

**PENERAPAN PIJAT TUI NA DALAM MENINGKATKAN
NAFSU MAKAN PADA ANAK PRASEKOLAH (3-6 TAHUN)
DI WILAYAH RW 08 KELURAHAN KAHURIPAN
KOTA TASIKMALAYA**

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**PROGRAM STUDI D III KEPERAWATAN
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Penerapan Pijat Tui Na dalam Meningkatkan Nafsu Makan pada Anak Prasekolah (3-6 Tahun) di Wilayah RW 08 Kelurahan Kahuripan Kota Tasikmalaya

xiii + 91 halaman + 7 tabel + 11 gambar + 15 lampiran

ABSTRAK

Kondisi sulit makan terutama hilangnya nafsu makan merupakan suatu permasalahan dalam pemberian makanan dan pemenuhan kebutuhan gizi yang sering ditemukan pada anak-anak sebagai permasalahan kesehatan dunia. Pijat Tui Na merupakan salah satu teknik non-farmakologi yang dapat meningkatkan nafsu makan. Tujuan dilakukannya pijat Tui Na yaitu untuk meningkatkan nafsu makan di Wilayah RW 08 Kelurahan Kahuripan Kota Tasikmalaya. Metode penelitian ini menggunakan deskriptif kualitatif dengan pendekatan studi kasus. Subjek studi kasus diambil sesuai dengan kriteria inklusi dan eksklusi sebanyak tiga subjek. Penelitian ini dilakukan di Wilayah RW 08 dengan RT 05 dan RT 07 Kelurahan Kahuripan Kota Tasikmalaya. Pengambilan data dilakukan dengan wawancara dan kuesioner *Child Eating Behaviour Children* untuk *pre-test* dan *post-test*. Hasil penelitian ketiga subjek sebelum dilakukannya penerapan pijat Tui Na skor *Food Avoidant* lebih besar daripada *Food Approach* dikatakan anak mengalami kesulitan makan dengan total skoring 163 >131 rata-rata 59,2%, setelah dilakukannya pijat Tui Na selama enam hari berturut-turut ketiga subjek mengalami perubahan menjadi skor *Food Approach* lebih besar dari *Food Avoidant* dengan total skor 150 >140 rata-rata 62,5% dikatakan anak tidak mengalami kesulitan makan sehingga nafsu makan anak mengalami peningkatan. Diharapkan peneliti selanjutnya dapat menggunakan metode yang selain studi kasus agar hasil yang didapatkan lebih beragam.

Kata kunci : Anak prasekolah, Nafsu makan, Pijat Tui Na

Daftar Pustaka : 43 buah (2013-2023)

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The Application Of Tui Na Massage in Increasing Appetite in Preschool Children (3-6 Years) in the Area of RW 08 Kahuripan Village, Tasikmalaya City

xi + 91 pages + 7 tables + 11 pictures + 15 attachments

ABSTRACT

The condition of difficulty eating, especially loss of appetite is a problem in providing food and fulfilling nutritional needs which is often found in children as a world health problem. Tui Na massage is a non-pharmacological technique that can increase appetite. The purpose of doing Tui Na massage is to increase appetite in RW 08 Kelurahan Kahuripan Tasikmalaya City. This research method uses descriptive qualitative case study approach. Case study subjects were taken according to the inclusion and exclusion criteria as many as three subjects. This research was conducted in RW 08 with RT 05 and RT 07 Kahuripan Village, Tasikmalaya City. Data collection was carried out by interviewing and Child Eating Behavior Children questionnaires for pre-test and post-test. The results of the three research subjects before the application of the Tui Na massage, the Food Avoidant score was greater than the Food Approach, it was said that the child had difficulty eating with a total score of 163 > 131, an average of 59.2%, after the Tui Na massage was carried out, with a total score of 150 > 140, an average of 62.5% said that the child did not experience difficulty eating appetite so that the child's eating increased. It is hoped that future researchers can use methods other than case studies so that the results obtained are more diverse.

Keywords : Preschool children, Appetite, Tui Na Massage

Bibliography: 43 pieces (2013-2023)