

ABSTRAK

Pengaruh Pemberian Air Jahe Merah dan Madu Terhadap Penurunan Resiko Hiperemesis Gravidarum pada Ibu Hamil Trimester 1 di Wilayah Kerja Puskesmas Simpang Gaung Kabupaten Indragiri Hilir

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Mual muntah umumnya terjadi bulan-bulan pertama kehamilan, pada pagi hari dan bila muntah terlampau sering bisa terjadi *Hiperemesis Gravidarum*, untuk itu diperlukan terapi non farmakologi demi mengurangi mual muntah berlebihan pada ibu hamil. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian air jahe merah dan madu terhadap emesis gravidarum pada ibu hamil trimester 1 di Wilayah Kerja Puskesmas Simpang Gaung Kabupaten Indragiri Hilir. Metode penelitian yang digunakan adalah kuantitatif dengan desain penelitian *quasi experiment*. Penelitian dilakukan di Puskesmas Simpang Gaung Kabupaten Indragiri Hilir bulan April-Juli 2024. Populasi pada penelitian ini adalah seluruh ibu hamil trimester 1 di Wilayah Kerja Puskesmas Simpang Gaung Kabupaten Indragiri Hilir pada bulan Maret 2024 sebanyak 32 ibu hamil trimester I yang diambil menggunakan *total sampling* sehingga jumlah sampel yaitu sebanyak 32 ibu hamil. Analisa data dilakukan menggunakan uji *Wilcoxon*. Hasil penelitian ini yaitu tingkat emesis gravidarum sebelum dan sesudah diberikan air jahe merah dan madu pada ibu hamil trimester 1 di wilayah kerja Puskesmas Simpang Gaung Kabupaten Indragiri Hilir yaitu 11,91 dan 5,13. Perbedaan rata-rata tingkat emesis gravidarum sebelum dan sesudah intervensi adalah 6,78. Ada pengaruh pemberian air jahe merah dan madu terhadap penurunan resiko hiperemesis gravidarum pada ibu hamil trimester 1 di wilayah kerja Puskesmas Simpang Gaung Kabupaten Indragiri Hilir ($p=0,000$). Saran agar ibu hamil dapat memanfaatkan jahe merah dan madu sebagai salah satu cara untuk mengurangi mual dan muntah selama kehamilan.

Kata kunci: Hiperemesis gravidarum, jahe merah, madu

ABSTRACT

The Effect of Ginger and Honey Solution on Reducing the Risk of Hyperemesis Gravidarum in First Trimester Pregnant Women at Simpang Gaung Health Center, Indragiri Hilir Regency

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Nausea and vomiting typically occur during the first months of pregnancy, especially in the morning. If vomiting is excessive, it can lead to Hyperemesis Gravidarum. Therefore, non-pharmacological therapy is necessary to reduce excessive nausea and vomiting in pregnant women. This study aims to determine the effect of red ginger water and honey on emesis gravidarum in first-trimester pregnant women in the working area of Puskesmas Simpang Gaung, Indragiri Hilir Regency. The research method used is quantitative with a quasi-experimental design. The research was conducted at Puskesmas Simpang Gaung, Indragiri Hilir Regency, from April to July 2024. The population in this study comprised all first-trimester pregnant women in the working area of Puskesmas Simpang Gaung, Indragiri Hilir Regency, in March 2024, totaling 32 pregnant women, who were selected using total sampling. Therefore, the sample size was 32 pregnant women. Data analysis was performed using the Wilcoxon test. The results of this study indicate that the levels of emesis gravidarum before and after being given red ginger water and honey in first-trimester pregnant women in the working area of Puskesmas Simpang Gaung, Indragiri Hilir Regency, were 11.91 and 5.13, respectively. The average difference in emesis gravidarum levels before and after the intervention was 6.78. There is an effect of administering red ginger water and honey on reducing the risk of hyperemesis gravidarum in first-trimester pregnant women in the working area of Puskesmas Simpang Gaung, Indragiri Hilir Regency ($p=0.000$). It is recommended that pregnant women utilize red ginger and honey as a way to reduce nausea and vomiting during pregnancy.

Keywords: *Hyperemesis gravidarum, ginger, honey*