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## Parent Involvement in Increased Children's Application

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### ABSTRACT

The nutritional status of toddlers is an important thing that every parent must know and the need for more attention to growth and development at the age of toddlers is based on the fact that malnutrition that occurs in toddlers is irreversible (cannot be recovered) Marimba, 2010. According to Andi Nurlinda, 2012 Nutritional status is one indicator in determining the health status of children. Good nutritional status can help the growth and development of children to reach optimal maturity. Touch and massage therapy for babies has many benefits for the baby's physiological changes, especially if the baby's mother does it herself. Mother is the closest parent to the baby, and the massage of the mother to her baby is a gentle stroke of binding the fabric of affection. The mother's skin is the skin that the baby recognizes first (Aminati, 2013). Massage is one of the complementary therapies that many parents choose. According to Roesli (2013), touch therapy (massage) can have a positive physical effect, including weight gain. Tui Na massage is a more specific massage technique to overcome eating difficulties in toddlers by improving blood circulation in the spleen and digestion (Sukanta, 2010). This research is a literature review design. The data used is secondary data obtained from the results of research that has been carried out by previous researchers whose research journals have been published that are relevant to the topic, starting from 2015 to 2021 which are accessed in full text. Yuni's research results, 2019 that there is an effect of tui na massage on weight gain. The results of the study by Titik, 2017 that Tui Na Massage is effective in increasing the weight of toddlers. The results of Happy's research, 2019 that there is an effect of massage on increasing the appetite of toddlers aged 1 year. There is an effect of massage on the increase in appetite for toddlers aged 1 year. Based on the results of the research above, the child's appetite and weight after being given tui na massage treatment, the average growth of weight gain increased and appetite increased above the average baby who did not get massage treatment.

**Keyword:** *Parents, appetite, massage Tui na*

### INTRODUCTION

One of the indicators in determining the health status of children is nutritional status. Good nutritional status can help the process of growth and development of children to reach optimal maturity. Children have a characteristic that is always growing and developing from conception to the end of adolescence. Children show the characteristics of growth and development by their age.

Every parent wants their child to grow up normally. Child growth is closely related to changes in the number, size, or dimensions of the level of cells, organs, and individuals, which are usually measured by weight (grams, pounds, kilograms), length (cm, meters), bone age, and metabolic balance/retention. body calcium and nitrogen. The growth and development of children are very dependent on the fulfillment of nutrition.

Based on Riskesdas in 2018, the prevalence of malnutrition in Indonesia was 17.7% and stunting was 30.8%. Malnutrition can adversely affect health, especially the growth and development of children. Factors that influence the incidence of malnutrition include direct and indirect factors. Factors that directly affect, among others, lack of nutritional intake and infectious diseases. Indirect factors that influence include the lack of family food security, lack of parental knowledge regarding parenting patterns, and lack of health services and environmental sanitation (Andriani, 2016).

Families have an important role in determining the nutritional status of children, as well as the ability of families to fulfill children's nutrition. The most common cause of difficulty eating in toddlers is impaired spleen and digestive function.

Complementary medicine is now a choice of alternative therapy. Complementary medicine is a non-conventional treatment that aims to improve public health status, through promotive, preventive, curative, and rehabilitative efforts obtained through structured education with high quality, safety, and effectiveness based on biomedical science (Regulation of the Minister of Health of the Republic of Indonesia, No. 1109/Menkes/Per/IX/2007). Massage is one of the complementary therapies that many parents choose.

## **METHOD**

This research is a literature review research or library review. The data used in this study is secondary data obtained not from direct observation, but from the results of research that has been carried out by previous researchers whose research journals have been published. Secondary data sources are journals and articles relevant to the topic conducted using a database using Google Scholar and NCBI Pubmed, starting from 2015 to 2021 which is accessed in full text in pdf format.

Data extraction used in reviewing articles is all research results in articles that are by the researcher's goal, namely ensuring the quality of health services in the future not only through clinical skills but also interpersonal skills that will support the success of health development.

## RESULT

Table 1. Research Result

No.	Author	Tittle
1	Resty noflidaputri, vittria meilinda, yeni hidayat	The effectiveness of tui na massage in increasing body weight for toddlers in the working area of the buo lintau health center
2	Yuni mutia, siska	The effect of tui na massage on weight gain in toddlers in aisiyah early childhood education and early childhood education
3	Titik wijayanti, ardiani sulistiani	The effectiveness of tui na massage on weight gains to boys aged 1 – 2 years
4	Happy marthalena simanungkalit	The effect of massage on the level of difficulty eating to 1 year age
5	Yostika yulitasari	Tui na acupressur applications to increase the application of total children
6	Lusianah meinawati	The effect of tui na massage on picky eater in children age 1 to 5 Years at BPM lilis suryawati jombang

## DISCUSSION

The growth and development of children are very dependent on the fulfillment of nutrition. A good appetite needs to be formed from an early age so that eating disorders do not arise in the future. One way to prevent this is by doing complementary massage therapy in children.

This is by the research results. According to Resti, 2020 that the effectiveness of tuina massage in overcoming dietary difficulties for toddlers, the average weight of toddlers before the Tui Na massage (pretest) was 8.79 with a standard deviation of 1.05. the average weight of toddlers after Tui Na massage (posttest) was 8.87 with a standard deviation of 0. After the Tui Na massage was performed on toddlers, toddlers' appetites increased.

The results of Yuni's research, 2019 conducted on 33 toddlers, got the average body weight before tui na massage was 14.79 and after tui na massage the average weight became 15.09, the difference in average weight gain before and after the tui na massage was 270 grams with a P-value of 0.000. It can be concluded that there is an effect of tui na massage on weight gain.

According to a point, 2017. The research was conducted using quasi-experimental or quasi-experimental designs for as many as 20 toddlers with purposive techniques, with a one-group pretest-posttest design with Tui Na massage treatment, before giving Tui Na massage starting with measuring the child's weight (pre-test). After being given the Tui Na massage 6 times in a row in a week, it ended with the measurement of the child's weight again (post-test) 1 month later. The results of data analysis with Paired t-test showed that

the value of  $p$ -value ( $0.000 < 0.05$ ) then  $H_0$  was rejected and  $H_a$  was accepted, meaning that Tui Na massage was effective in increasing the toddler's weight.

According to Happy, 2019 that the research conducted on toddlers was 15 respondents with the one-group pretest-posttest design method. Data analysis using the Wilcoxon test showed that  $H_0$  was rejected and  $H_a$  was accepted, which means that there was a significant effect on the level of difficulty eating toddlers before and after the massage, where the appetite for toddlers was 15 respondents (100%) before the massage had difficulty eating. After the massage, among 15 respondents who did not find it difficult to eat as many as 13 respondents (86.7%) and who still had difficulty eating as many as 2 respondents (13.3%) with an average (mean rank) of 7. This indicates that there is an effect of massage on the increase in appetite of toddlers aged 1 year. There is an effect of massage on the increase in appetite for toddlers aged 1 year.

## CONCLUSION

Tuina massage provides very effective benefits for children's growth and development, especially increasing appetite. The touch of a mother's massage is a form of communication that can also build the closeness of parents with their children. Children who are massaged with a happy feeling will get the maximum benefits of massage.

Involving parents in doing Tui Na Massage regularly can be stimulating to increase appetite and the closeness of parents to toddlers so that body weight will increase.

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