



Massage Therapy In One Year Old Babies with Increased Appetite

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OPEN ACCESS

ISSN 2548-2246 (online)

ISSN 2442-9139 (print)

Edited by:

Ratih Purnama
Sari

Reviewed by:

Evi Wahyuntari
Intan Mutiara Putri

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Received: 29 Aug 2024

Accepted: 21 Oct 2024

Published: 31 Oct 2024

Citation:

Fera Yuli Setyaningsih, Any
Isro'aini (2024)
Massage Therapy In One Year
Old Babies with Increased
Appetite

Midwiferia Jurnal Kebidanan. 10:2.doi:
10.21070/midwiferia.v10i2.1705

Massage often referred to as tactile stimulation, is a long-practiced art of health care and medicine. Baby massage can enhance the release of digestive hormones such as insulin and gastrin, leading to improved food absorption. This may result in the baby feeling hungry more frequently, potentially contributing to weight gain. Prolonged eating difficulties in children can lead to disrupted nutritional intake, including deficiencies in calories, protein, vitamins, minerals, electrolytes, and anemia. The study used a retrospective data analysis design with a chi-square test, involving a sample of 20 babies who received 12 massage sessions at Momby Kids Jombang. The total sampling method was employed. The findings revealed a significance value of 0.003, indicating a statistically significant relationship between baby massage and increased appetite. The study concluded that baby massage is indeed linked to an increase in appetite in babies.

Keywords : Influenza, vaccination, pregnant women, nurses, knowledge

INTRODUCTION

Massage is often referred to as tactile stimulation. It is a health care and medicinal practice that has been used for centuries. In babies, massage can enhance the release of digestive hormones, including insulin and gastrin, leading to improved nutrient absorption. This can cause the baby to experience hunger more often and weight gain may occur (Vivian, 2010). Complaints that often arise in toddlers are that the child does not want to eat, refuses to eat, the process of eating takes too long, only wants to drink, vomits when they are fed, complains of stomach ache, some are even told to eat, get angry and even throw tantrums (Roslesmana, 2015).

According to data from the World Health Organization (WHO) (2021), the incidence of eating difficulties in several countries is quite high, with 20% of people saying their children have difficulty eating, with the highest prevalence of children only wanting to eat certain foods. The United States states that 19-50% of mothers say their children are very picky about food, resulting in deficiencies of certain nutrients (WHO, 2021).

Prolonged and severe eating difficulties can negatively affect a child's health, growth, development, and daily activities. In Indonesia, based on Riskesdes data (2018), there are 19.6% of children who are malnourished, consisting of 5.7% of children who are malnourished and 13.9% who are undernourished. In East Java 3.6 are malnourished and 11.6 are malnourished. Data in Jombang Regency, the prevalence of undernutrition is 6.17% and the prevalence of malnutrition is 0.59% in Jombang Regency (Riskesdes, 2018).

Factors causing nutritional status problems in toddlers are classified as direct and indirect causes. The direct causes of problems with the nutritional status of toddlers are food intake and disease infections. Indirect factors due to food availability in the household, education, knowledge, attitudes, parenting patterns, affordability of health services, environmental health and number of children in the family (Handayani, 2020).

Eating difficulties in children can arise and often persist for an extended period. This can lead to disrupted nutritional intake, resulting in deficiencies in calories, protein, vitamins, minerals, and electrolytes, as well as anemia. Additionally, there is a heightened risk of disability, illness, and even death. In fact, the mortality rate among preschool children caused by moderate and mild malnutrition is significantly higher due to undernutrition. (Musdalifah & Iswati, 2023)

Baby massage is considered a form of tactile stimulation because it involves elements of touch, such as affection, attention, sound or speech, eye contact, movement, and physical massage. This type of stimulation promotes the development of both the structure and function of brain cells. Numerous studies

have shown that baby massage can enhance appetite, amplify the benefits of exclusive breastfeeding, promote weight gain, strengthen the immune system, improve sleep quality, and deepen the bond between parents and their child (Qamariah et al., 2018)

Massage is one of the oldest therapeutic practices in the world, blending health care and medicinal arts to relax stiff joints and harmonize body functions through firm strokes. This therapy is not only offered in salons and spas but is also widely utilized in hospitals and health care centers. Today, massage techniques are frequently used to promote health and weight gain in infants (Yanuarini et al., 2020).

METHODOLOGY

This research employs an analytical observational approach, aimed at identifying relationships between variables using a retrospective design. In this method, data collection on the dependent variable is conducted first, followed by measurement of the causal variables from the past. The independent variable in this study is baby massage, while the dependent variable is the appetite of 1-year-old babies. The data taken was data or history of babies who had massage at Momby Kids Jombang 1 year ago, namely 2023. The number of samples in the study was 20 samples, the samples were determined by total sampling. The data in this research was taken in March 2024 at Momby Kids Jombang. Researchers took samples of babies who collected data provided that the babies had had a minimum of 12 massages within one year, namely 2023. And gave a questionnaire in the form of questions about the mother's appetite. Data analysis using Chi Square using SPSS 2022. This research will not conflict with research ethics because respondents have the right to take part in or refuse this research.

RESULT AND DISCUSSION

Table 1. Frequency distribution of respondents based on increased appetite at Momby Kids Jombang

No	Appetite	Frequency	Percentage
1	Go on	13	65
2	Not up	7	35
Total		20	100

Based on the table above, it can be seen that most babies experience an increase in appetite, namely 65%.

Table 2. Cross tabulation of the results of baby massage on increasing appetite carried out at Momby Kids Jombang

No	Appetite	Go on	Not up	Total
Baby massage		12	2	14
		1	5	6
Total		13	7	20

Based on table 4.3, it shows that 12 children who had baby massage experienced an increase in appetite and 2 babies did not experience an increase in appetite. There were 2 babies who did not have baby massage and experienced an increase in appetite and 5 babies did not experience an increase in appetite.

The results of statistical tests using chi square showed a significance value of 0.003 ($p= 0.05$), meaning that the significance value was $< \alpha$, so it can be seen that there is a relationship between baby massage and increased appetite in babies.

DISCUSSION

The results of data analysis using SPSS show that the significance value is 0.003, which is smaller than the α value, meaning there is a relationship between baby massage and increased appetite in babies at Momby Kids Jombang. The results of this study are in line with previous research which stated that baby massage was proven to be effective in increasing appetite in toddlers (Simanungkalit, 2019). Baby massage techniques will improve the baby's appetite and have been proven to have an influence on the weight gain of 0-month-old babies (Carolin et al., 2020); (Harahap, 2019). Research shows that babies who get baby massage experience significant weight gain, namely 73.3% compared to babies who don't get baby massage, namely 26.7%. (Ayu & Lia, 2019). Giving baby massage has proven to be effective in increasing appetite. This is proven by the weight gain experienced by children, because the baby's weight gain is directly proportional to the nutritional intake that enters the body.

Erratic appetite will have a bad impact on children. Eating difficulties occur in approximately 25% of healthy children and cause an increase in developmental delays in approximately 80% of children. Children who experience difficulties eating will be at risk of experiencing growth failure and resulting in chronic diseases that the child will experience. Difficulty eating is not a disease but is a symptom of a disorder that is being experienced by the child's body (Marcdante, 2021). Baby Massage is a direct contact touch therapy with the body that can provide a sense of security and comfort to the baby. Baby massage is a direct contact touch therapy with the body that can provide a sense of security and comfort to toddlers. Touch and hugs from a mother are a basic need for toddlers. If massage is done regularly, it will increase catecholamine hormones (epinephrine and norepinephrine) which can stimulate growth and development because they can increase appetite, increase body weight, and stimulate the development of brain structure and function (Yusari & Mugiati, 2018). Baby massage helps babies relax and promotes more effective rest. Babies who sleep well wake up with ample energy for activity. This increased activity leads to quicker hunger, boosting their appetite. Additionally, the stimulation of the vagus nerve enhances peristalsis, aiding in the movement of food through the digestive tract. As a result, the baby feels hungry more frequently, as digestion is more efficient (Nikmah & Pradian, 2022). Massage stimulates the vagus nerve, which enhances

food absorption, leading to a direct increase in the child's appetite. As a result, the child's weight will also increase (Sutami & Widyawati, 2018).

Massage significantly enhances the activity of natural killer cells, a type of white blood cell that can eliminate specific tumor cells. For healthy infants, boosting the immune system improves their resilience against potential threats from germs. The increased activity of the neurotransmitter serotonin elevates the capacity of receptor cells to detect glucocorticoids (adrenaline), leading to reduced adrenaline levels and improved overall immune strength (Nikmah & Pradian, 2022).

Baby massage increases the amount of cytotoxicity of the immune system, stimulates digestive and excretory functions, helps train relaxation, reduces depression and tension, increases alertness, reduces pain, reduces bloating and colic (stomach ache), increases breast milk volume, increases body weight, increases growth, increases the baby's concentration and makes him sleep soundly, as well as improving blood circulation and breathing. Baby massage can also build a bond of love between parents and children (Afriyani et al., 2020).

Baby massage can provide biochemical and physical effects, increase child growth and development, increase body weight, concentration, improve blood circulation, provide comfort and increase bonding (Juwita & Jayanti, 2019). Massage can increase absorption enzymes and insulin so that absorption of food essence becomes better, the child will become hungry quickly and therefore the child will breastfeed more often, thereby increasing breast milk production (Julianti, 2017). Increasing insulin in the body will facilitate glucose metabolism. The secretion of hydrochloric acid, pepsinogen, pancreatic enzymes, and the increased flow of bile from the liver aid in the digestion of food. When food enters the duodenum, it triggers the release of cholecystokinin, which in turn stimulates intestinal motility. Increasing the motility of the stomach and intestines will make it easier to mix, push food and absorb nutrients better (Aini, 2017). Massage is a non-pharmacological method that has been proven to be effective and very influential in increasing appetite in toddlers. Not only is it useful for increasing appetite, but massage can also increase the body's immunity, the baby's weight and can improve the baby's development. The weakness in this research is that the sample used is small so it cannot be generalized. Retrospective data means researchers do not have full control over variables that might influence the results such as the baby's diet, other health conditions or environmental factors. This makes it difficult to ascertain that infant massage is the only factor influencing increased appetite.

CONCLUSION

There is an increase in appetite in babies who have baby massage at Momby Kids Jombang. There is a relationship between baby massage and increased appetite in babies at Momby Kids Jombang

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