

ABSTRACT

THE EFFECT OF GINGER BISCUITS ON THE REDUCTION OF EMESIS GRAVIDARUM AMONG FIRST-TRIMESTER PREGNANT WOMEN IN THE WORKING AREA OF PUSKESMAS KUPANG KABUPATEN MOJOKERTO

**BY :
SINTYA DWI ANGGRAENI**

Nausea and vomiting during pregnancy, or emesis gravidarum, is a common complaint among women in the first trimester. If left untreated, it can potentially disrupt maternal comfort, necessitating non-pharmacological solutions such as consuming ginger biscuits, which contain natural antiemetics. This study was conducted to demonstrate the effect of ginger biscuits in reducing emesis gravidarum in first-trimester pregnant women at the Kupang Community Health Center, Mojokerto Regency. The study used a pre-experimental design with a one-group pretest-posttest, involving 25 first-trimester pregnant women with emesis gravidarum, determined through purposive sampling. The intervention consisted of consuming six ginger biscuits daily when experiencing nausea for three days. The level of nausea and vomiting was measured using a pretest and posttest using the PUQE (Pregnancy Unique Quantification of Emesis) questionnaire. The results indicated that before the intervention, the majority of the sample experienced moderate nausea and vomiting (88%). After three days of intervention, the proportion of respondents with no nausea and vomiting reached 44%, mild at 48%, and moderate at 6%. The Wilcoxon Signed Rank Test yielded a p-value of 0.000 ($p < 0.05$). Ginger biscuits are effective in reducing emesis gravidarum. Active compounds in ginger, such as gingerol and shagaol, work by stimulating gastric motility, accelerating gastric emptying, and suppressing serotonin receptor activity, which plays a role in reducing the nausea and vomiting reflex. Furthermore, the biscuits' protein and carbohydrate content helps increase energy sources for pregnant women, making them a practical, efficient, and safe self-help therapy.

Keywords: Emesis gravidarum, Ginger biscuits, First-trimester pregnant women

ABSTRAK

PENGARUH PEMBERIAN *GINGER BISCUITS* TERHADAP PENURUNAN EMESIS GRAVIDARUM PADA IBU HAMIL TRIMESTER I DI WILAYAH KERJA PUSKESMAS KUPANG KABUPATEN MOJOKERTO

**OLEH :
SINTYA DWI ANGGRAENI**

Kondisi mual muntah selama kehamilan atau *emesis gravidarum* kerap dikeluhkan oleh wanita pada trimester pertama. Jika dibiarkan tanpa penanganan, hal ini berpotensi mengganggu kenyamanan ibu, sehingga diperlukan solusi non-farmakologi seperti konsumsi *ginger biscuits* yang mengandung antiemetik dari jahe. penelitian ini dilakukan untuk membuktikan pengaruh pemberian *ginger biscuits* dalam menurunkan *emesis gravidarum* pada ibu hamil trimester I di lingkup Puskesmas Kupang, Kabupaten Mojokerto. Desain yang diterapkan *pre-experimental* dengan *one group pretest-posttest*, melibatkan 25 ibu hamil trimester pertama dengan *emesis gravidarum* yang ditentukan melalui teknik *purposive sampling*. Intervensi yang diberikan berupa konsumsi *ginger biscuits* sebanyak 6 keping setiap harinya saat merasa mual selama kurun waktu 3 hari. Pengukuran tingkat mual muntah dilakukan dengan *pretest* dan *posttest* menggunakan kuesioner *PUQE (Pregnancy Unique Quantification of Emesis)*. Hasil Penelitian mengindikasikan bahwa sebelum intervensi, mayoritas sampel mengalami mual muntah sedang (88%). Setelah 3 hari masa pemberian intervensi, proporsi responden yang tidak mual muntah mencapai 44%, ringan sebesar 48%, dan 6% pada tingkat sedang. Hasil pengolahan data melalui uji *Wilcoxon Signed Rank Test* menghasilkan nilai *p value* = 0,000 ($p < 0,05$). Pemberian intervensi *ginger biscuits* efektif menurunkan *emesis gravidarum*. Senyawa aktif pada jahe seperti gingerol dan shagaol bekerja dengan cara merangsang peningkatan motilitas lambung, mempercepat pengosongan lambung, serta menekan aktivitas reseptor serotonin yang berperan dalam menurunkan refleks mual muntah. Selain itu, kandungan pada biskuit seperti protein dan karbohidrat membantu menambah sumber energi pada ibu hamil, menjadikannya alternatif terapi mandiri yang praktis, efisien, dan aman.

Kata kunci: *Emesis gravidarum*, *Ginger biscuits*, Ibu hamil trimester I