

ANALISIS ASUHAN KEPERAWATAN KELUARGA PADA BALITA DENGAN PEMBERIAN INTERVENSI PIJAT TUI NA DAN AROMATERAPI *CITRONELLA OIL* UNTUK MENINGKATKAN NAFSU MAKAN DI WILAYAH RW 10 KELURAHAN GROGOL KECAMATAN LIMO KOTA DEPOK

Winur Deswita Candra

Abstrak

Pemenuhan nutrisi balita sangat penting dalam menunjang tumbuh kembang optimal. Namun, kesulitan makan seperti gerakan tutup mulut (GTM) sering menjadi hambatan, sehingga memengaruhi status gizi anak. Tujuan karya ilmiah ini adalah mengetahui perbedaan tingkat nafsu makan sebelum dan sesudah pemberian intervensi pijat tui na dan aromaterapi *citronella oil*. Penelitian menggunakan pendekatan studi kasus pada dua balita dengan kesulitan makan di RW 10 Kelurahan Grogol, Kota Depok. Intervensi dilakukan selama enam hari berturut-turut, dengan durasi 15–30 menit per sesi. Tingkat nafsu makan diukur menggunakan kuesioner sebelum dan sesudah intervensi. Hasil menunjukkan bahwa klien kelolaan awalnya memiliki skor nafsu makan 6 (kategori nafsu makan sangat rendah), dan klien resume skor 7 (kategori nafsu makan cukup rendah). Setelah intervensi, skor meningkat menjadi 14 dan 15, keduanya berada dalam kategori baik. Peningkatan ini terjadi karena pijat tui na merangsang aliran darah dan sistem pencernaan, sementara aroma *citronella oil* yang dihirup merangsang sistem saraf parasimpatis untuk meningkatkan nafsu makan. Kesimpulannya, kombinasi pijat tui na dan aromaterapi *citronella oil* efektif sebagai alternatif penanganan kesulitan makan pada balita dan dapat diterapkan dalam praktik keperawatan keluarga.

Kata kunci: Aromaterapi *Citronella Oil*, Kesulitan Makan, Pijat Tui Na.

**ANALYSIS OF FAMILY NURSING CARE FOR TODDLERS
WITH TUI NA MASSAGE INTERVENTION AND CITRONELLA
OIL AROMATHERAPY TO IMPROVE APPETITE IN RW 10
AREA, GROGOL VILLAGE, LIMO DISTRICT, DEPOK CITY**

Winur Deswita Candra

Abstract

Adequate nutrition in toddlers is essential to support optimal growth and development. However, feeding difficulties such as food refusal behavior, commonly referred to as Gerakan Tutup Mulut (GTM), often hinder nutritional intake and negatively impact a child's nutritional status. This study aimed to assess the difference in appetite levels before and after administering a combined intervention of Tui Na massage and citronella oil aromatherapy. A case study approach was applied to two toddlers experiencing feeding difficulties in RW 10, Grogol Subdistrict, Depok City. The intervention was conducted over six consecutive days, with each session lasting 15 to 30 minutes. Appetite levels were measured using a standardized questionnaire administered pre- and post-intervention. The results showed that the managed client initially had an appetite score of 6 (very poor), while the resume client scored 7 (moderately poor). Post-intervention, both scores increased to 14 and 15, respectively, indicating a good level of appetite. The improvement is attributed to Tui Na massage stimulating blood circulation and digestive function, while inhalation of citronella oil activates the parasympathetic nervous system, enhancing appetite. In conclusion, the combination of Tui Na massage and citronella oil aromatherapy is an effective alternative intervention for managing feeding difficulties in toddlers and is applicable within the scope of family nursing practice.

Keywords: *Citronella Oil Aromatherapy, Feeding Difficulties, Tui Na Massage.*