

The Effect Of Giving Acupressure Therapy On Increasing Appetite In Children Aged 1-5 Years At PMB Mutiara/N.Purba Medan Sunggal In 2022

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ARTICLE INFO

Keywords:

Children aged 1-5 years,
Appetite,
Acupressure Therapy.

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ABSTRACT

Based on the results of the 2018 Basic Health Research (Riskesmas), under-fives were stunted at 30.8%, in 2019 it fell to 27.7%, but it is still below the 2024 national target of 14%. The number of toddlers in Indonesia who experience malnutrition is 3.9% and those who suffer from malnutrition are 13.8%. According to the health profile in Indonesia in 2020, toddlers 0-59 months are very short, 11.5%, while toddlers are short, 19.3%. The percentage of toddlers aged 0-59 months who are very underweight is 3.9%, while the percentage of underweight is 13.8%. The research objective was to determine the effectiveness of acupressure on increasing appetite in children aged 1-5 years at PMB Mutiara/N.Purba Medan Sunggal. The research method used was an experiment with a one group pretest-posttest design. The entire population was used as a sample of 8 respondents. The research was conducted for 2 months. The survey found that the majority of respondents who were 2 years old were 3 people, the sexes of men and women had the same number, namely 4 people each, that of the 8 respondents who were given acupressure therapy the majority of their weight increased, namely as many as 7 people. The results of the paired t-test obtained a p-value <0.05, which is equal to 0.003, Shiatsu therapy is effective in increasing appetite in children aged 1-5 years

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1. INTRODUCTION

Most parents have a hard time feeding their child. However, the problem of eating behavior in children has not been studied specifically what behaviors are often displayed by children while eating. Eating behavior problems are problems that mothers face every day. Most mothers feel unable to cope with this and see it as a natural problem that occurs in childhood. As a result, parents rarely need professional help and treatment of this problem.[1]

Symptoms of feeding difficulties occur in 25% of children and this number increases to around 40-70% in children. This also often creates problems for parents. Similarly, Joko Widodo's 2010 research in Jakarta showed that eating difficulties were 33.6% among preschoolers aged 2-3 years. Most 79.2% survive more than 3 months. Overall, the common causes of infant feeding difficulties can be grouped into three factors, including anorexia, impaired gastrointestinal function, and eating or oral motility disorders. Feeding difficulties occur in 25% of children and this number increases to around 40-70% in children. This also often creates problems for parents. Similarly, Joko Widodo's 2010 research in Jakarta showed that eating difficulties were 33.6% among preschoolers aged 2-3 years. Overall, the common causes of infant feeding difficulties are distinguished by three factors, including anorexia, impaired gastrointestinal function, and feeding or oralmotor motility disorders.[2]

The 2018 Global Nutrition Report shows that Indonesia is in the top 17 out of 117 countries with three nutritional problems, stunting, wasting and overweight in toddlers. The prevalence of these three nutritional problems is stunting 37.2%, wasting 12.1% and overweight 11.9% .[3]

Based on the results of the 2018 Basic Health Research (Riskesmas), under-fives were stunted at 30.8%, in 2019 it fell to 27.7%, but it is still below the 2024 national target of 14%. The number of toddlers in Indonesia who experience malnutrition is 3.9% and those who suffer from malnutrition are

13.8%. According to the health profile in Indonesia in 2020, toddlers 0-59 months are very short, 11.5%, while toddlers are short, 19.3%. The percentage of toddlers aged 0-59 months with very underweight is 3.9%, while the percentage of underweight is 13.8%.[4]

Pharmacological and non-pharmacological methods can be used to overcome eating difficulties. Pharmacological methods include administering multivitamins and other micronutrients. And non-pharmacological through herbal or herbal drinks, acupressure massage, and acupuncture. Currently, most parents overcome their children's nutritional difficulties by giving multivitamins, whatever the reason. This has a negative impact on long term time management[5]

According to research by Rahmawati.S, Murharyati.A, Nugraha.D, (2018) using the Independent T-Test that there were differences in the level of appetite in the treatment and control groups with a p value = 0.001 (<0.05). There is an effect of acupressure therapy on increasing appetite in toddlers with a p value = 0.000 (<0.05).[6]

The health profile of Medan City (2018), of 857 toddlers 4.81% experienced malnutrition, 16.33% had malnutrition, 73.09% had good nutrition, and 5.77% had excess nutrition. According to the F1 nutrition data collected at the Medan Sunggal Health Center, Medan Sunggal District in February 2018 (reporting data on posyandu babies), the number of malnourished children was 34 and 4 children with severe malnutrition. Most malnourished children under five are in the Sunggal XIII Environment, where 5 underfive children with less nutrition than 40 under five children are in that environment. Based on a survey at PMB Mutiara/N.Purba in the last 6 months the number of toddlers who have been weighed is 30 toddlers, and 1 of them is experiencing malnutrition (2022).

Based on this description, the authors are interested in conducting research on "The Effect of Giving Acupressure Therapy on Increasing Appetite in Children Aged 1-5 Years at PMB Mutiara/N.Purba Medan Sunggal, North Sumatra".

2. METHODS

This type of experimental research with a research design used one group pretest-posttest. The population and overall sample of toddlers at PMB Mutiara/N Purba Medan Sunggal were 8 respondents. Methods of data collection by interviews and documentation of weighing results. Acupressure SOP measurement tools and baby scales.

3. RESULTS AND DISCUSSION

Based on the results of research that has been carried out under the title "The Effect of Acupressure Therapy on Increasing Appetite in Children Aged 1-5 Years" with a total of 8 respondents, the following data is obtained:

Univariate analysis

Table 1 Characteristics of Respondents by Gender in Children Aged 1-5 Years

Gender	Frequency	Percentage (%)
Man	4	50
Woman	4	50
Amount	8	100

Based on table 1, it can be seen that the number of male and female respondents is the same, namely 4 (50%) each.

Table 2 Characteristics of Respondents by Age in Children Aged 1-5 Years

Age	Frequency	Percentage (%)
2 years	3	37.5
3 years	2	25
4 years	2	25
5 years	1	12.5
Amount	8	100

Based on table 2, it can be seen that the majority of respondents are 2 years old, namely 3 people (37.5%) and the minority is 5 years old, namely 1 person (12.5%).

Table 3 Distribution of Increased Appetite in Toddlers Aged 1-5 Years Pre-test and Post-test of Acupressure Therapy

Enhancement Appetite	PreTest		Post Test	
	Frequency	Percentage (%)	Frequency	Percentage (%)
Increase	0	0	7	87.5
No Increase	8	100	1	12.5
Amount	8	100	8	100

Based on table 3 it states that before the acupressure treatment (pre-test) of all toddlers as many as 8 respondents (100%) did not experience an increase in appetite, after the acupressure treatment (post-test) the majority of children's appetite increased by 7 people (87.5%).

Bivariate Analysis

Bivariate analysis was used to see the relationship between the independent variable (Independent) and the dependent variable (Dependent Variable) using a paired t-test.

Table 4 Effect of giving Acupressure Therapy on Increasing Appetite in Children Aged 1-5 Years

Variable	Group	Means	std. Deviation	p-value
Enhancement Appetite	<i>Pre-test</i>	13,400	2.6992	0.003
	<i>Post-test</i>	14,362	2.4489	

Based on the results of table 4 it shows that the mean pre-test appetite level is 13.400 while the post-test mean value is 14.362. The results of the paired t-test obtained a p-value <0.05 which is equal to 0.003, so acupressure therapy has an effect on increasing appetite in children aged 1-5 years.

ANALYSIS

The results of the bivariate analysis in table 3.4 show that the average value after being given acupressure therapy is greater than before being given acupressure therapy, which means that after acupressure therapy has been shown to improve appetite in children aged 1-5 years. Based on table 3.5, after the paired t-test was carried out, a p-value <0.05 was obtained, which was 0.003, so acupressure therapy had an effect on increasing appetite in children aged 1-5 years.

Disturbance Eat on Toddler Can caused by weakening spleen And channel digestion. Food Which enter to stomach No quick digested so that cause stagnation food in channel digestion., so as to reduce appetite. Acupressure therapy is a complementary therapy that aims to help increase a child's appetite by pressing or massaging certain points. Emphasis on certain meridian points can help with toddler feeding difficulties by increasing blood circulation in the spleen and digestive system. Physiologically, tactile stimulation through massage can affect brain wave mechanisms, especially the hypothalamus, which is the key and center for hunger and appetite responses. The hypothalamus will also produce hormones, including hormones that affect appetite, namely ghrelin which (Sajidin, M & Kusmawati, 2011).

The results of this study are also in accordance with research (Rahmawati, 2018), paired test shows test results where the p-value = 0.000 <0.05 and in the control group (0.001) <0.05, so there is an effect of acupressure on toddlers' appetite levels pre - post intervention in the treatment group and the control group. Based on the results of the study the amount of weight gain before the intervention was 13,400 and after the intervention 14,362 which means approximately 962 grams.

Roesli (2015) states Difficulty Eat especially happen on children age 1-5 year, Also known as food jag age On age This, child like food certain even tend difficult For eat it. Ages 1-5 year generally Still considered normal, though Lots factor risk Which apply If child difficult Eat. [7]

Difficult feeding conditions can lead to spleen and digestive tract dysfunction, both of which are major causes of children with eating disorders. Chronic disorders of the digestive tract such as

food allergies, food intolerances, and colic. These adverse reactions are a major cause of eating disorders. And lead to the emergence of eating disorders[8]

4. CONCLUSION

Based on the results of the study before the acupressure treatment (pre-test), all 8 respondents (100%) did not experience an increase in appetite, after the acupressure treatment (post-test) the majority of children's appetite increased by 7 people (87.5%). The results of the paired t-test obtained a p-value <0.05 which is equal to 0.003, so acupressure therapy has an effect on increasing appetite in children aged 1-5 years..

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