

**PROGRAM STUDI S1 KEBIDANAN DAN PENDIDIKAN PROFESI
BIDAN FAKULTAS KEBIDANAN INSTITUT KESEHATAN PAYUNG
NEGERI PEKANBARU**

Tugas Akhir, Juni 2026 Amanda Nastasya 22601054

Pengaruh Pemberian Air Rebusan Jahe Terhadap Penurunan Emesis Gravidarum Ibu Hamil Trimester I Di Wilayah Kerja Puskesmas Payung Sekaki Kota Pekanbaru

Xii + 58 Halaman + 8 Tabel + 2 Skema + 10 Lampiran

Emesis gravidarum adalah manifestasi mual dan muntah yang umum terjadi pada kehamilan trimester I akibat perubahan hormonal. Gangguan ini berpotensi menghambat kegiatan sehari-hari, menurunkan nafsu makan, serta memperburuk status gizi ibu hamil. Salah satu pendekatan nonfarmakologis yang sering digunakan untuk meredakan gejala adalah pemberian air rebusan jahe, yang mengandung komponen aktif gingerol dan shogaol dengan sifat antiemetik. Penelitian ini bertujuan untuk menganalisis pengaruh air rebusan jahe terhadap penurunan emesis gravidarum pada ibu hamil trimester I. Penelitian kuantitatif ini menggunakan desain pra-eksperimental One Group Pretest-Posttest dengan durasi penelitian 8 hari. Sampel berjumlah 30 ibu hamil trimester I dipilih secara total sampling. Tingkat keparahan emesis diukur sebelum dan sesudah intervensi menggunakan instrumen *Pregnancy Unique Quantification of Emesis and Nausea* (PUQE). Karena data tidak berdistribusi normal, analisis dilakukan menggunakan uji *Wilcoxon Signed Rank Test*. Hasil menunjukkan adanya perbedaan bermakna antara skor PUQE sebelum dan sesudah intervensi ($Z = -4,808$; $p < 0,001$). Dengan demikian, H_0 ditolak dan H_a diterima. Disimpulkan bahwa pemberian air rebusan jahe berpengaruh dalam menurunkan emesis gravidarum pada ibu hamil trimester I. Disarankan agar air rebusan jahe dapat dipertimbangkan sebagai pilihan intervensi nonfarmakologis yang aman dan terjangkau untuk penanganan emesis gravidarum di fasilitas layanan primer.

Kata Kunci : Air Rebusan Jahe, Emesis Gravidarum, Ibu Hamil Trimester I

Referensi : 72 Referensi (2021- 2026)

**S1 MIDWIFERY STUDY PROGRAM AND MIDWIFE PROFESSIONAL
EDUCATION FACULTY OF MIDWIFERY STATE UMBRELLA HEALTH
INSTITUTE PEKANBARU**

Final Project, June 2026 Amanda Nastasya 22601054

The Effect of Giving Boiled Ginger Water on Reducing Emesis Gravidarum in First Trimester Pregnant Women in the Work Area of Payung Sekaki Community Health Center, Pekanbaru City

Xii + 58 Pages + 8 Tables + 2 Schemes + 10 Appendices

Emesis gravidarum manifests as nausea and vomiting commonly experienced during the first trimester of pregnancy due to hormonal changes. This condition can hinder daily activities, reduce appetite, and compromise the nutritional status of pregnant women. A frequently used non-pharmacological approach to alleviate symptoms is the administration of ginger decoction, which contains the active compounds gingerol and shogaol—substances known for their antiemetic properties. This study aimed to analyze the effect of ginger decoction on reducing emesis gravidarum in first-trimester pregnant women. A quantitative, pre-experimental "One Group Pretest-Posttest" design was employed over an eight-day period. The sample consisted of 30 first-trimester pregnant women selected via total sampling. The severity of emesis was measured before and after the intervention using the Pregnancy Unique Quantification of Emesis and Nausea (PUQE) instrument. As the data were not normally distributed, analysis was conducted using the Wilcoxon Signed-Rank Test. The results revealed a significant difference between PUQE scores before and after the intervention ($Z = -4.808$; $p < 0.001$); consequently, the null hypothesis (H_0) was rejected and the alternative hypothesis (H_a) was accepted. It is concluded that the administration of ginger decoction is effective in reducing emesis gravidarum among first-trimester pregnant women. Ginger decoction is recommended as a safe and affordable non-pharmacological intervention option for managing emesis gravidarum in primary healthcare settings.

Keywords : Ginger Water, Emesis Gravidarum, First Trimester of Pregnancy

References : 72 References (2021-2026)