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EFFECT OF TOUCH THERAPY ON THE GROWTH OF TODDLERS (AGED 1-3 YEARS) WITH GROWTH FALTERING

Abstract

Infants and toddlers are expected to grow optimally, but in developing countries the incidence of infants and toddlers with growth faltering were increased year by year. In Sambongrejo village, under Wire Public Health Centre (PHC), growth faltering were found in 9.89% from the total of 67 babies and toddlers. Additional strategies are needed to overcome growth faltering, one of them is stimulation with touch therapy. The purpose of this study was to determine the effect of touch therapy on the growth of toddlers aged 1-3 years with growth faltering. This study had quasi-experimental research design, one group pretest-posttest design. Samples were 21 toddlers aged 1-3 years with growth faltering, taken by total sampling. Mothers were trained to give touch therapy to their babies.

Touch therapy were given in ≥ 15 minutes, ≥ 3 x/week for 4 weeks. The independent variable is touch therapy in toddlers aged 1-3 years. The dependent variable is weight gain measured before and 4 weeks after intervention. A paired t test was used to compare the different of weight gain before and after intervention with α = 0.05. The results showed that average weight gain before touch therapy was 47.6 grams and after intervention was 400 grams. A paired t test showed that p = < 0.001. Touch therapy may enhanced weight gain in toddlers aged 1-3 years with growth faltering in Wire Public Health Centre (PHC), Tuban. The health worker should use touch therapy as additional strategies to overcome growth faltering in toddlers. (FMI 2014;50:211-214)

Keyword : touch, therapy, growth, toddlers, weight, gain, faltering ,

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