

VIDEO EDUCATIONAL MEDIA ON THE APPLICATION OF BABY MASSAGE TO PREVENT STUNTING AND INCREASE APPETITE

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SUMMARY

Background: *Appetite in babies is one of the problems for mothers. Decreased appetite can increase the risk of stunting in babies. The application of baby massage is very useful in gradually increasing appetite in babies and preventing the risk of stunting. Baby massage can also increase vagal activity, which can help release the hormones insulin, gastrin and cholecystokinin to increase absorption in the digestive tract when the child is massaged.* **Method:** *Using a video output description with a theme entitled "Video Educational Media About the Application of Baby Massage to Prevent Stunting and Increase Appetite" created using a capcut software application with a duration of 7 minutes 33 seconds.* **Results:** *A video entitled "Application of Baby Massage to Prevent Stunting and Increase Appetite".* **Conclusion:** *A video media has been created as a means of education to provide a source of knowledge to the public about efforts to apply massage to babies.* **Suggestion:** *It is hoped that mothers who have problems with their babies' appetite can understand the benefits of baby massage to increase their babies' appetite.*

Keywords: *Baby, Appetite, Baby massage*