

**PENGARUH PEMBERIAN AIR REBUSAN JAHE TERHADAP  
MUAL DAN MUNTAH PADA IBU HAMIL TRIMESTER I  
DI PMB WIWIET WULANDARI**

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**ABSTRAK**

**Latar Belakang:** Badan Kesehatan Dunia (WHO) menyatakan jumlah kasus mual dan muntah sebesar 12,5% dari seluruh wanita hamil di dunia. Data Kemenkes RI, masalah rasa mul dan muntah perempuan hamil di kehamilan awal di negara Indonesia sebesar 50 sampai 90%. Mual muntah dapat diatasi menggunakan metode non farmakologi seperti meminum air rebusan jahe.

**Tujuan:** Untuk mengetahui pengaruh pemberian air rebusan jahe terhadap mual dan muntah pada ibu hamil trimester I di PMB Wiwiet Wulandari Palembang.

**Metode:** Penelitian ini merupakan penelitian *Quasi Experiment* menggunakan *one group design*. Waktu pengumpulan data 24 Juni – 01 Juli 2023 dengan responden 19 wanita hamil trimester pertama yang menderita mual muntah. Teknik *sampling* yang digunakan *purposive sampling*. Pengumpulan data mual muntah dengan PUQE (*Pregnancy Unique Quantification of Emesis and Nausea*)-24. Analisis univariat mendeskripsikan karakteristik dan mual muntah perempuan hamil trimester satu, sedangkan analisis bivariat melalui uji *paired t test* untuk mengetahui pengaruh antara dua variabel.

**Hasil:** Hasil penelitian menunjukkan sebelum pemberian air rebusan jahe sebesar (89,5%) responden mengalami mual muntah sedang. Sesudah pemberian air rebusan jahe mengalami penurunan menjadi mual muntah ringan sebesar (57,9%) hasil uji statistik menyatakan terdapat efek pemberian air rebusan jahe terhadap mual dan muntah pada ibu hamil trimester I dengan *p value* 0,000.

**Kesimpulan:** Terdapat pengaruh pemberian air rebusan jahe terhadap mual muntah pada ibu hamil trimester I.

**Kata Kunci:** Mual muntah, air rebusan jahe

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# THE EFFECT OF GINGER DETECTION WATER ON NAUSEA AND VOMITING IN THE FIRST TRIMESTER OF PREGNANCY AT PMB WIWIET WULANDARI

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## ABSTRACT

**Background:** The World Health Organization (WHO) stated that the number of incidents of nausea and vomiting reached 12.5% of the number of pregnancies in the world. Data from the Indonesian Ministry of Health, cases of nausea and vomiting of pregnant women in early pregnancy in Indonesia are 50-90%. Nausea and vomiting can be overcome using non-pharmacological methods such as consuming ginger boiled water.

**Purpose:** To determine the effect of giving ginger boiled water on nausea and vomiting in first trimester pregnant women at PMB Wiwiet Wulandari Palembang.

**Methods:** This research is a Quasi Experiment with one group design. Time of study 24 June – 01 July 2023 with 19 respondents in the first trimester of pregnancy who experienced nausea and vomiting. The sampling technique used was purposive sampling. Collection of nausea and vomiting data using PUQE (Pregnancy Unique Quantification of Emesis and Nausea)-24. Univariate analysis described the characteristics and nausea and vomiting of pregnant women in the first trimester, while bivariate analysis used the paired t test to determine the effect of the two variables.

**Results:** The results showed that before giving ginger boiled water (89.5%) respondents experienced moderate nausea and vomiting. After giving ginger boiled water, it decreased to mild nausea and vomiting by (57.9%) statistical test results stated that there was an effect of giving ginger boiled water on nausea and vomiting in first trimester pregnant women with a *p value* 0.000

**Conclusion:** There is an effect of giving ginger boiled water on nausea and vomiting in first trimester pregnant women.

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