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EFFECTIVENESS OF TRADITIONAL DRINKS MADE FROM TURMERIC AND GINGER (*CURCUMA DOMESTICA* VAL. AND *ZINGIBER OFFICINALE*) IN INCREASING APPETITE IN CHILDREN AGED 1-5 YEARS IN PITU VILLAGE, NORTH HALMAHERA REGENCY

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ABSTRACT

Background: Reduced appetite in children can result in the body's nutritional needs not being met which in the long term risks causing malnutrition. The main objective of this study was to determine the effectiveness of providing traditional drinks made from turmeric and ginger in increasing the appetite of children aged 1-5 years. **Research Method:** Quasy experimental method with quantitative analysis. The quasy experimental method uses a pretest-posttest control group design. **Research Results:** seen from the administration of the pre-test post-test questionnaire which shows an increase in appetite from the portion of each meal consumed. With the value of the Wilcoxon test results (Asymp. Sig. (2-tailed) = 0.004 then H1 is accepted (0.004 < 0.05). This means that providing traditional drinks made from turmeric and ginger is effective in increasing the appetite of children aged 1-5 years. **Conclusion:** Traditional drinks made from turmeric and ginger are proven to be effective in increasing appetite in children aged 1–5 years. This is indicated by an increase in appetite in the intervention group and the results of the Wilcoxon test with a p value =

0.004 (<0.05).

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PRELIMINARY

Appetite is the desire to eat that arises from hunger and plays a crucial role in the eating process. Changes in appetite can affect a child's eating patterns and intake. Eating problems are a common complaint faced by parents, occurring in approximately 25% of children and increasing to 40–70% in children born prematurely or with long-term health problems.¹

According to Morigro (2023), decreased appetite in children can lead to malnutrition because the body's nutritional needs are not met, increasing the risk of children becoming underweight and more susceptible to disease.⁸

Data from the Indonesian Nutritional Status Survey (SSGI) shows that the prevalence of stunting in Indonesia decreased by 2.8% in 2022, while in Maluku, the prevalence reached 26.1%, although this has decreased compared to the previous year.⁹

One popular method for increasing children's appetite is providing traditional drinks because they are readily available and have minimal side effects.

The World Health Organization (WHO) also supports the use of traditional medicines, especially herbal medicines, in health maintenance. Traditional drinks made from turmeric and ginger are known to increase appetite because they contain active compounds that stimulate the digestive system. Galangal (kemencur) and Javanese ginger (temulawak) also have anti-inflammatory and antioxidant properties that have the potential to help increase children's appetite.¹⁸

Ginger (*Zingiber officinale*) contains gingerol, shogaol, zingerone, and essential oils that can stimulate the digestive system and increase appetite. Meanwhile, honey contains glucose, fructose, vitamins,

minerals, and antioxidants that act as an energy source and help increase children's appetite. The combination of ginger and honey has the potential to be a natural alternative to help increase appetite in children.^{17,18,19}

Based on a preliminary survey conducted by the researchers, this research was conducted in May–June 2025. The research topic regarding the effectiveness of traditional drinks was determined in April 2025, followed by the determination of the title and preparation of the research proposal in the same month. The research was conducted in Kalipitu Village, North Halmahera Regency, targeting children aged 1–5 years.

METHOD

This study was an experimental study with a quasi-experimental design with a pre-posttest.

This design allowed for comparison of appetite changes between the intervention group and the control group.

RESULTS

Table 1. Frequency Distribution of Respondents by Gender.

Gender	N	%
Male	10	50
Female	10	50
Total	20	100

Source primary data 2025

According to the table above, it shows that children aged 1-5 years out of 20 respondents experienced a decrease in appetite with a value of 50% for boys and 50% for girls.

Table 2. Frequency Distribution of Respondents by Age.

No.	Age	Quantity	Percent
1.	1	0	0%
2.	2	4	20%
3.	3	7	35%

4.	4	3	15%
5.	5	6	30%
Total		20	100%

Table 2 above shows that of the 20 respondents aged 1-5 years, the greatest decline in appetite occurred in children aged 3 years at 35%. Meanwhile, the lowest decline occurred in children aged 1 year at 0% (not found).

Tabel. 3. Respondent Characteristics Based

No.	Weight	Quantity	%
1.	More than 10 kg	4	20%
2.	Less than 10 kg	16	80%
Jumlah		20	100%

On Child Weight.

Source primary data 2025

Based on table 3 above, it shows that children aged 1-5 years who have a body weight of <10 kg are 20% and those who have a body weight of >10 kg are 80%.

Data Khusus

1. Child's appetite before and after intervention

		N	Mean Rank	Sum of Ranks
Nafsu_makan_sebelum	Negative ranks	0		.00
	Positive ranks	10		10.50
Nafsu_makan_sesudah	Ties	10		
	Total	20		

Wilcoxon Signed Ranks Test

	Nafsu_makan_sesudah_nafsu_makan_sebelum
Z	-2.893
Asymp. Sig. (2tailed)	.004

Test Statistics:

Based on the results of the Wilcoxon test (Asymp. Sig. (2-tailed) = 0.004 then H1 is approved ($0.004 < 0.05$) in table 7 shows the correlation between giving traditional drinks made from turmeric and ginger in increasing the appetite of children aged 1-5 years can be interpreted as effective in increasing children's appetite.

2. Appetite of children who are not given intervention

Based on data obtained from administering a pre-test and post-test questionnaire given to parents to be filled in honestly, children who did not receive intervention did not experience an increase in appetite.

Discussion

1. Children's appetite before being given traditional drinks made from turmeric and ginger

A study involving children aged 1–5 years old, assisted by village midwives and midwives from the Pitu Community Health Center, showed that 20 respondents experienced a decreased appetite. This condition results in reduced nutritional intake, which can lead to children's weight not meeting their ideal weight. Interviews

with parents revealed that the decreased appetite occurred because the children were bored with the food served, the food's appearance was unappealing, and they preferred fast food like instant noodles.

These factors are known to influence a child's appetite.²

One way to improve a child's appetite is to provide a varied and nutritious menu tailored to their growth and development needs. Choosing a variety of foods, such as vegetables, fruits, and other sources of nutrients and vitamins, can help meet a child's nutritional needs while also increasing the appeal of food, thus improving their appetite.³

2. Appetite levels of children after being given a traditional turmeric and ginger drink and the appetite of children who did not receive the intervention.

Of the ten respondents who were given a traditional turmeric and ginger drink, all experienced an increase in appetite, based on questionnaire results, which showed an increase in the portion size consumed at each meal. In contrast, the ten respondents who did not receive the intervention did not show an increase in appetite.

This increase in appetite is thought to be influenced by the curcumin content in turmeric and the active compounds in ginger, which play a role in supporting digestive tract function and stomach health. Turmeric and ginger have traditionally been used as appetite stimulants because they help improve digestion and thus increase hunger. In addition to providing traditional turmeric and ginger drinks, increasing

children's appetite can also be achieved by providing a variety of foods and side dishes that children enjoy so they don't get bored easily with the food they consume.¹⁻³

3. Effectiveness of Traditional Turmeric and Ginger Drinks (Curcuma Domestica Val and Zingiber Officinale) in Increasing Appetite in Children Aged 1-5 Years in the Pitu Community Health Center Work Area, Kalipitu Village, Tobelo Tengah District, North Halmahera Regency

There was a relationship between providing traditional turmeric and ginger drinks and increased appetite in children aged 1-5 years.

This was demonstrated by a Wilcoxon test, which showed an Asymp. Sig. (2-tailed) value of 0.004 ($p < 0.05$), indicating that providing traditional turmeric and ginger drinks was effective in increasing children's appetite.

The results showed that children given traditional turmeric and ginger drinks once daily experienced an increase in appetite based on the results of pre-test and post-test questionnaires completed by parents. In contrast, children who did not receive the intervention did not show an increase in appetite.

Conclusion

Based on the research results, before the intervention, there were 20 children aged 1–5 years who experienced a decrease in appetite, with 10 children being given a traditional drink made from turmeric and ginger. After the intervention, all children who received the traditional drink experienced an increase in appetite, while children who did not receive the intervention showed no increase. The Wilcoxon test results showed a p value = 0.004 ($p < 0.05$),

so it can be concluded that the traditional drink made from turmeric and ginger is effective in increasing the appetite of children aged 1–5 years.

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