

## ABSTRAK

### PENGARUH PEMBERIAN INSTAN JAHE SEDUH TERHADAP KELUHAN MUAL MUNTAH PADA IBU HAMIL TRIMESTER 1 DI PUSKESMAS PUNGGING KABUPATEN MOJOKERTO

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Salah satu perubahan yang terjadi pada ibu hamil dan menyebabkan ketidaknyaman adalah *morning sickness* yang biasanya terjadi di awal kehamilan. Mual dan muntah sering diabaikan karena dianggap sebagai akibat dari awal kehamilan. Tujuan penelitian ini untuk membuktikan pengaruh pemberian instan jahe seduh terhadap keluhan mual muntah pada ibu hamil di Puskesmas Pungging Kabupaten Mojokerto. Desain penelitian ini yaitu *Quasy Eksperimen* dengan pendekatan *One Group Pretest Posttest Design*. Variabel independen dalam penelitian ini yaitu pemberian instan jahe sedu dan variabel dependennya yaitu mual muntah. Populasi penelitian yaitu seluruh ibu hamil trimester I yang mengalami mual muntah di Puskesmas Pungging Kabupaten Mojokerto sebanyak 34 ibu hamil. Sampel diambil dengan teknik *purposive sampling* sebanyak 15 responden. Data dikumpulkan dengan instrument *Pregnancy Unique Quantification of Emesis and Nausea (PUQE) scoring system* sebanyak dua kali yaitu saat pre test dan post test. Kemudian hasil pengumpulan data diuji dengan uji t test. Hasil penelitian menunjukkan bahwa rata-rata mual muntah sebelum pemberian instan jahe seduh  $11.2 \pm 1.521$  dan rata-rata sesudah pemberian instan jahe seduh  $6,5 \pm 1,407$ , sedangkan perbedaan rata-rata kedua kelompok (pretest dan posttest) sebesar  $4.667 \pm 1.175$ .  $\rho = 0,000$  dan  $\alpha = 0,05$ . Hasil ini menunjukkan bahwa  $\rho < \alpha$  berarti terdapat pengaruh Pemberian Instan Jahe Seduh Terhadap Mual Dan Muntah pada ibu hamil trimester I di Puskesmas Pungging Kabupaten Mojokerto. Hal ini menunjukkan bahwasannya jahe merupakan salah satu alternatif yang dapat diberikan pada ibu hamil untuk mengurangi frekuensi mual dan muntah pada trimester I kehamilan.

**Kata Kunci : Ibu Hamil, Jahe, Mual dan Muntah**

## **ABSTRACT**

### **THE EFFECT OF INSTANT GINGER ON THE COMPLAINTS OF NAUSEA AND VOMITING IN FIRST TRIMESTER AT PREGNANT WOMEN IN PUNGGING PUBLIC HEALTH CENTER MOJOKERTO REGENCY**

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One of the changes that occur in pregnant women and causes discomfort is morning sickness which usually occurs in early pregnancy. Nausea and vomiting are often overlooked because they are thought to be a result of early pregnancy. The purpose of this study was to prove the effect of instant ginger brewing on complaints of nausea and vomiting in pregnant women at the Pungging Health Center, Mojokerto Regency. The design of this research is Quasy Experiment with One Group Pretest Posttest Design approach. The independent variable in this study is the provision of instant ginger and the dependent variable is nausea and vomiting. The study population was all first trimester pregnant women who experienced nausea and vomiting at the Pungging Health Center, Mojokerto Regency as many as 34 pregnant women. Samples were taken by purposive sampling technique as many as 15 respondents. Data were collected with the Pregnancy Unique Quantification of Emesis and Nausea (PUQE) scoring system instrument twice, namely during the pre test and post test. Then the results of data collection were tested by t test. The results showed that the average nausea and vomiting before administration of instant brewed ginger was  $11.2 + 1.521$  and the average after administration of instant brewed ginger was  $6.5 + 1.407$ , while the average difference between the two groups (pretest and posttest) was  $4.667 + 1.175$ .  $= 0.000$  and  $= 0.05$ . These results indicate that  $<$  means that there is an effect of instant ginger brewing on nausea and vomiting in first trimester pregnant women at the Pungging Health Center, Mojokerto Regency. This shows that ginger is an alternative that can be given to pregnant women to reduce the frequency of nausea and vomiting in the first trimester of pregnancy

**Keywords : Pregnant Woman, Ginger, Nausea and Vomiting**