

ABSTRAK

PENGARUH TERAPI AKUPRESUR TERHADAP PENURUNAN EMESIS GRAVIDARUM PADA IBU HAMIL TRIMESTER 1 DI WILAYAH KERJA PUSKESMAS GAYAMAN KABUPATEN MOJOKERTO

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Emesis gravidarum merupakan keluhan mual dan muntah yang sering dialami ibu hamil trimester I akibat perubahan hormonal selama kehamilan dan dapat mengganggu aktivitas sehari-hari serta berdampak pada kondisi kesehatan ibu maupun janin. Salah satu terapi nonfarmakologis yang dapat digunakan untuk mengurangi *emesis gravidarum* adalah terapi akupresur. Penelitian ini bertujuan untuk mengetahui pengaruh terapi akupresur terhadap penurunan *emesis gravidarum* pada ibu hamil trimester I di Wilayah Kerja Puskesmas Gayaman Kabupaten Mojokerto. Penelitian ini menggunakan desain *pra-eksperimental* dengan pendekatan *one group time series*. Populasi penelitian adalah seluruh ibu hamil trimester I yang mengalami *emesis gravidarum* dengan jumlah sampel sebanyak 23 responden yang dipilih menggunakan teknik *purposive sampling*. Variabel independen adalah terapi akupresur, sedangkan variabel dependen adalah tingkat *emesis gravidarum* yang diukur menggunakan kuesioner *Pregnancy Unique Quantification of Emesis* (PUQE-24). Hasil uji *Wilcoxon Signed Rank Test* menunjukkan nilai *p-value* 0,000 ($p < 0,05$). Akupresur efektif menurunkan *emesis gravidarum* melalui stimulasi titik PC6 dan ST36 yang dapat memperbaiki fungsi saluran pencernaan, meningkatkan pelepasan endorfin, serta mengurangi rangsangan pusat muntah sehingga dapat menjadi alternatif terapi nonfarmakologis yang aman bagi ibu hamil trimester I.

Kata kunci: terapi akupresur, *emesis gravidarum*, ibu hamil trimester I.

ABSTRACT

THE EFFECT OF ACUPRESSURE THERAPY ON REDUCING EMESIS GRAVIDARUM IN PREGNANT WOMEN IN THE FIRST TRIMESTER IN THE GAYAMAN PUBLIC HEALTH CENTER WORKING AREA MOJOKERTO REGENCY

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Emesis gravidarum is a common complaint of nausea and vomiting experienced by pregnant women in the first trimester due to hormonal changes during pregnancy. This condition can interfere with daily activities and affect the health of both the mother and the fetus. One of the non-pharmacological therapies that can be used to reduce emesis gravidarum is acupressure therapy. This study aimed to determine the effect of acupressure therapy on reducing emesis gravidarum among first-trimester pregnant women in the working area of Gayaman Public Health Center, Mojokerto Regency. This study employed a pre-experimental design with a *one group time series* approach. The population consisted of all first-trimester pregnant women experiencing emesis gravidarum, with a sample of 23 respondents selected using purposive sampling technique. The independent variable was acupressure therapy, while the dependent variable was the level of emesis gravidarum measured using the *Pregnancy Unique Quantification of Emesis* (PUQE-24) questionnaire. The results of the *Wilcoxon Signed Rank Test* showed p-values 0.000 ($p < 0.05$). Acupressure was effective in reducing emesis gravidarum through stimulation of the PC6 and ST36 points, which can improve digestive function, increase endorphin release, and reduce stimulation of the vomiting center, making it a safe non-pharmacological alternative therapy for first-trimester pregnant women.

Keywords: acupressure therapy, emesis gravidarum, first-trimester pregnant women