

PROGRAM STUDI S1 KEBIDANAN
FAKULTAS KEBIDANAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU

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Efektifitas konsumsi seduhan daun mint terhadap penurunan emesis gravidarum pada kehamilan trimester I di Wilayah Kerja Puskesmas Harapan Raya Pekanbaru

xiv+ 44 halaman + 7 Tabel + 2 Skema + + 9 Lampiran

ABSTRAK

Sekitar 56% ibu hamil trimester I mengalami mual muntah atau *emesis gravidarum*. Hal ini perlu mendapatkan perhatian khusus bagi para bidan karena jika tidak ditangani dengan dapat dapat mengakibatkan menjadi *hipermeisis gravidarum* yang dapat berdampak pada kesehatan ibu dan tumbuh kembang janin. Penelitian ini bertujuan mengetahui efektifitas konsumsi seduhan daun mint terhadap penurunan emesis gravidarum pada kehamilan trimester I di Wilayah Kerja Puskesmas Harapan Raya Pekanbaru. Jenis penelitian kuantitatif, dengan desain *quasi experiment* dengan rancangan *one group with pretest-posttest*. Populasi adalah ibu hamil trimester I, sampel sebanyak 15 orang, dengan teknik sampling *purposive sampling*. Instrumen penelitian menggunakan alat lembar observasi. Intervensi dilakukan selama 7 hari. Analisa data menggunakan analisa univariat dan bivariat. Hasil penelitian didapat mayoritas ibu hamil trimester I sebelum minum air seduhan daun mint mengalami frekuensi mual dalam kategori sedang, dan yang mengalami frekuensi muntah dalam kategori sedang, dan sesudah minum air seduhan daun mint mengalami frekuensi mual dalam kategori sedang, dan yang mengalami frekuensi muntah dalam kategori sedang. Hasil uji *paired sampel t test* diketahui bahwa Air seduhan daun mint efektif dalam mengatasi mual muntah pada kehamilan trimester I di Puskesmas Harapan Raya Pekanbaru. Diharapkan bagi Puskesmas Harapan Raya dapat meningkatkan pelayanan khususnya dibidang asuhan ibu hamil untuk menurunkan mual muntah ibu hamil dengan menerapkan obat-obatan herbal seperti minum air daun mint untuk mengatasi *emesis gravidarum* pada ibu hamil.

Kata Kunci : Daun Mint, Emesis Gravidarum, Ibu hamil trimester I
Daftar Pustaka : 26 (2016-2023)

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**UNDERGRADUATE NURSING STUDY PROGRAM
FACULTY OF MIDWIFERY
PEKANBARU STATE UMBRELLA HEALTH INSTITUTE**

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The effectiveness of consuming steeped mint leaves in reducing emissions gravidarum in the first trimester of pregnancy in the Harapan Raya Community Health Center Work Area, Pekanbaru

xiv+ 44 pages + 7 Tables + 2 Schemes + + 9 Appendices

ABSTRACT

Emesis gravidarum is a complaint that often occurs in pregnant women, especially in the first trimester. This study aims to determine the effectiveness of consuming mint leaf brew in reducing emissions gravidarum in the first trimester of pregnancy in the Harapan Raya Pekanbaru Health Center Working Area. This type of quantitative research, with a quasi-experimental design with a one group design with pretest-posttest. The population was pregnant women in the first trimester, a sample of 15 people, using a purposive sampling technique. The research instrument used an observation sheet tool. The intervention was carried out for 7 days. Data analysis used univariate and bivariate analysis. The univariate results showed that the majority of pregnant women in the first trimester before drinking water steeped in mint leaves experienced a frequency of nausea in the moderate category, and those who experienced a frequency of vomiting in the moderate category, and after drinking water steeped in mint leaves experienced a frequency of nausea in the moderate category, and those who experienced a frequency of vomiting in the medium category. Bivariate analysis revealed that water steeped in mint leaves was effective in treating nausea and vomiting in the first trimester of pregnancy at the Harapan Raya Pekanbaru Community Health Center. It is hoped that the Harapan Raya Community Health Center can improve services, especially in the field of care for pregnant women, to reduce nausea and vomiting in pregnant women by applying herbal medicines such as drinking mint leaf water to treat emission gravidarum in pregnant women.

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Keywords: Mint leaves, Nausea, Vomiting, Second trimester pregnant women
Bibliography: 26 (2016-2023)