deviation of 0.921, while for children under five who were given multivitamins the average difficulty eating was 2,260 with a standard

deviation of 1,337. The statistical test results obtained a value of $p = 0.000$, meaning that with an alpha of 5% there was a significant difference in the average difficulty of eating in toddlers between toddlers who received tuina massage and toddlers who were given multivitamins.

Toddlers are a period of very rapid growth of the body and brain in achieving optimal function, basic growth which will influence and determine the development of language skills, creativity, social, emotional and intelligence awareness (Dewi 2011). Acupressure is a development of massage therapy that takes place along with the development of the science of acupuncture because the acupressure massage technique is a derivative of the science of

acupuncture. The technique in this therapy uses fingers instead of needles but is done at the same points as those used in acupuncture therapy (Hartono, 2012).

Babies born at term will lose around 5-100% of their weight in the first 7 days, and their birth weight (BW) will return on days 7-10 (Soetjningsih 2013). Tui na massage is done using gliding massage techniques (Effleurage or Tui), massaging (Petrissage or Nie), tapping (tapotement or Da), friction, pulling, rotating, shaking and vibrating certain points so that it will influence the body's energy flow by holding and pressing the body on certain parts of the body. 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 pressure techniques on the body's meridian points or energy flow lines so it is relatively easier performed compared to acupuncture (Sukanta, 2010).

Judarwanto, (2016) stated that carrying out massages for toddlers is a healthy behavior that makes a huge contribution to increasing physical and mental growth and development. As an effort to form touch therapy, doing toddler massage regularly will provide a feeling of comfort, relaxation, improve blood circulation so that it can maximize the function of organs such as the digestive organs, where with massage, intestinal motility will increase and will improve the absorption of food substances by the body and increase appetite. .

Roesli (2015) stated that tui na massage, if carried out regularly, can cause toddlers to become more comfortable and calmer so that the resting phase can be more effective, so when the baby wakes up it will bring enough energy for activities. With optimal activity, toddlers become hungry quickly so that their appetite increases. This increase in appetite is also accompanied by an increase in the activity of the vagus nerve (the brain's nervous system that works from the neck down to the chest and abdominal cavity) in moving peristaltic cells to push food into the digestive tract. digestion. In this way, toddlers become hungry or want to eat more quickly because their digestion becomes smoother.

Tui na massage is performed on the body's meridian points which include the hands, feet, stomach and back. The technique for implementing this tui na massage is 1 set of therapy equal to 1 x therapy protocol per day, for 6 consecutive days, if necessary, repeat the therapy, give a break of 1-2 days and massage only one side of the hand, no need for both sides, on When carrying out the massage, pay attention to the child's condition, whether the child is cooperative or resistant. If a child refuses to have a massage, it can cause

psychological trauma. Provide healthy, nutritious and varied food intake (Roesli, 2015).

Tui na massage aims to increase appetite in children and toddlers with massage techniques through gentle stroking (Effleurage or Tui), massaging (Petrissage or Nie), tapping (tapotement or Da), friction, pulling, rotating, shaking and vibrating certain points in parts of the body so that it will affect the body's energy flow. The massage technique that was developed by holding and pressing the body on certain parts of the body is a more specific massage technique for dealing with feeding difficulties in babies and toddlers so that it can improve blood circulation in the spleen and digestion.

According to researchers, difficulty eating is characterized by the behavior of vomiting food in the child's mouth, eating for a long time, not wanting to put food in the mouth, throwing away food and rejecting mouthfuls and some parents state that the child does not want to be given food. Pre-school children can realize that they are not completely dependent on their surrounding environment, children demand autonomy for themselves, such as by refusing to be given food. 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 pressure techniques on the body's meridian points or energy flow lines so that it is relatively smoother. easier to do than acupuncture.

Based on the research results, it is known that all respondents saw an increase in body weight after being given the Tui Na massage intervention, the highest increase in children's weight was 650 grams, there were 4 children with an increase of 600 grams, apart from that the highest increase was in weight increases of 200-500 grams, and there were 1 child experienced an increase in body weight of only 50 grams, apart from that the increase in the child's weight occurred differently, this was because during the research process the child experienced a fever from the immunization measures carried out so that the massage carried out was not optimal, apart from that because the child had a fever The child becomes fussy and the mother finds it difficult to feed the child, because the child always spits out the food given.

According to researchers, this research process has limitations in the process, including toddlers who are difficult to cooperate with in carrying out massages, children's sleep and play schedules must be really adjusted. Massage should not be done under pressure or when the child is sleeping, so researchers can only do it for 3-4 children every day. The field result is that the child's weight is in the malnutrition category, where the child must catch up quickly with the weight he has lost according to his age. There were 2 children who looked weak and not

as enthusiastic as children according to their age. Didn't want to try any food given, apart from field findings, 1 child had a lung infection, so the child felt sick, fussy and had no appetite. Apart from that, there are also children who only eat the foods they like, so mothers don't give them a variety of foods. There are many factors that need to be addressed due to malnutrition conditions that occur in children. Apart from increasing children's appetite, mothers also need to be educated about balanced food for children and good food consumption patterns and portion sizes for children.

Researchers are of the opinion that treating children with malnutrition status is the task of all levels of society such as health workers, community leaders and parents in an effort to rebuild the growth of toddlers according to their age. This tuina massage can be used as one of the measures that can be socialized and used by parents from an early age to reduce the feeding difficulties commonly experienced by toddlers. Parents, especially mothers, can apply tuina massage to their toddlers to avoid eating difficulties, and toddlers can grow well. develop optimally. Midwives can carry out tui na massage training for cadres, so that cadres can carry out tui na massage training for mothers in the community

CONCLUSION

1. It is known that the average weight of toddlers before tui na massage is 9383.3 grams, with a standard deviation of 1160.7 grams, a minimum value of 7450 grams, and a maximum value of 11700 grams.
2. It is known that the average weight of toddlers after tui na massage is 9841.6 grams, with a standard deviation of 1161.6 grams, a minimum value of 8000 grams and a maximum value of 12150 grams.
3. There is an effect of Tui Na massage on the weight gain of BGM toddlers in the Branti Raya Community Health Center working area in 2022 (p-value = 0.000)

SUGGESTION

1. For Respondents
Can increase insight for families in dealing with toddlers' weight by doing tui na massage
2. For the Branti Raya Community Health Center
Health workers in the work area are expected to be able to carry out IEC, counseling and outreach to the community regarding the nutritional status of children under five and the impacts that occur if their nutritional status is poor. Providing education regarding toddlers' weight and efforts to overcome weight gain, such as demonstrating tuina massage for

mothers of toddlers so that it can be applied at home.

3. For Malahayati University Bandar Lampung
Universities can increase references in the learning process about increasing the weight of toddlers, namely how to massage tuina, as an additional skill for students in the future.
4. Next Researchers
The results of this research can be used as a reference for conducting similar research, or developing similar research by adding new variables

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