

# The Effect Of Tui Na Massage Therapy Towards Eating Behavior In The Development Areas Of The Salt Health Center Of Depok City Year 2022

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## ARTICLE INFO

### Keywords:

Tui Na Massage, Eating Behavior in Toddlers

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## ABSTRACT

**Background:** Toddler age is a period that plays an important role in the process of growth and development of a person and is strongly influenced by the eating behavior of toddlers. One of the efforts that can be done to improve and change the eating behavior of toddlers is by doing Tui Na massage. **Purpose:** the purpose of this study is to find out how the effect of Tui Na massage on the eating behavior of toddlers in the assisted areas of the Pengasinan Health Center in Depok City in 2022 **Methodology:** This type of research is a quasi-experimental design with a pre and post-test design with a control group. The population in this study were all toddlers aged 3-5 years in the assisted areas of the Pengasinan City Health Center in Depok as many as 1,054 toddlers divided into 18 posyandu with a total sample of 30 people. The sampling technique is Cluster Random Sampling. The research was conducted in the target area of the Pengasinan Health Center in Depok City from April to July 2022. The data used are primary data. Data were analyzed by univariate and bivariate with paired and independent t test. The data is processed using a computer with the SPSS program. **Results:** The results showed that there was an effect of Tui Na massage therapy on the eating behavior of toddlers in the intervention group (p value 0.001) and there was no effect on examinations 1 and 2 on the eating behavior of toddlers in the control group (p value 0.233) and there were differences between the control group and the intervention group on the eating behavior of toddlers (p value 0.000). **Conclusion:** The conclusion that Tui Na massage has a good influence on toddlers' eating behavior **Suggestion:** It is hoped that this Tui Na massage can be applied to improve eating behavior in toddlers

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## 1. INTRODUCTION

Toddler age is a period that plays an important role in the process of growth and development of a person and is strongly influenced by the eating behavior of toddlers. Poor eating behavior is associated with the incidence of malnutrition or even obesity. At certain times, a toddler's appetite can also decrease and affect his growth and development.

Data in 2014 in the UK states that there are 20% of parents who report their children have eating problems, with the highest number being that children only want to eat certain foods. In a survey conducted in Italy, it was found that 6% of infants had difficulty feeding, which increased by 25-40% during the final phase of growth. In the United States 19-50% of parents complain that their children are very picky in eating (Waugh, 2014 in Loka et al., 2018). In Taiwan, 62% of children identified as picky eaters (Chao, H., C. 2017). And also reported by Bhairavabhatla, et al. (2020) that

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as many as 35% of toddlers in India experience eating problems (Bhairavabhatla, et al. 2020)

A survey conducted by Asih and Mugiati (2018) in East Java, obtained data from 40 toddlers who visited, as many as 62.5% of parents of toddlers complained that their children did not want to eat (Asih and Mugiati, 2018). Data from the Picky Eater Clinic Jakarta Indonesia states that in preschool children aged 4-6 years, the prevalence of difficulty eating is 33.6% and most of it, namely 79.2%, has lasted more than 3 months (Vina, 2008 in Loka et al., 2018). Another study in Indonesia was conducted by Kesuma, A., et al. (2015) on preschool children in Jakarta. It was found that the prevalence of eating difficulties was 33.6% and 44.5% of them had mild to moderate malnutrition (Judarwanto, 2011 in Kesuma, A., Hea et al., 2015). Sudibyo, (2015). Wijayanti and Rosalina (2018) have conducted research on 207 parents of kindergarten age children in Semarang. The results of this study indicate that 54.3% of children with picky eaters have a thin nutritional status (Wijayanti and Rosalina, 2018). Eating difficulties/disorders are not a diagnosis or disease, but are symptoms or signs of deviations or abnormalities that are happening in the child's body. Eating difficulties are experienced by 25-40% of children (Soetjiningsih, Gde Ranuh. 2016).

The survey ever conducted in West Java by Marlina, et al. (2021) that as many as 87 mothers complained that their children had difficulty eating, with 22 of them suffering from poor nutrition (Marlina, et al. 2021). The survey of eating problems among toddlers in Depok was studied by Nisa, N. J., et al. (2021) which stated that as many as 67.2% of children under five had eating problems with 17.9% undernutrition and 25.6% overnutrition (Nisa, N. J., et al. 2021).

One of the causes of poor eating behavior in toddlers is appetite. After passing the age of 1 year, children will begin to be picky about food and toddlers' ability to refuse food given by parents to their children (Nurjannah 2014). In toddlerhood children tend to be passive consumers, meaning that children will tend to accept the food provided by their mother. Meanwhile, at the age of 3-5 years, children will become active consumers. Because at this time they can choose the food they like and start to mix with their environment. Thus, children experience several changes in behavior including in eating behavior (Septiari, 2012).

The impact of poor eating behavior on infants is mostly related to growth disorders, while poor eating behavior in children is accompanied by developmental disorders. If it lasts a long time and is not treated immediately it can cause malnutrition, dehydration, underweight, electrolyte imbalance, impaired cognitive development, anxiety disorders, and in more severe cases it can become a life-threatening condition (Antolis, 2012).

Efforts that have been made by many parents in Indonesia to overcome the problem of eating difficulties in their children are pharmacological such as giving multivitamins or non-pharmacological such as giving herbal drinks, massage, acupressure and acupuncture. However, pharmacological efforts are considered more expensive, temporary and have side effects if used in the long term (Kursani, E., et al. 2020).

Another solution that can be done to overcome eating difficulties and increase the absorption of nutrients is to do Tui Na massage therapy as a non-pharmacological effort that can increase appetite. This massage has been developed as part of baby massage which is carried out by sliding massage techniques, (Effleurage or Tui), massaging (Petrissage or Nie), tapping (Tapotement or Da), friction, pulling, twisting, shaking, and vibrating certain points to influence the flow of body energy and promote blood circulation in the spleen and digestion, through changes in acupuncture therapy. This procedure uses pressure in the body's meridians or energy flow pathways which are generally simpler to do than acupuncture (Puspita, Y., et al., 2021)

This solution is in line with the research conducted by Asih and Mugiati (2018) entitled Tui Na Massage Effectively in Overcoming Eating Difficulties in Toddlers with a sample of 100 respondents and a 1:1 comparison between the intervention group and the control group. Meanwhile, for children under five who were given multivitamins, the average difficulty in eating was 2.260 with a standard deviation of 1.337. The results of the statistical test obtained p value = 0.000, meaning that with an alpha of 5% there was a significant difference in the average difficulty of eating in children under five between children under five who were given tuina massage and children under five who were given

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multivitamins. The advantage of this research is that the relationship between research and theory is explained properly, but this research has a drawback, namely that it still uses references that are too old/more than 10 years (Asih and Mugiati, 2018).

Another study was conducted by Susanti, D. R., et al. (2020) showed that before the Tui Na massage there were 15 (100%) toddlers aged 1-3 years who had difficulty eating. And after the statistical test was carried out, it was seen that there was an effect before and after Tui Na massage on eating difficulties in toddlers aged 1-3 years with Sig 0.001 which means Tui Na massage is effective in overcoming eating difficulties in toddlers. The advantage of this research is that it uses the latest references. However, this study has a drawback, namely the Tui Na massage is carried out by mothers of toddlers so that there is a possibility of difficulties for parents in doing therapy and there is a risk of non-adherence to routine therapy (Susanti, D. R., et al., 2020)

Based on this, the researchers feel the need to further examine the effect of Tui Na massage on the eating behavior of toddlers in the assisted areas of the Pengasinan Community Health Center in Depok City in 2022.

## 2. METHOD

This type of research is a quasi-experimental design with a pre and post-test design with a control group. The population in this study were all toddlers aged 3-5 years in the assisted areas of the Pengasinan City Health Center in Depok as many as 1,054 toddlers divided into 18 posyandu with a total sample of 30 people. The sampling technique is Cluster Random Sampling. The research was conducted in the target area of the Pengasinan Health Center in Depok City from April to July 2022. The data used are primary data. Data were analyzed by univariate and bivariate with paired and independent t test. The data is processed using a computer with the SPSS program.

## 3. RESULTS AND DISCUSSION

### Univariate Analysis Results

Table 1  
 Eating behavior in toddlers in the intervention and control groups

Eating Behavior	N	Mean	SD
Before	15	103,13	11,544
After	15	114,0	6,708
Check 1	15	98,40	10,329
Check 2	15	100,67	6,102

Based on table 1 above, the average eating behavior of toddlers before Tui Na massage therapy was carried out in the intervention group was 103.13 with a standard deviation of 11.544. Meanwhile, the average eating behavior of toddlers after Tui Na massage therapy in the intervention group was 114.00 with a standard deviation of 6.708. The mean eating behavior of toddlers during examination 1 in the control group was 98.40 with a standard deviation of 10.329. While the average eating behavior of toddlers during examination 2 in the control group was 100.67 with a standard deviation of 6.102.

### Bivariate Analysis Results

Table 2. The Effect of Tui Na Massage on Eating Behavior in Toddlers in the Intervention and Control Group

Eating behavior	N	Mean	Pvalue
Before	15	103,13	0,001
After	15	114,0	
Check 1	15	98,40	0,233

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Check 2	15	100,67	
Intervention	15	114,0	0,000
Control	15	100,67	

Based on table 2 above, it can be seen that

- There is an effect of Tui Na massage therapy on the eating behavior of toddlers in the target area of the Pengasinan Community Health Center in Depok City in 2022 in the intervention group with a p value of 0.001 ( $p < 0.05$ )
- There was no effect of examinations 1 and 2 on the eating behavior of toddlers in the target area of the Pengasinan Community Health Center in Depok City in 2022 in the control group with a p value of 0.233 ( $p > 0.05$ ).
- There were differences in the control group and the intervention group on the eating behavior of toddlers in the assisted areas of the Pengasinan Community Health Center in Depok City in 2022 with a p value of 0.000 ( $p < 0.05$ ).

## Discussion

### 1. The effect of Tui Na massage therapy on eating behavior in toddlers in the intervention group

The results of the analysis on the effect of Tui Na massage therapy on the eating behavior of toddlers in the intervention group in the Pengasinan City Health Center target area in 2022 using a paired t test stated that there was an effect of Tui Na massage therapy on eating behavior in toddlers in the intervention group in the Depok City Pengasinan Health Center target area in 2022 with a p value of 0.001 ( $p < 0.05$ ).

This study is in line with research conducted by Muinawati on the effect of Tui Na Massage on Picky Eaters in toddlers aged 1-5 years stating that Based on the results of the Wilcoxon statistical test, a p-value of 0.000 was obtained. From the p-value of 0.000 ( $<0.005$ ), it shows that there is an effect of Tui Na massage on increasing appetite in toddlers aged 1 to 5 years.

This is in the same direction as the research of Asnia (2019) which led a study on the Effect of Tui Na Massage on Increasing Appetite in Toddlers in the Working Area of the Mataleo Health Center. The results showed that after doing Tuina Massage for 6 consecutive days in general (82.1%) respondents had sufficient hunger. And research led by Asih (2018) about Tui Na massage is effective in dealing with eating difficulties in children. The results of the study stated that normal eating disorders in toddlers who received massage had a value of 3.360 with a standard deviation of 0.921, while toddlers who were given multivitamins had difficulty eating a score of 2.260 with a standard deviation of 1.337. the results of the statistical test obtained p value = 0.000, implying that there is a 5% alpha difference in normal eating difficulties in children under five between toddlers who receive massage and toddlers who are given multivitamins.

Wijayanti (2019) also conducted research on the effectiveness of Tui Na massage on weight gain for toddlers 1-2 years old. The results of the review based on the examination of information showed that the p-value (0.000) which means that Tui Na massage can increase children's weight. Seeing the above, researchers are interested in directing research that is identified with the description of the effect of Tui Na massage on appetite in toddlers.

According to the theory, one of the efforts that can be done to increase appetite in toddlers in an effort to prevent nutritional problems is Tui Na massage. Tui Na massage causes toddlers to become more relaxed and can rest effectively so that when the baby is used it brings enough energy to carry out activities. With optimal activity, toddlers become hungry quickly so that their appetite increases. This increase in appetite is also added by increased activity of the vagus nerve (the nervous system of the brain that works for the neck area down to the chest and abdominal cavity) in moving peristaltic cells to push food into the digestive tract. Thus, toddlers get hungry faster or want to eat because their digestion is getting smoother (Utami, 2012).

According to the analysis of massage researchers Nabaik to change the eating behavior of toddlers for the better, it means that there is an increase in appetite and desire to eat in toddlers after the Tui Na massage therapy intervention. This can be seen from the results of research which states that there is an effect of Tui Na massage on eating behavior in toddlers. After doing Tui Na massage, there is an increase in the score of appetite behavior in toddlers, this is in accordance with the benefits of Tui Na massage which can help absorb food properly so that children become hungry easily. So in the future this Tui Na Massage intervention should be carried out as an effort to overcome the problem of toddler nutrition.

## **2. The effect of examinations 1 and 2 on the eating behavior of toddlers in the control group**

The results of the analysis on the effect of examinations 1 and 2 on the eating behavior of toddlers in the control group in the assisted area of the Pengasinan City Health Center in Depok in 2022 by using the paired t test stated that there was no effect of examination 1 and 2 on the eating behavior of toddlers in the control group in the assisted area of the Pengasinan Community Health Center in Depok City in 2022 with a p value of 0.233 ( $p > 0.05$ ).

This study is in line with the Echy R (2020) study on the effect of Tui Na massage therapy on increasing behavioral behavior in children at the Ambacang Health Center which stated that the average eating behavior in the control group in the first measurement was 58.21 with a standard deviation of 4.762 and in the second measurement was 63.18 with a standard deviation of 3.092. The results of statistical tests had no effect on changes in eating behavior in the control group in the first and second examinations with a p value of 0.087 ( $p > 0.05$ ).

According to the analysis of the researchers in this study, there was no effect of examination 1 and 2 on the eating behavior of toddlers in the control group. Poor eating behavior in toddlers if not addressed will continue so that this will be able to trigger nutritional problems in toddlers. In this study in the control group there was no change in eating behavior because no intervention was carried out.

## **3. The difference between the control group and the intervention group on the eating behavior of toddlers**

The results of the analysis of the differences in the control group and the intervention group on the eating behavior of toddlers in the assisted areas of the Pengasinan Community Health Center in Depok City in 2022 using the Manwhitney test stated that there were differences between the control group and the intervention group on the eating behavior of toddlers in the assisted areas of the Pengasinan Community Health Center in Depok City in 2022 with a p value of 0.000 ( $p < 0.05$ ).

The results of this study are in line with research conducted by Pratani (2020) The Effect of Tui Na Massage on Toddler Weight Gain in PMB "R" Cipacing, Sumedang Regency, West Java. The results of this study showed that the average body weight in the control group before tui na massage was 11.5 kg while in the experimental group before tui na massage or the first day of observation was 11.2 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. The increase in body weight occurred because of changes in the child's better eating behavior after the Tui Na massage was performed.

According to the theory, Tui Na massage is carried out by 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 affect the flow of body energy by holding and pressing the body on certain body parts. Tui Na 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, this technique uses pressure techniques on body meridians or energy flow lines so that it is relatively easier to do than acupuncture (Sukanta, 2010). The most common cause in cases of difficulty eating in toddlers is due to impaired spleen and digestive functions. So that food that enters the stomach is not digested immediately, which results in food stagnation in the digestive tract, the complaints conveyed by parents on this problem are children often vomit, nausea when fed, and the stomach feels full so that it reduces appetite or even does not

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have appetite at all. This massage will facilitate the circulation of the blood of the spleen and digestion, this is supported by research conducted by Zhen Huan Liu and Li ting Cen in Guangzhou in 2019 which states that Tui Na massage has a positive effect on the development of nerves and blood circulation in infants.

The researcher assumes that in this study there were differences in dietary behavior between the intervention group with Tui Na massage therapy and the control group without Tui Na massage intervention. In the intervention group the eating behavior of toddlers was better than the control group. This is because the therapy carried out on toddlers in the intervention group can help facilitate the flow of blood to lymph and can also help the process of digestion of food so that it is better. This process will trigger the child to easily feel hungry so that the desire to eat increases. In the future, it is advisable for mothers who have toddlers to be able to apply this intervention at home in an effort to improve eating behavior in toddlers.

#### 4. CONCLUSION

**Based on the research results, it can be concluded that:**

1. The average eating behavior of toddlers before Tui Na massage therapy in the intervention group was 103.13 with a standard deviation of 11.544. Meanwhile, the average eating behavior of toddlers after Tui Na massage therapy in the intervention group was 114.00 with a standard deviation of 6.708.
2. The average eating behavior of toddlers during examination 1 in the control group was 98.40 with a standard deviation of 10.329. While the average eating behavior of toddlers during examination 2 in the control group was 100.67 with a standard deviation of 6.102.
3. There is an effect of Tui Na massage therapy on the eating behavior of toddlers in the target area of the Pengasinan Community Health Center in Depok City in 2022 in the intervention group with a p value of 0.001 ( $p < 0.05$ ).
4. There was no effect of examinations 1 and 2 on the eating behavior of toddlers in the target area of the Pengasinan Community Health Center in Depok City in 2022 in the control group with a p value of 0.233 ( $p > 0.05$ ).
5. There are differences in the control group and the intervention group on the eating behavior of toddlers in the assisted areas of the Pengasinan Community Health Center in Depok City in 2022 with a p value of 0.000 ( $p < 0.05$ ).

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