

**ACUPRESSURE THERAPY EFFORTS TO REDUCE
ENURESIS FREQUENCY IN PRE-SCHOOL AGE
CHILDREN (3-6 YEARS OLD) MEDIA POSTER**

Oktarina putri insani

oktarina160@gmail.com

Universitas 'Aisyiyah Surakarta

SUMMARY

Back Ground; *Preschool children are a golden age for children if they can be controlled properly, but at this time also many health problems can occur which greatly determine the quality of children's health. One form of growth and development disorders in preschool children that must be considered is enuresis (bed wetting).). In a study by the American Psychiatric Association, it was reported that 10-20% of children aged 5 years, 5% of children aged 10 years, almost 2% of children aged 12-14 years, and 1% of children aged 18 years were still wet, so to treat enuresis, acupressure therapy was used. Acupressure therapy is an action to emphasize certain parts to repair body tissue, improve kidney function and increase the function of the detrusor muscle in the bladder thereby reducing the frequency of enuresis in preschool children (3-6 years).***Method;** *The IEC output method used in the form of a poster media entitled "acupressure therapy to reduce bedwetting in preschool" contains acupressure therapy, one of the methods to treat enuresis in preschool children; The output media for IEC in the form of posters as a medium containing information that is clearly interesting and understandable.***Result;** *The output media produced is in the form of a poster as a medium containing information that is clearly interesting and understandable to the community, especially parents.***Conclusion;** *Media posters can provide information to the public, especially parents, about acupressure therapy to treat enuresis in children***Keywords:** *preschooler (3-6), enuresis, acupressure therapy*