

**ABSTRACT****THE EFFECT OF GINGER DRINK ON NAUSEA,VOMITING IN  
PREGNANT WOMEN AT SAMBENG HEALTH CENTER  
LAMONGAN DISTRICT****By : SUPRIH TRI RAHAHAYU**

Crisis periods that often occur in pregnant women include the occurrence of emesis gravidarum. At this time it is common for most pregnant women in the first trimester. Uncontrolled nausea, vomiting without treatment can lead to chronic weight loss and increase the risk of impaired fetal growth. One way to reduce nausea vomiting in pregnant women is to give ginger drink, because ginger has many ingredients that can reduce symptoms of nausea and vomiting in pregnant women. The purpose of this study is to provide evidence that the effect of ginger drink on nausea vomiting in pregnant women. The research design used was Pre Experiment with One Group Pre Test and Post Test Approaches. The dependent variable was nausea, vomiting and the independent variable was ginger drink. The sample taken using the total sampling technique was 30 people. The results of the study before giving ginger drinks were obtained 66.7% in mild vomiting nausea and after giving ginger drinks obtained mild vomiting nausea 76.7%, with an average decrease score of 2.3. For  $p = 0.000$  and  $\alpha = 0.05$ . This shows that  $p < \alpha$  means there is an effect of ginger drink on vomiting nausea of trimester 1 pregnant women at the Sambeng Health Center, Lamongan Regency. Health workers are expected to make SPO about handling nausea vomiting of pregnant women, one of which is by giving ginger drink.

**Keywords :Pregnant woment, ginger drink,nausea and vomiting**

**ABSTRAK****PENGARUH MINUMAN JAHE TERHADAP MUAL MUNTAH****PADA IBU HAMIL DI PUSKESMAS SAMBENG****KABUPATEN LAMONGAN****Oleh : SUPRIH TRI RAHAYU**

Masa krisis yang sering terjadi pada ibu hamil antara lain dengan terjadinya *emesis gravidarum*. Pada masa ini biasa dialami pada sebagian besar ibu hamil trimester satu. Mual muntah yang tidak terkontrol tanpa pengobatan dapat menyebabkan penurunan berat badan kronis dan meningkatkan risiko gangguan pertumbuhan janin. Tujuan dilakukan penelitian ini ialah memberikan bukti bahwa adanya pengaruh minuman jahe terhadap mual muntah pada ibu hamil. Desain penelitian yang dipakai yaitu Pre Eksperiment dengan Pendekatan One Group Pre Test dan Post Test. Variabel Dependen ialah mual muntah dan variabel independennya minuman jahe. Sampel yang diambil menggunakan teknik *total sampling* yaitu 30 orang. Instrumen yang di gunakan *Pregnancy Unique Quantification of Emesis and Nausea (PUQE) scoring system*. Hasil penelitian sebelum pemberian minuman jahe di dapatkan 66,7% pada mual muntah ringan dan sesudah pemberian minuman jahe di dapatkan mual muntah ringan 76,7%, dengan rata-rata skor penurunan 2,3. Untuk  $p = 0,000$  dan  $\alpha = 0,05$ . Hal ini menunjukkan bahwa  $p < \alpha$  berarti terdapat Pengaruh minuman jahe terhadap mual muntah ibu hamil trimester 1 di Puskesmas Sambeng Kabupaten Lamongan. Petugas kesehatan diharapkan dapat membuat dan melaksanakan SPO tentang penanganan mual muntah ibu hamil salah satunya dengan memberikan minuman jahe.

**Kata kunci : Ibu hamil, minuman jahe, mual dan muntah**