



The Effect of Tui Na Massage on Improving Appetite Among Children Aged 2–4 Years

Dyah Ayu Wulansari ✉, Rani Safitri, Anik Sri Purwanti

Department of Midwifery, Institute of Technology, Science, and Health of dr. Soepraoen Hospital Malang, Malang, Jawa Timur, Indonesia

Article Info

Article History:

Received : 10-09-2025

Approved : 10-07-2026

Published : 31-07-2026

Keywords:

Toddlerm Appetite

;Stunting; Non-

Pharmacological

Abstract

Background: Many toddlers often have difficulty eating, and this is a common problem. One of the most common is decreased appetite. The impact of this is very dangerous, it can cause malnutrition, growth and developmental disorders, and the risk of stunting. If not addressed immediately, this problem can continue until preschool age. **Purpose:** This study aims to analyze the effect of Tui Na massage on increasing the appetite of toddlers aged 2-4 years at KB Putra Harapan and KB Baytul Makmur, Bululawang District, Malang Regency. **Methods:** This study employs a pre-experimental design using a one-group pretest-posttest approach. **Results:** The results are expected to provide scientific evidence on the effectiveness of Tui Na massage as a non-pharmacological intervention to overcome the problem of poor appetite in toddlers. The study showed that Tui Na massage significantly increased the appetite of toddlers aged 2-4 years in KB Putra Harapan and KB Baytul Makmur, Bululawang District, Malang Regency. Most of the toddlers who were respondents experienced an increase in appetite after receiving this intervention. **Conclusion** This shows that Tui Na massage can be an effective and safe non-pharmacological alternative to overcome toddler appetite problems. This method can be recommended as a promotive and preventive effort to support optimal child growth and development, and can be applied by health workers and parents in early childhood education environments

© 2026 Poltekkes Kemenkes Pontianak

✉ Correspondence address:

Department of Midwifery, Institute of Technology, Science, and Health of dr. Soepraoen Hospital Malang, Malang, Jawa Timur, Indonesia

Email: dyahaayuwulansari@gmail.com

1. INTRODUCTION

Toddlerhood is a golden period that is very important for the growth and development of children. During this phase, there is a very rapid physical and mental development, so it requires serious attention from parents and related parties (Fifit & Luvi Dian Afriyani, 2023). Toddler growth can be measured through increased body weight and head circumference, whereas Its development including motor, social, emotional, language, and cognitive abilities. One of the main factors that affect a child's growth and development is nutritional status (Harianti et al., 2024).

Eating difficulties in toddlers is a common problem. Decreased appetite often occurs and the impact is very serious, can cause malnutrition, growth and development inhibition, and even stunting. If not treated immediately, this habit can continue into preschool age.

Malnutrition is still a global health issue; in 2022, 45 million children under five worldwide experienced this condition (WHO 2024). In Indonesia, data from the 2022 Indonesian Nutrition Status Survey (SSGI) shows that the prevalence of malnutrition in toddlers reached 7.7%, up 0.6% from the previous year. East Java Province also experienced a similar increase, from 6.4% in 2021 to 7.2% in 2022 (Oktafiani et al., 2024).

Eating difficulties in toddlers, especially decreased appetite that is not treated immediately, not only causes weight loss, but can also disrupt the immune system and make children more susceptible to infectious diseases such as diarrhea and vomiting (Purwanti et al., 2024). Children with appetite disorders often lack essential nutrients for optimal growth, which can lead to malnutrition or even malnutrition (Mei Lia Nindya Zulis Windyarti et al., 2023).

Malnutrition due to eating difficulties can hinder the physical growth and intelligence of children, since optimal brain development is highly dependent on good nutritional status (Safitri et al., 2024). In addition to the child's internal factors, parental behavior also contributes to this problem. Many parents lack understanding of how to give proper food, often forcing children to eat when they refuse, which can lead to psychological trauma (Nadhiifah et al., 2024). This practice is ineffective and actually exacerbates the eating problem of toddlers. If this appetite disorder continues, toddlers are at risk of weight loss, stunted growth, and even an increased risk of death (Nadhiifah et al., 2024).

Overcoming the problem of appetite in toddlers requires appropriate intervention, which can be a pharmacological or non-pharmacological approach. By pharmacological, the treatment includes the administration of multivitamins, appetite enhancers, supplements, milk, and micronutrients (Qonitaton et al., 2024). However, long-term use of vitamins without addressing the root cause can have a negative impact. Therefore, many parents and health professionals are now turning to non-pharmacological methods, such as massage, acupressure, and acupuncture, (Qonitaton et al., 2024). One of the non-pharmacological methods that is increasingly popular is Tui Na massage. This is a traditional Chinese massage technique that targets the meridians of the body. Tui Na involves an emphasis on certain acupressure points that are believed to affect the body's energy flow and improve digestive function, particularly in the spleen organs (Indrayani et al., 2023).

Tui Na is beneficial for improving blood circulation, improving the digestive system, and gradually increasing the appetite of toddlers. This massage technique is very helpful for children who difficulty eating. In addition to increasing appetite, Tui Na also strengthens the bond between parent and child through gentle and soothing physical touch (Indrayani et al., 2023).

2. METHOD

The research method is using experimental research. Experimental research is a study that manipulates variables by giving a treatment to a subject, then observes or measures their impact later in life (Marlin Eppang, S.Kep, 2023). This study uses a pre-experiment design with a one group pretest-posttest design approach. Data analysis was carried out bivariate to determine the difference in appetite of toddlers before and after the Tui Na massage intervention. Appetite data for toddlers is ordinal on an ordinal scale and obtained from measurements on the same subjects (pretest and posttest), so the statistical test used is the Wilcoxon Signed Rank Test. The analysis was carried out with a significance level of $\alpha = 0.05$. The research design used in this study uses Pre Experiment with *the One Group Pretest-Posttest approach*.

Figure 1. Research Design

O1	X	O2
----	---	----

Description :

O1 : Appetite before intervention

X : Intervention / Treatment in the form of *tui na massage*

O2 : Appetite after intervention

3. RESULTS AND DISCUSSION

This chapter will discuss the results of research on the influence of Tui Na Massage in increasing the appetite of toddlers aged 2-4 years. This research was carried out at KB Putra Harapan and KB Baytul Makmur, Bululawang District, Malang Regency. In addition, this chapter will also present an overview of the research location and present the data, which is divided into general data and specific data.

General data included respondent characteristics which included the child's age, gender and education level. Meanwhile, special data focused on increasing the appetite of toddlers aged 2-4 years before and after being given tui na massage. In addition, this chapter also explains the effect of the tui na massage method on increasing the appetite of toddlers in both family planning projects. Assessment of increased appetite Eating toddlers were carried out using the CEBQ (Child Eating Behaviour Questionnaire).

This section presents data on the characteristics of respondents, including the age of the child, gender, and level of education of the mother in KB Putra Harapan and KB Baytul Makmur, Bululawang District, Malang Regency.

Characteristics of respondents based on age

Table 1. Frequency Distribution of Respondents in KB Putra Harapan and KB Baytul Makmur

Age	Frequency	Percentage
2 Years	4	18.2
3 Years	12	54.5
4 years	6	27.3
Quantity	22	100.0

Based on Table 1, out of a total of 22 respondent toddlers aged 2–4 years in KB Putra Harapan and KB Baytul Makmur, there is the following age distribution: 4 toddlers (18.2%) aged 2 years, 12 toddlers (54.5%) were 3 years old, and 6 toddlers (27.3%) were 4 years old.

Characteristics of Respondents by Gender

Table 2. Frequency Distribution by Gender in KB Putra Harapan and KB Baytul Makmur

Gender	Frequency	Percentage
Male	12	54.5
Women	10	45.5
Quantity	22	100.0

Based on table 2, it is known that the majority of boys out of 22 respondents in KB Putra Harapan and KB Baytul Makmur, namely 12 girls or 54.5% under five, and 10 toddlers or 45.5%, are boys. Thus, it can be concluded that, although the number of male toddlers is slightly larger than that of females, the gender distribution of respondents in this study is relatively balanced.

Characteristics of Respondents Based on Mother's Education

Table 3. Frequency Distribution Based on Mother's Education in KB Putra Harapan and KB Baytul Makmur

Education	Frequency	Percentage
Junior High School	2	9.1
High School	16	72.7
Higher Education (S1)	4	18.2
Quantity	22	100.0

Based on Table 3, of the 22 respondents in KB Putra Harapan and KB Baytul Makmur, the majority of mothers under five (72.7% or 16 people) have a high school education. The rest, 4 people (18.2%) have a college education (S1), and only 2 people (9.1%) have a junior high school education.

Identifying Appetite Enhancement Respondents Before *Tui Na Massage Intervention*

Table 4. Frequency Distribution Based on Increased Appetite Before *Tui Na Massage Intervention* in KB Putra Harapan and KB Baytul Makmur.

Appetite before intervention	Frequency	Percentage
Very Bad	0	0
Not Good	22	100.0
Enough	0	0
Good	0	0
Excellent	0	0
Total	22	100.0

Based on table 4, it is known that all respondents, namely 22 toddlers in KB Putra Harapan and KB Baytul Makmur who had filled out the CEBQ appetite questionnaire as many as 34 questions and all had an "Not Good" appetite condition before receiving the *Tui Na* massage intervention. Respondents were given a questionnaire filled out by parents of toddlers with a choice of answers never given a score of 1, never a score of 2, sometimes a score of 3, often a score of 4, and always with a score of 5, if you get a score of 34-61, it is stated that the category of appetite is very bad, the score of 62-88 is not good, the score of 89-115 is enough, the score is 116-142 good and the score is 143-170 very good. None of the respondents showed appetite in the "Very Poor," "Sufficient," "Good," or "Very Good" categories at the pre-intervention stage.

Identify respondents with increased appetite after the Tui na Massage intervention.

Table 5. Distribution of Frequency of Increased Appetite After Tui Na Massage Intervention at KB Putra Harapan and KB Baytul Makmur

Appetite before giving tui na massage	Frequency	Percentage
Very Bad	0	0
Not Good	0	0
Enough	3	13.6
Good	19	86.4
Excellent	0	0
Total	22	100.0

Based on data from Table 5, after being given the *Tui Na massage* intervention, all 22 respondents under five showed an increase in appetite. Specifically, 19 toddlers (86.4%) now have a good appetite, while 3 toddlers (13.6%) are in the category of adequate appetite. There are no more toddlers who are categorized as very bad or poor, although no one has reached the very good category yet. This confirms that Tui Na massage succeeded in increasing appetite in all the toddlers studied.

Identifying Appetite Enhancement Respondents Before and After Tui na Massage Intervention

Table 6. Results of Bivariate Analysis Based on Increased Appetite Before and After Tui Na Massage Intervention in Putra Harapan and Baytul Makmur Family Planning

		N	Mean Rank	Sum of Ranks
Pre Test – Post Test Appetite	Negative Ranks	0a	.00	.00
	Positive Rank	22b	11.50	253.00
	Total	22		

a. Post Test < Pre Test

b. Post Test > Pretest

c. Post Test = Pre Test

The results of the bivariate analysis from Table 6 clearly show positive changes in the appetite of toddlers after the Tui Na massage intervention. That all respondents (22 toddlers) experienced an increase in appetite after being given the Tui Na massage intervention. The statistical value of the test showed $Z = -4.456$ with $p\text{-value} = 0.000$ ($p < 0.05$), so it can be concluded that there is a significant difference between the appetite of toddlers before and after the Tui Na massage intervention. There were no toddlers who did not show an increase in appetite, and none of the respondents were in the category of very poor appetite.

The level of appetite in toddlers aged 2-4 years before being given an intervention in the form of tui na massage, based on research conducted at KB Putra Harapan and KB Baytul Makmur Kec, Bululawang, Regency, Malang, it was found that from 22 (100%) of the respondents under five who were examined were all in the category of poor appetite and there were no toddlers who were in the category of appetite sufficient, good and very good. Difficulty refusing to eat in children means that they are reluctant, unwilling, or have difficulty receiving food and drinks in the type and amount appropriate for their age. This reluctant behavior and refusal of food is also the main finding of cases in some toddlers aged 2-4 years at KB Putra Harapan and KB Baytul Makmur before being given Tui Na Massage, where parents complain that children only want to consume the food they like. This is in line with the opinion (Nuhan & Yulianti, 2023) which defines the condition as a physiological eating disorder. Signs of eating difficulties in children include lack of appetite, dislike of varied foods, vomiting or spitting out food, not wanting to eat at all, or refusing to feed from parents. (Nurlianawati et al., 2023).

Most of the toddlers who participated in this study were 3 years old, reaching 12 children or 54.5% of the total respondents. Meanwhile, 2-year-old toddlers amounted to 4 children (18.2%) and 4-year-olds 6 children (27.3%). The age of toddlers is a critical period in child growth, where nutritional needs increase along with higher physical development and activity. However, at this age range, toddlers often have eating difficulties, such as refusing food or eating small amounts, which can affect their appetite and nutritional status (Wilujeng et al., 2024). Therefore, interventions such as tui na massage are expected to be effective in increasing appetite at this critical age to support optimal growth and development.

The results of respondent characteristics based on gender showed that the majority of respondents in this study were 12 female toddlers (54.5%), and the remaining 10 boys under five (45.5%). This is in line with research that states that gender norms in the family can affect children's diet. In some cultures, boys tend to get larger portions of food than girls, which can impact their appetite and nutritional status. In addition, social perceptions of certain foods as "women's food" or "men's food" can influence children's

food preferences from an early age ([Meerman & Aberman, 2024](#)).

Thus, interventions such as tui na massage aim to boost the immune system, reduce indigestion, increase nutrient absorption and are expected to increase appetite in both boys and girls under five effectively. The results of the respondents' characteristics based on the level of mother's education showed that the majority of mother's education was at the high school level, which amounted to 16 people (72.7%), while the level of tertiary education (S1) amounted to 4 people (18.2%). Meanwhile, the education of mothers at the junior high school level is only 2 people (9.1%). The mother's last level of education has a significant relationship with the mother's knowledge of behavior in feeding toddlers, which is directly or indirectly a factor that affects the appetite of toddlers and eating difficulties such as GTM (Tuutp Mouth Movement). The mother's final education will affect the breadth of mother's knowledge about toddler nutrition, proper eating schedule, food variety, and how to overcome eating problems. With better knowledge, mothers tend to have more appropriate and positive feeding behaviors, for example by applying responsive feeding methods, not forcing eating, and creating a pleasant eating environment. This right maternal behavior is very crucial in forming good eating behavior in children, which ultimately has an impact on a better and stable appetite for toddlers, reduces the incidence of eating problems, and ensures adequate food intake for toddlers.

A high level of education of mothers, has the potential to have better knowledge, so that they can feed children in the right way which has an impact on the low incidence of eating problems in toddlers, so that the appetite of toddlers is maintained and food intake becomes adequate, which in turn has an impact on good nutritional status and does not cause nutritional status problems ([Rika Widianita, 2023](#)). This is in line with research conducted by ([Anugrahaeni et al., 2022](#)) who have the conclusion that parents with a higher level of education will have higher knowledge about stunting as well.

Identifying an increase in appetite in toddlers aged 2-4 years after being given tui na massage intervention at KB Putra Harapan and KB Baytul Makmur, Bululawang District, Malang Regency

The level of appetite in toddlers aged 2-4 years after being given an intervention in the form of tui na massage, based on research conducted at KB Putra Harapan and KB Baytul Makmur Kec. Bululawang, Malang Regency, obtained the results of the description of the characteristics of the respondents, showed a positive increase in appetite towards the good category in all toddlers. This increase indicates that massage stimulation that is given periodically is effective in stimulating the digestive system. Tui na is a traditional medicine that originated in China. Tuina massage comes from the word tui which means to press and na which means to grasp.

This tuina massage uses the technique of sliding massage (effleurage or tui), massaging jm (petrissage or nie), tapping (tapotement or da), friction, pulling, twisting, shaking, and vibrating certain points so that it will affect the body's energy flow by holding and pressing on certain parts of the body, this massage can be done for approximately 10-15 minutes ([Hadi & Hakim, 2021](#)). Tui na massage is a massage technique that aims to improve blood circulation in the spleen and digestion, through changes in acupuncture therapy, this procedure uses pressure in the body's meridians or energy flow pathways which is generally simpler to do than with acupuncture ([Indrayani et al., 2023](#)) in (Hidayat et al., 2021)

Factors Causing Eating Difficulties (Appetite Disorders)

1) Internal Factors:

Psychological Factors: Parents' mistakes in regulating children's eating habits can have a major impact on children's psychology. Parents who are overprotective or force their child to eat more than they need can cause stress or a negative relationship with food. Forcing children to eat can make them feel like eating is something that is not pleasant, which in turn can cause them to refuse to eat. Worried parents can also affect the child, such as becoming restless, disturbed sleep, and unstable. Therefore, parents should ensure that children have independence when it comes to eating and create a pleasant eating atmosphere for them ([Enggar et al., 2024](#)).

Nutritional Factors: Nutritional problems also contribute to eating problems because nutrition is essential for a child's survival, health recovery, activity, and growth. Parents, especially mothers, must understand the types and amounts of food that are appropriate for the child's age and development. Meeting the nutritional needs of toddlers or children is highly dependent on the selection of healthy foods ([Enggar et al., 2024](#)) in Rajagukguk, 2022).

Digestive Disorder Factors: Children or toddlers may have difficulty eating if they have digestive problems. Children's appetite tends to decrease when they have digestive problems. In addition, eating disorders that often occur in school-age children include dental problems such as toothache, cavities, and sensitive teeth. This often causes children to have difficulty eating ([Enggar et al., 2024](#)) in Saputri, 2023).

2) External Factors:

Monotonous menus can affect children's eating habits. Varied and interesting foods are usually preferred by children. Children begin to choose the foods they like during the toddler phase. Children can lose the desire to eat and have trouble eating if the dishes are not appealing. Therefore, in order to attract children's attention, parents, especially mothers, must create new ways of serving food ([Enggar et al., 2024](#)) in (Maulidia et al., 2022).

Environment: The environment that affects how children eat. Mothers who are sometimes lazy to eat can influence their children to do the same. They can also forget to eat if they are too busy playing. Forming a regular diet for children can be helped by a positive environment. As a result, the role of parents is crucial to creating an environment that supports healthy eating habits ([Enggar et al., 2024](#))

Analyzing the increase in appetite before and after the tui na massage intervention in toddlers aged 2-4 years at KB Putra Harapan and KB Baytul Makmur, Bululawang District, Malang Regency

Based on the results of the Wilcoxon Signed Ranks Test statistical test which was used to determine the difference in increased appetite before and after being given tui na massage, the following results were obtained: all respondents experienced positive changes with the number of positive ranks as many as 22 children (100%), while negative ranks and ties were 0 (0%). The Z-value is calculated as -4.456 and the significance value (Asymp. Sig. 2-tailed) is 0.000. Since the significance value is smaller than $\alpha = 0.05$, H_0 is rejected and H_1 is accepted. This shows that before the *tui na massage* intervention, all toddlers were in the category of poor appetite, and after being given the intervention changed significantly to the category of appetite in toddlers aged 2 to 4 years at KB Putra Harapan and KB Baytul Makmur.

The success of the intervention to reach 100% in these 22 respondents was closely related to the real conditions in the field during the research dive. Before the intervention, the majority of toddlers in KB Putra Harapan and KB Baytul Makmur showed similar eating behavior problems, such as only wanting to eat certain foods (picky eating) and doing the Shut Up Movement (GTM) when fed by parents. However, after getting regular Tui Na massages, parents report positive physical and emotional changes in the child. Toddlers become hungry faster, daily meals are increased, and children become calmer and less fussy when mealtime arrives. The rapid physiological response of the toddler's body proves that stimulation at the digestive meridian points works effectively in that age group. According to the theory underlying this study, the Tui Na massage method is one of the non-pharmacological interventions that can affect the digestive system and blood circulation in toddlers. The activity of Tui Na massage at certain meridian points can stimulate the function of 35 spleen and stomach, which are vital organs in the process of digestion and absorption of nutrients. In addition, the touch of Tui Na massage can also create a relaxing effect on toddlers, reduce stress, and increase the production of digestive enzymes, which collectively contribute to increased appetite. With proper and regular stimulation, toddlers will feel more comfortable when eating, nutrient absorption becomes more optimal, and ultimately has a positive impact on improving their appetite and nutritional status. So it can be concluded that tui na massage plays an effective role in increasing the appetite of toddlers.

4. CONCLUSION

Based on the results of data analysis and discussion that has been presented, it can be concluded that this study has in-depth studied the influence of Tui Na massage on the increase in appetite of toddlers aged 2-4 years in two Play Groups (KB) in Bululawang District, Malang Regency. The results of the study showed that the Tui Na massage intervention had a significant positive impact on the appetite of toddlers. These findings confirm that Tui Na massage is an effective and safe non-pharmacological alternative to address appetite problems common in toddlers, especially during crucial growth periods that determine the quality of their health later in life.

The active role of parents and health workers in the practice of Tui Na massage is critical to the success of this intervention. When parents have adequate knowledge and skills, they can do Tui Na massage on their own at home, ensuring the benefits are sustainable. This research also emphasizes the importance of education and socialization of the Tui Na massage method to the wider community, so that more children, especially in areas with limited access to conventional health services, can feel the benefits.

Prior to the Tui Na massage intervention, research at KB Putra Harapan and KB Baytul Makmur, Bululawang District, Malang Regency showed that all 22 toddlers (100%) aged 2-4 years who were respondents had poor appetite. None of the toddlers were identified as having an appetite in the category of sufficient, good, or very good. After being given the Tui Na massage intervention, research at KB Putra Harapan and KB Baytul Makmur, Bululawang District, Malang Regency, showed that the majority of toddlers experienced an increase in appetite. A total of 19 toddlers (86.4%) reached the category of good appetite, while the other 3 toddlers (13.6%) were still in the adequate category.

The results of the Wilcoxon Signed Ranks Test statistics show that Tui Na massage significantly increases the appetite of toddlers. From 22 respondents under five (100%), all showed positive changes in their appetite after the intervention, with none experiencing a decrease or staying the same. With a Z-value calculated as -4.456 and a significance value (Asymp. Sig. 2-tailed) of 0.000 (far below $\alpha = 0.05$), it can be concluded that Tui Na massage has a significant influence on increasing the appetite of toddlers aged 2-4 years at KB Putra Harapan and KB Baytul Makmur.

5. ACKNOWLEDGEMENT

The author would like to express the greatest appreciation and thanks to everyone who has provided help and support throughout the research process up to the publication of this article. Special thanks go to KB Putra Harapan and KB Baytul Makmur in Bululawang District, Malang Regency, for their permission, facilities, and cooperation during the research process. The author also thanks the supervising lecturers for their guidance, direction, and constructive suggestions, as well as colleagues who have given moral and technical support in completing this research.

REFERENCE

- Anugrahaeni, H. A., Nugraheni, W. T., & Ningsih, W. T. (2022). Hubungan Tingkat Pendidikan Dengan Pengetahuan Orang Tua Tentang Stunting Pada Balita Di Wilayah Kerja Puskesmas Semanding. *Jurnal Keperawatan Widya Gantari Indonesia*, 6(1), 64–72.
- Enggar, Ponidjan, Tati S, Ratuela, J. Ellen, & Sahelangi, O. (2024). *Gizi Dan Permasalahannya* (L. O. Alifariki (Ed.)). PT Media Pustaka Indo. https://www.google.co.id/books/edition/BUNGA_RAMPAI_GIZI_DAN_PERMASALAHANNY/A/Nptseaaaqbaj?hl=id&gbpv=1&dq=Penyebab+Kesulitan+Makan+Pada+Balita&pg=PA26&printsec=frontcover
- Fifit, K. I. S., & Luvi Dian Afriyani. (2023). Pengaruh Metode Pijat Tui Na Terhadap Penambahan Berat Badan Pada Balita Usia 1-5 Tahun Dengan Masalah Berat Badan Dan Picky Eater. *Journal Of Holistics And Health Science*, 5(1), 135–143. <https://doi.org/10.35473/Jhhs.V5i1.255>
- Hadi, Selasih Putri Isnawati, & Hakim, Riska Ismawati. (2021). *SKOPIA Serikat Pendidikan Komplementer Ibu Dan Anak*. Penerbit NEM. <https://www.google.co.id/books/edition/SKOPIA/Foqjeaaaqbaj?hl=id&gbpv=1&dq=Pijat+Tuina+Terhadap+Nafsu+Makan&pg=PA38&printsec=frontcover>
- Harianti, N., Rosida, R. I., Khayati, Y. N., & Afriyani, L. D. (2024). *Pijat Tui Na Sebagai Upaya Meningkatkan Nafsu Makan Pada Balita Di Pustu Munding*. 3(1), 262–266.
- Indrayani, T., Choirunnisa, R., & Ramadhani, V. R. (2023). Pencegahan Stunting Melalui Pemberian Edukasi Dan Pelatihan Tui Na Massage. *Jurnal Peduli Masyarakat*, 5(1), 1–6. <https://doi.org/10.37287/Jpm.V5i1.1505>
- Marlin Eppang, S.Kep, N. (2023). *Metodologi Penelitian Kesehatan*. Rizmedia Pustaka Indonesia. <https://www.mendeley.com/reference-manager/library/all-references/>
- Meerman, J., & Aberman, N.-L. (2024). *Impact Of Gender Norms On Children's Diets*. January. [https://www.gainhealth.org/sites/default/files/publications/documents/GAIN Working Paper 39 - Gender Norms And Children's Diets%5B8%5D.pdf](https://www.gainhealth.org/sites/default/files/publications/documents/GAIN%20Working%20Paper%2039%20Gender%20Norms%20And%20Children's%20Diets%205B8%205D.pdf)
- Mei Lia Nindya Zulis Windyarti, Anny Martanti, & Dyah Ayu Wulandari. (2023). Efektifitas Pijat Bayi Sehat Dan Pijat Tuina Terhadap Perilaku Makan Anak Balita Usia 1-3 Tahun Dengan Gizi Kurang. *Indonesian Journal Of Midwifery (IJM)*, 6(2), 89–95. <https://doi.org/10.35473/Ijm.V6i2.2259>
- Nadhiifah, R. D., Pristianto, A., & Charisa, A. D. (2024). Edukasi Pijat Tui Na Sebagai Upaya Untuk Meningkatkan Nafsu Makan Di Kelas Ibu Balita. *Jurnal Abdimas BSI: Jurnal Pengabdian Kepada Masyarakat*, 7(2), 280–286. <https://doi.org/10.31294/Jabdimas.V7i2.19655>
- Nuhan, H. G., & Yulianti, E. (2023). Faktor-Faktor Yang Berhubungan Dengan Perilaku Sulit Makan Pada Balita Di RW 001 Kelurahan Jatinegara Jakarta Timur. *Jurnal Ilmiah Kesehatan*, 15(2), 202–210. <https://doi.org/10.37012/Jik.V15i2.1881>
- Nurlianawati, L., Nurjanah, A., & Abidin, I. (2023). Pola Asuh Ibu Berhubungan Dengan Perilaku Sulit Makan Pada Anak Usia Prasekolah (3-6 Tahun). *Jurnal Penelitian Perawat Profesional*, 5(1), 93–102. <http://jurnal.globalhealthsciencegroup.com/index.php/JPPP>
- Oktafiani, L. D. A., Rokhmah, D., Khoiron, K., Arini, Z. E. P., Maharani, A. C. T., Hanafi, A. I., Rochmah, F. L., Sahro, F., Pratiwi, R. H., Mahmudah, A. N., A'yun, A. K. Q., Anggraini, S. D., & Shary, P. D. R. (2024). Edukasi Pencegahan Gizi Buruk Pada Ibu Balita Dan Kader Posyandu Di Desa Kajar Kabupaten Bondowoso. *Journal Of Community Development*, 4(3), 263–270. <https://doi.org/10.47134/Comdev.V4i3.187>
- Purwanti, A. S., Retnaningsih, R., Niah, C. A., Prodi, M., Kebidanan, S., Prodi, D., & Kebidanan, S. (2024). Queen Baby Spa Lumajang The Effect Of Infant Massage On Baby Weight Age 3-6 Months At. 9(2),

18–21.

- Qonitaton, A., Ifada, A., Larasari, D., & Kristiningrum, W. (2024). Edukasi Peningkatan Nafsu Makan pada Balita dengan Pijat Tui Na. *Prosiding Seminar Nasional Dan CFP Kebidanan Universitas Ngudi Waluyo*, 3(1), 234–240.
- Rika Widianita, D. (2023). Hubungan Tingkat Pendidikan Ibu, Pola Makan Ibu, Dan Penerapan Feeding Rules Terhadap Kejadian GTM (Gerakan Tutup Mulut) Pada Balita Usia 6-59 Bulan Di Posyandu Rowosari. *AT-TAWASSUTH: Jurnal Ekonomi Islam*, VIII(1), 1–19.
- Safitri, R., Afianti, I., & Maulina, R. (2024). Hubungan Pola Pemberian Makan Balita Dengan Status Gizi The Relationship Of Toddler Feeding Pattern With Nutritional Status Of Toddler In Nararya Kirana Posyandu Kutorenon Village , Lumajang Regency. 9(2), 10–17.
- Wilujeng, A. P., Trianita, D., & Setyastuti, E. (2024). Pengaruh Pemberian Temulawak Terhadap Nafsu Makan Pada Anak. *Jurnal Ilmiah Keperawatan (Scientific Journal of Nursing)*, 10(2), 395–401. <https://doi.org/10.33023/jikep.v10i2.2106>