

PENGARUH PENERAPAN PIJAT AKUPRESUR TITIK PC 6 DAN ST 36 TERHADAP MUAL MUNTAH PADA IBU HAMIL TRIMESTER I DI PUSKESMAS CINUNUK TAHUN 2024

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ABSTRAK

Mual muntah bersifat fisiologi merupakan gejala umum terjadi pada kehamilan trimester I, penyebab utama tingginya kadar hCG (*human chronic gonadotropin*) ini merangsang peningkatan asam lambung sehingga menyebabkan mual dan muntah. Pengobatan non farmakologi akupresur titik perikardium 6 (PC 6) dan Zusanli (ST 36) telah direkomendasikan dalam berbagai penelitian untuk mengurangi mual dan muntah pada ibu hamil trimester I. Tujuan penelitian ini untuk menganalisis pengaruh pijat akupresur titik PC 6 dan ST 36 pada ibu hamil trimester I yang mengalami mual muntah di Puskesmas Cinunuk Tahun 2024. Metode penelitian menggunakan pra eksperimen dengan pendekatan *one group pretest-posttest*. Populasi seluruh ibu hamil trimester I di Puskesmas cinunuk. Sampel penelitian 31 responden dengan rumus slovin. Analisa data yang digunakan analisa univariat dan analisa bivariat menggunakan uji wilcoxon karena data berdistribusi tidak normal. Hasil analisa bivariat dengan uji wilcoxon diperoleh nilai signifikasi 0,000, didapatkan nilai p value $0,000 < 0,05$ ada pengaruh pijat akupresur dalam penurunan frekuensi emesis gravidarum pada ibu hamil trimester I. Simpulan penelitian ini adalah terdapat pengaruh penerapan pijat akupresur PC 6 dan ST 36 terhadap emesis gravidarum pada ibu hamil trimester I yaitu sebelum diberikan intervensi yaitu 3 kali, dan sesudah diberikan intervensi pijat akupresur yaitu 1 kali.

Kata Kunci: Akupresur titik PC 6 dan ST 36, Emesis gravidarum, Ibu hamil trimester I.

**THE EFFECT OF APPLICATION OF ACUPRESSURE MASSAGE AT
POINTS PC 6 AND ST 36 ON NAUSEA, VOMITING IN 1ST TRIMESTER
PREGNANT WOMEN AT CINUNUK HEALTH CENTER IN 2024**

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ABSTRACT

Physiological nausea and vomiting is a common symptom in the first trimester of pregnancy, the main cause of high levels of hCG (human chronic gonadotropin) is that it stimulates an increase in stomach acid, causing nausea and vomiting. Non-pharmacological treatment of acupressure at pericardium 6 (PC 6) and Zusanli (ST 36) points has been recommended in various studies to reduce nausea and vomiting in first trimester pregnant women. The aim of this study was to analyze the effect of acupressure massage at PC 6 and ST 36 points on pregnant women first trimester who experienced nausea and vomiting at the Cinunuk Community Health Center in 2024. The research method used pre-experiment with a one group pretest-posttest approach. The population is all pregnant women in the first trimester at the Cinunuk Community Health Center. The research sample was 31 respondents using the Slovin formula. Data analysis used univariate analysis and bivariate analysis using the Wilcoxon test because the data was not normally distributed. The results of bivariate analysis using the Wilcoxon test obtained a significance value of 0.000, obtained a p value of 0.000 <0.05, there was an effect of acupressure massage in reducing the frequency of emesis gravidarum in first trimester pregnant women. The conclusion of this research is that there is an effect of applying PC 6 and ST 36 acupressure massage on emesis gravidarum in pregnant women in the first trimester, namely before being given intervention, namely 3 times, and after being given acupressure massage intervention, namely 1 time.

Keywords: *Acupressure points PC 6 and ST 36, Emesis gravidarum, First trimester pregnant women.*