

THE EFFECT OF TUI NA MASSAGE ON INCREASING THE WEIGHT
OF TODDLERS IN NGRANDU VILLAGE GEYER SUB DISTRICT
GROBOGAN DISTRICT

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ABSTRACT

Background: Toddler age is a golden period of growth and development and a vulnerable period to determine future physical and mental development. Growth aspects can be seen through increased body weight and head circumference (Sani et al., 2023). In underweight children, tui na massage can improve blood circulation in the lymphatic and digestive systems, stimulate increased appetite, optimize nutrient absorption, and support weight gain (Rahma et al., 2022).

Objective: To determine the effect of tui na massage on toddler weight gain.

Methods: This study is a quasi-experimental study with a pre-test and post-test design without control. The samples of this study were 22 toddlers who were underweight (1-5 years old). In this study, tui na massage intervention was given for 6 consecutive days.

Results: Paired t test analysis obtained significance value (0.000) <0.05. **Conclusion:** There is an effect of tui na massage on increasing the weight of toddlers in Ngrandu Village, Geyer District, Grobogan Regency.

Keywords: Tui Na Massage, Weight Gain, Toddlers: Tui Na Massage, Weight Gain, Toddlers.