

**APPLICATION OF TUI NA MASSAGE TO IMPROVE
NAFSU EATING IN CHILDREN**

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SUMMARY

Difficulty eating is a problem in providing food and meeting nutritional needs which is generally found in children and is a health problem around the world. Most of the feeding difficulties in infants and children are related to growth and development disorders (Asih and Mugiati, 2018). Efforts to overcome eating difficulties can be done by means of the Tui Na Massage. This Tui Na massage is a more specific massage technique for overcoming feeding difficulties in toddlers by improving blood circulation to the spleen and digestion, through modification of acupuncture without needles, this technique uses techniques to emphasize the body's meridians or energy flow lines so that it is relatively more easier to do than acupuncture. Media that can be used in providing information is poster media. Posters can be used with the aim of increasing the knowledge and skills of mothers in doing Tui Na massage to increase children's appetite and can be used as IEC (Information and Education Communication) to the public in general.

Keywords: Massage, Tui Na, Appetite, Children