

THE VIDEO MEDIA FOR EDUCATION ABOUT THE BENEFITS OF TUINA MASSAGE AS AN EFFORT TO INCREASE APPETITE IN TODDLER

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SUMMARY

Background: Toddlerhood is a critical phase in human development, where genetic and environmental factors play an important role. Nutritional problems such as stunting, wasting, underweight, and overweight are still serious challenges in Indonesia, with stunting as the main focus due to its high prevalence. Difficulty eating in children can cause serious complications, including life-threatening health problems. Tuina massage helps improve blood circulation and can maximize organ function. Massage will increase intestinal motility and improve absorption of nutrients by the body. Stimulation given to the nerve endings will stimulate potential in muscles and nerves, especially stimulation of the vagus nerve which affects the gastrointestinal system, namely increased peristalsis so that gastric emptying increases due to rapid hunger and increased absorption of nutrients that will enter the bloodstream. Tuina massage has been recognized as an alternative method to increase appetite in toddlers by providing the necessary stimulation for optimal growth and development.

Method: Using the external description of video media with the title "Video Media for Education on the Benefits of Tuina Massage as an Effort to Increase Appetite in Toddlers"

Results: Video media entitled "Video Media for Education on the Benefits of Tuina Massage as an Effort to Increase Appetite in Toddlers".

Conclusion: Video media about the benefits of Tuina massage is expected to be useful for overcoming the problem of decreased appetite in toddlers.

Keywords: appetite, toddlers, Tuina massage