

ABSTRAK

Mual muntah biasanya keluhan yang sering dialami oleh ibu hamil trimester I. Mual muntah ini terjadi karena perubahan dalam sistem endokrin yang terjadi selama kehamilan, tingginya fluktuasi kadar Human Chorionic Gonadotrophin. Mual muntah kehamilan memiliki dampak yang buruk baik pada ibu dan jangka panjang pada janin. Penanganan mual muntah dibagi menjadi dua yaitu farmakologi dan nonfarmakologi. Secara nonfarmakologi jahe memiliki efek antiemetik pada sistem gastrointestinal. Tujuan penelitian ini untuk mengetahui efektivitas permen jahe terhadap mual muntah ibu hamil trimester 1 di Kecamatan Jatinangor. Jenis penelitian menggunakan desain *pre-post test with control group design*. Populasi sebanyak 30 ibu hamil dengan teknik *consecutive sampling* dan sampel yang diambil sebanyak 15 responden pada kelompok intervensi dan kelompok kontrol. Instrumen yang digunakan yaitu kuesioner *Pregnancy-Unique Qualification of Emesis (PUQE-24)*. Analisis yang digunakan yaitu rata-rata dan *T-Test*. Hasil penelitian didapatkan mual muntah ibu hamil trimester I sebelum intervensi yaitu rata-rata 7,33 dan 7,47. Setelah diberi intervensi, didapatkan hasil rata-rata pada kelompok intervensi 5,64 dan 7,69 pada kelompok kontrol. Hasil *p-value* pada kelompok intervensi yaitu 0,00 artinya hasil permen jahe efektif terhadap mual muntah ibu hamil trimester 1. Permen jahe mengandung gingerol yang berfungsi menghambat rasa mual muntah sehingga permen jahe dapat digunakan ketika ibu hamil trimester 1 mengalami mual muntah.

Kata kunci : Jahe, Kehamilan, Mual Muntah

Referensi : - 9 Buku (2013-2017)
- 25 Jurnal (2012-2021)
- 2 Website (2013-2015)

ABSTRACT

Nausea and vomiting are usually complaints that are often experienced by pregnant women in the first trimester. Nausea and vomiting occur due to changes in the endocrine system that occur during pregnancy, high fluctuations in Human Chorionic Gonadotrophin levels. Nausea and vomiting of pregnancy has a negative impact on both the mother and the long term on the fetus. Handling of nausea and vomiting is divided into two, namely pharmacological and non-pharmacological. Non-pharmacologically ginger has an antiemetic effect on the gastrointestinal system. The purpose of this study was to determine the effectiveness of ginger candy on nausea and vomiting of pregnant women in the 1st trimester in Jatinangor District. This type of research uses a pre-post test design with control group design. The population of 30 pregnant women with consecutive sampling technique and samples taken as many as 15 respondents in the intervention group and control group. The instrument used is the Pregnancy-Unique Qualification of Emesis (PUQE-24) questionnaire. The analysis used is the average and T-Test. The results of the study showed that nausea and vomiting of pregnant women in the first trimester before the intervention were 7.33 and 7.47 on average. After being given the intervention, the average results in the intervention group were 5.64 and 7.69 in the control group. The p-value in the intervention group was 0.00, meaning that ginger candy was effective against nausea and vomiting of pregnant women in the 1st trimester. Ginger candy contains gingerol which functions to inhibit nausea and vomiting, so ginger candy can be used when pregnant women in the 1st trimester experience nausea and vomiting.

Keywords: Ginger, Pregnancy, Nausea Vomiting

Reference : - 9 Books (2013-2017)

- 25 Journal (2012-2021)

- 2 Websites (2013-2015)