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File name: Toddlers_with_Bio_Acupressure_Massage_Using_Pure_Cocon...
File size: 298.3K
Page count: 9
Word count: 5,009
Character count: 24,855
Submission date: 30-Oct-2021 10:36AM (UTC+0700)
Submission ID: 1688147631

JURNAL PENDIDIKAN DAN PENGAJARAN
Volume 54 Nomor 2, 2021, pp. 390-398
E-ISSN: 1619-500X, P-ISSN: 2001-9271
DOI: <https://doi.org/10.21887/jpp.v54i2>



Educational Model for Overcoming Stunting Toddlers with Bio Acupressure Massage Using Pure Coconut Oil


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Abstract

Educational models to overcome stunting are needed because stunting has a negative impact on the health and function of the body as well as increasing child morbidity. The prevalence of stunting under five in Indonesia in 2019 was 27.67%, in Bali 21.9% and Karangasem 26.23% above WHO 20%. This data is the reason for conducting research in 2020. The aim is to find out whether the educational model of bio acupressure massage using virgin coconut oil can increase appetite, sleep quality and immune power so that stunting toddlers increase height. The research method is quasi-experimental, the research design is nonequivalent control group design. The sample is 30 people with purposive sampling technique. The analysis before and after treatment was carried out by paired sample t-test, the results were that all variables had significant difference (P value < 0.05). Variable differences between groups using t two independent test with an alpha of 0.05 resulted in a significant difference in appetite (P value = 0.01) and a significant difference in height (p value = 0.020). There was no significant difference between sleep quality and endurance (P value > 0.05). It was concluded that there was a significant difference before and after education on stunting, while between the bio acupressure and conventional groups there was a significant difference in the variables of appetite and height. It is recommended that in overcoming stunting, bio acupressure massage education is the right education.

Keywords: Stunting, Education, Bio Acupressure Massage

History	Publisher Unidaku Press
Received : April 20, 2021	Reviewed : This work is licensed under
Revised : April 21, 2021	CC BY-SA 4.0 International License
Accepted : June 20, 2021	
Published : July 20, 2021	

1. INTRODUCTION

The background of this research is because the problem of stunting has a negative impact on health, affects body function and increases child morbidity and is in the spotlight of WHO to be resolved immediately. WHO places Indonesia as the third country with the highest stunting prevalence rate in Asia, the figure reached 36.4 percent, but decreased by 30.8% in 2018 and became 27.67% in 2019, which means a decrease of 3.13% (Hall et al., 2018; Mahmudiono et al., 2017). Stunting data in Bali in 2019 amounted to 21.9%, still above the 20% WHO set. Data in Bali shows that 5 regencies have stunting rates that are still concerning, one of which is Karangasem Regency which reaches 26.23 percent (Budastutik & Nugrahini, 2018; Saputri & Tumangger, 2019; Trihono et al., 2015). This data is the reason why the research site was conducted at the Rendang Health Center, Karangasem Regency.

Stunting is a condition of growth failure in children due to malnutrition and lack of quality sleep for a long time, so that body length or height has a z-score value of less than -2SD (Beal et al., 2018; De Onis et al., 2012; De Onis & Branca, 2016; Leroy & Frongillo, 2019). Many factors cause stunting of children under five, including a lack of exclusive breastfeeding history, lack of family income, lack of education on maternal where the stunting rate is still high (Headey et al., 2018; Prendergast & Humphrey, 2014; Prentice et al., 2013). In this connection, the researchers designed a massage education model which is considered to be able to help overcome the problem of stunting, namely the bio-massage educational model. The educational model of bio-massage massage is an educational model

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