

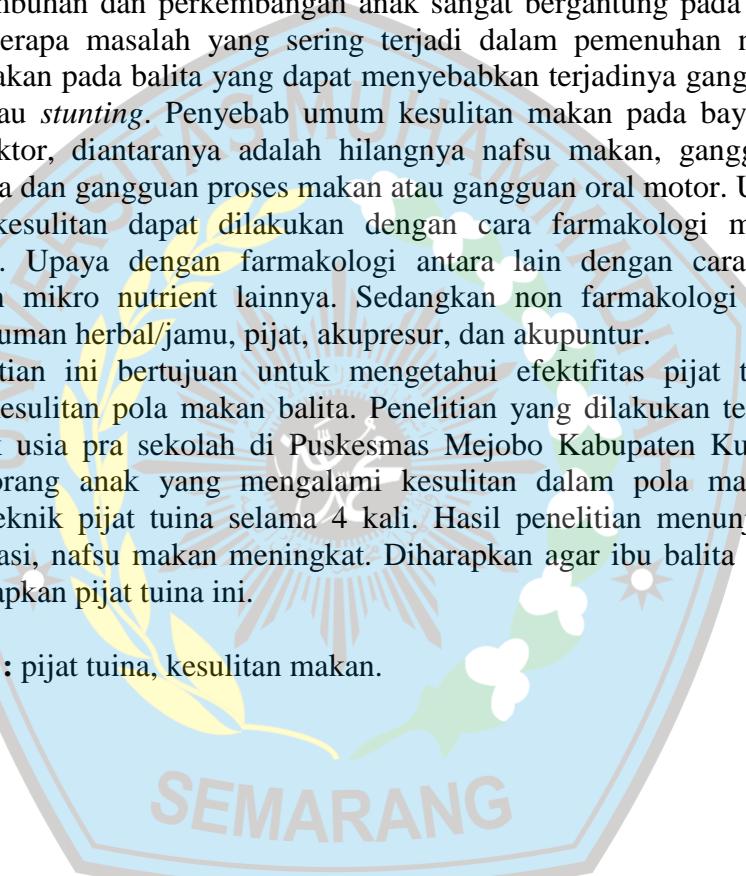
ABSTRAK

Nganisih. 2018. *Penerapan Pijat Tuina Terhadap Pola Makan Anak Usia Pra Sekolah Di Puskesmas Mejobo Kabupaten Kudus.* KTI, Keperawatan Fakultas Ilmu Keperawatan dan Kesehatan Univeraitas Muhammadiyah Semarang. Pembimbing Ns Dewi Setyawati, S. Kep, MNS.

Pertumbuhan dan perkembangan anak sangat bergantung pada pemenuhan nutrisi. Beberapa masalah yang sering terjadi dalam pemenuhan nutrisi yaitu kesulitan makan pada balita yang dapat menyebabkan terjadinya gangguan tumbuh kembang atau *stunting*. Penyebab umum kesulitan makan pada bayi dibedakan dalam 3 faktor, diantaranya adalah hilangnya nafsu makan, gangguan fungsi saluran cerna dan gangguan proses makan atau gangguan oral motor. Upaya untuk mengatasi kesulitan dapat dilakukan dengan cara farmakologi maupun non farmakologi. Upaya dengan farmakologi antara lain dengan cara pemberian vitamin dan mikro nutrient lainnya. Sedangkan non farmakologi antara lain melalui minuman herbal/jamu, pijat, akupresur, dan akupuntur.

Penelitian ini bertujuan untuk mengetahui efektifitas pijat tuina dalam mengatasi kesulitan pola makan balita. Penelitian yang dilakukan terhadap pola makan anak usia pra sekolah di Puskesmas Mejobo Kabupaten Kudus dengan sempel 2 orang anak yang mengalami kesulitan dalam pola makan setelah dilakukan teknik pijat tuina selama 4 kali. Hasil penelitian menunjukkan pola makan teratasi, nafsu makan meningkat. Diharapkan agar ibu balita mampu dan rutin menerapkan pijat tuina ini.

Kata kunci : pijat tuina, kesulitan makan.



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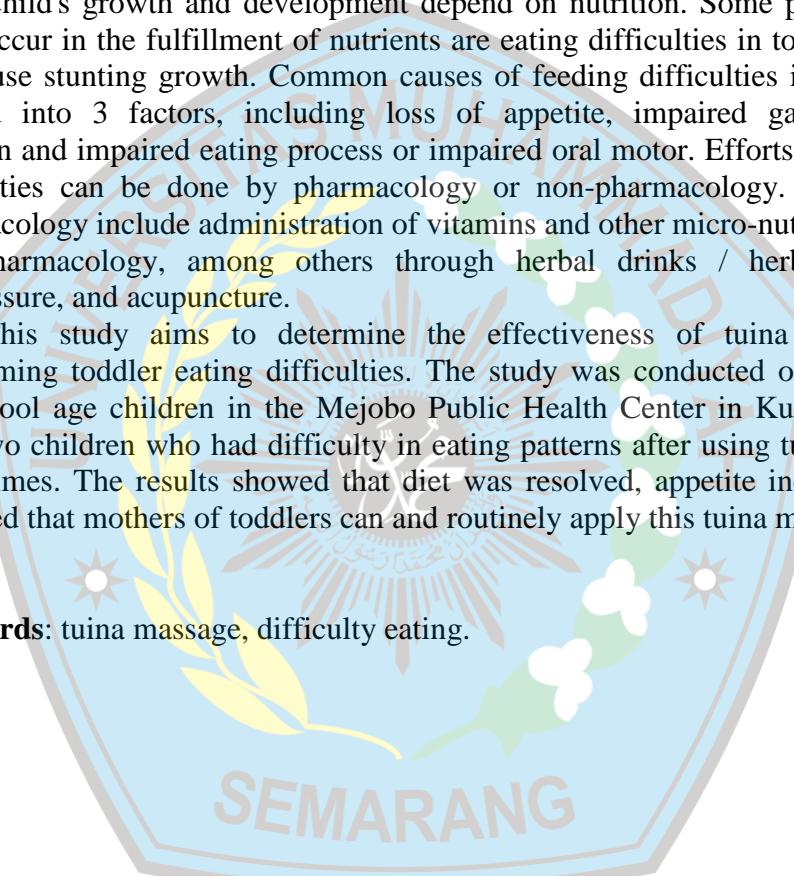
ABSTRACT

Nganisih. 2018. *Application of Tuina Massage to the Pre-school Child's Eating Pattern in Mejobo Health Center Kudus Regency.* KTI, Nursing Faculty of Nursing and Health Sciences, University of Muhammadiyah Semarang. Ns Advisor Dewi Setyawati, S. Kep, MNS.

Child's growth and development depend on nutrition. Some problems that often occur in the fulfillment of nutrients are eating difficulties in toddlers which can cause stunting growth. Common causes of feeding difficulties in infants are divided into 3 factors, including loss of appetite, impaired gastrointestinal function and impaired eating process or impaired oral motor. Efforts to overcome difficulties can be done by pharmacology or non-pharmacology. Efforts with pharmacology include administration of vitamins and other micro-nutrients. While non pharmacology, among others through herbal drinks / herbs, massage, acupressure, and acupuncture.

This study aims to determine the effectiveness of tuina massage in overcoming toddler eating difficulties. The study was conducted on the diet of pre-school age children in the Mejobo Public Health Center in Kudus Regency with two children who had difficulty in eating patterns after using tuina massage for 4 times. The results showed that diet was resolved, appetite increased. It is expected that mothers of toddlers can and routinely apply this tuina massage.

Keywords: tuina massage, difficulty eating.

The logo of the University of Muhammadiyah Semarang is a watermark in the background of the page. It features a blue shield shape with a yellow border. Inside the shield, there is a stylized sunburst design in yellow and orange. Below the sunburst, the word "SEMARANG" is written in large, bold, red capital letters. Above the sunburst, there are green leaves and white flowers. The entire logo is set against a light blue background.

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