

**THE EFFECT OF TUI NA MASSAGE ON IMPROVEMENT
TODDLER'S APPETITE IN INDEPENDENT PRACTICE**

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ABSTRACT

Background: Reduced appetite in toddlers is a psychological disorder that affects the growth and development process. If this condition is not treated immediately, it will cause complications such as malnutrition in toddlers and impaired motor development. The 2019 Indonesian Health Profile data shows that 3.9% of children under five suffer from malnutrition and the percentage of malnutrition reaches 13.8%. Currently, the baby massage technique has been re-popularized, namely Tui Na massage, which is a massage technique to overcome feeding difficulties by improving blood circulation in the spleen and digestion. **Objective:** To determine the effect of Tui Na massage on increasing the appetite of toddlers at PMB Eka Damayanti. **Method:** Using pre-experimental design with a one group pretest-posttest approach. Sample of 32 toddlers with poor appetite. The sampling technique uses random sampling. Analysis test using Wilcoxon **Results:** Shows that the average appetite of toddlers before the tui na massage is 3.09, the lowest appetite score is 1, the highest appetite score is 5, and the mode value is 4, namely the poor category. The average appetite of toddlers after a tui na massage is 6.53, the lowest appetite score is 4, the highest appetite score is 10, and the mode value is 6, namely the good category. Wilcoxon test analysis found that Asymp.Sig (2-tailed) 0.000 <0.05. **Conclusion:** there is an effect of tui na massage on increasing the appetite of toddlers at PMB Eka Damayanti.

Keywords: *Appetite, tui na, toddlers*