

**POLITEKNIK KESEHATAN KEMENKES TANJUNG KARANG
JURUSAN KEBIDANAN PRODI KEBIDANAN METRO
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Pengaruh Pijat Tui Na Terhadap Balita Stunting Usia 3-4 Tahun di Wilayah Kerja Puskesmas Purwosari Metro Utara

xvi + 38 halaman + 8 tabel + 2 gambar + 17 lampiran

ABSTRAK

Stunting adalah kurangnya gizi kronis karena asupan gizi kurang dalam jangka waktu yang cukup lama karena pemberian makanan yang tidak sesuai dengan kebutuhan gizi. Prevalensi stunting bayi berusia di bawah lima tahun (balita) Indonesia pada 2015 sebesar 36,4%. Hasil riset profil kesehatan tahun 2023 di Provinsi Lampung 4,0 %, di wilayah kerja Puskesmas Purwosari kejadian stunting sebesar 5,7%. Hasil prasurvey yang dilakukan oleh peneliti didapatkan 14 balita yang mengalami stunting di wilayah kerja Puskesmas Purwosari Metro Utara. Tujuan penelitian ini adalah untuk mengetahui adanya pengaruh Pijat Tui Na terhadap balita stunting usia 3-4 tahun di Wilayah Kerja Puskesmas Purwosari Metro Utara.

Jenis penelitian kuantitatif dengan metode *quasi eksperimen* dan pendekatan *one group pretest posttest design*. Populasi balita stunting usia 3-4 tahun di Wilayah Kerja Puskesmas Purwosari Kota Metro sebanyak 14 orang. Sampel sebanyak 14 responden dengan teknik pengambilan sampel menggunakan *total sampling*. Pengambilan data menggunakan kuisoner, timbangan dan stature meter. Data analisis secara univariat menggunakan nilai mean dan bivariat menggunakan *uji paired sampel t test*.

Hasil penelitian terhadap 14 responden diperoleh sebelum pijat Tui Na rata-rata berat badan 12,99 kg dan tinggi badan 88,07 cm, sedangkan sesudah pijat Tui Na rata-rata berat badan 13,36 kg dan tinggi badan 89,07 cm. Rata-rata peningkatan berat badan sebesar 0,37 (370 gram) dan tinggi badan sebesar 1,00 cm, hasil *uji paired samples test* didapatkan nilai p value sebesar 0,000 (p value < 0,05).

Kesimpulan dari penelitian ini ada pengaruh pijat Tui Na terhadap peningkatan berat badan dan tinggi badan pada balita usia 3-4 Tahun di Wilayah Wilayah Kerja Puskesmas Purwosari Metro Utara. Maka upaya yang dilakukan bagi tenaga kesehatan adalah memberikan Pijat Tui Na sebagai program terapi alternatif untuk meningkatkan berat badan dan tinggi badan balita stunting dalam penanganan dan pencegahan stunting pada anak.

Kata kunci : Balita, Stunting, Pijat Tui Na

Daftar bacaan : 26 (2016-2023)

KEMENKES HEALTH POLYTECHNIC TANJUNG KARANG
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The Effect of Tui Na Massage on Stunting Toddlers 3-4 Years of Age in the North Metro Purwosari Health Center Working Area

xvi + 38 pages + 8 tables + 2 figures + 17 attachments

ABSTRACT

Stunting is chronic malnutrition due to insufficient nutritional intake over a long period of time due to feeding that is not in accordance with nutritional needs. The prevalence of stunting among infants under five years old in Indonesia in 2015 was 36.4%. The results of the 2023 health profile research in Lampung Province were 4.0%, in the Purwosari Health Center working area the incidence of stunting was 5.7%. The results of a pre-survey conducted by researchers found 14 toddlers who were stunted in the Purwosari North Metro Health Center working area. The purpose of this study was to determine the effect of Tui Na Massage on stunting toddlers aged 3-4 years in the North Metro Purwosari Health Center Working Area.

Type of quantitative research with quasi experimental method and one group pretest posttest design approach. The population of stunted toddlers aged 3-4 years in the Purwosari Health Center Work Area of Metro City was 14 people. The sample was 14 respondents with sampling technique using total sampling. Data collection using questionnaires, scales and stature meters. Data were analyzed univariately using the mean value and bivariate using paired sample t test.

The results of research on 14 respondents obtained before Tui Na massage average body weight 12.99 kg and height 88.07 cm, while after Tui Na massage average body weight 13.36 kg and height 89.07 cm. The average increase in body weight was 0.37 (370 grams) and height was 1.00 cm, the paired samples test results obtained a p value of 0.000 (p value <0.05).

The conclusion of this study is that there is an effect of Tui Na massage on increasing body weight and height in toddlers aged 3-4 years in the North Metro Purwosari Health Center Working Area. So the effort made for health workers is to provide Tui Na Massage as an alternative therapy program to increase the weight and height of stunting toddlers in handling and preventing stunting in children.

Keywords : Toddlers, Stunting, Tui Na Massage
Reading list : 26 (2016-2023)