

**Prodi Kebidanan Program Sarjana dan Pendidikan Profesi Program Profesi  
STIKes MERCUBAKTIJAYA Padang  
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**Pengaruh Pemberian Aromaterapi Jahe Terhadap Penurunan Keluhan  
Mual Muntah Pada Ibu Hamil Trimester I di Wilayah Kerja Puskesmas  
Belimbing**

xiii + 95 halaman + 10 Tabel + 7 Gambar + 12 Lampiran

**ABSTRAK**

Selama masa kehamilan ibu hamil mengalami perubahan fisik dan perubahan psikologis yang dapat menyebabkan ketidaknyamanan terutama pada trimester I. Salah satu ketidaknyamanan yang sering timbul adalah mual dan muntah, dengan angka kejadian 50-90% pada kehamilan. Penanganan mual muntah selama masa kehamilan dapat dilakukan melalui tindakan farmakologi maupun non farmakologi. Salah satu terapi non farmakologi untuk mengatasi mual muntah adalah aromaterapi jahe, aromaterapi jahe mampu mengurangi mual dan muntah sekitar 48-52% (Ebtavanny et al., 2022). Penelitian ini bertujuan untuk mengetahui pengaruh pemberian aromaterapi jahe terhadap penurunan keluhan mual muntah pada ibu hamil trimester I di Wilayah Kerja Puskesmas Belimbing.

Penelitian dilaksanakan di Wilayah Kerja Puskesmas Belimbing bulan Februari sampai Agustus 2023 dan waktu pengumpulan data dilakukan pada tanggal 1 Juni sampai 24 Juni 2023. Jenis penelitian yaitu *quasi eksperiment* dengan rancangan *non randomized control group pre-test and pos-test design*. Sampel berjumlah 30 responden dengan teknik pengambilan sampel yaitu konsekutif. Pengolahan data yang digunakan dalam penelitian ini adalah uji *paired t-test*.

Hasil penelitian menunjukkan, terdapat perbedaan antara skor mual muntah sebelum dan setelah dilakukan intervensi aromaterapi jahe dengan  $p$  value = 0,000 yang artinya aromaterapi jahe efektif dalam mengurangi mual muntah pada ibu hamil trimester I di Wilayah Kerja Puskesmas Belimbing.

Kesimpulan penelitian ini adalah aromaterapi jahe efektif terhadap penurunan keluhan mual muntah pada ibu hamil trimester I di Wilayah Kerja Puskesmas Belimbing. Disarankan kepada bidan sebagai tenaga kesehatan dapat memberikan informasi dan intervensi aromaterapi jahe pada ibu hamil sebagai terapi non farmakologi dalam mengurangi mual muntah.

**Kata Kunci : Mual Muntah, Aromaterapi Jahe, Ibu Hamil Trimester I**

**Daftar Bacaan : 45 (2014-2023)**

**Midwifery Study Program Undergraduate Program and Professional Program**  
**STIKes MERCUBAKTIJAYA Padang**  
**Thesis, August 2023**  
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**The Effect of Giving Ginger Aromatherapy on Reducing Complaints of Nause Vomiting in First Trimester Pregnant Women in the Work Area of the Belimbing Health Center**

xiii + 95 Pages + 10 Tables + 7 Picture + 12 Attacments

**ABSTRACT**

During pregnancy, pregnant women experience physical and psychological changes that can cause discomfort, especially in the first trimester. One of the most common discomforts is nausea and vomiting, with an incidence rate of 50-90%. Treatment of nausea and vomiting during pregnancy can be done through pharmacological and non-pharmacological measures. One of the non-pharmacological therapies to treat nausea and vomiting is ginger aromatherapy, ginger aromatherapy can reduce nausea and vomiting by around 48-52% (Ebtavanny et al., 2022). This study aims to determine the effect of giving ginger aromatherapy to reducing complaints of nausea and vomiting in first trimester pregnant women in the Work Area of the Belimbing Health Center.

This research was conducted in the Work Area of the Belimbing Health Center from February to August 2023 and data collection was carried out from 1 June to 24 June 2023. The type of research was a *quasi-experimental* design with a *non-randomized control group pre-test and pos-test design*. The sample is 30 respondents with a consecutive sampling technique. The data processing used in this study is the *paired t-test*.

The results showed that there was a difference between nausea and vomiting scores before and after ginger aromatherapy intervention with  $p$  value = 0,000, which means that ginger aromatherapy is effective in reducing nausea and vomiting in first trimester pregnant women in the Work Area of the Belimbing Health Center.

The conclusion of this study is that ginger aromatherapy is effective in reducing complaints of nausea and vomiting in first trimester pregnant women in the Work Area of the Belimbing Health Center. It is recommended that midwives as health workers can provide information and ginger aromatherapy interventions for pregnant women as non-pharmacological therapy in reducing nausea and vomiting.

**Keywords : Nausea Vomiting, Ginger Aromatherapy, First Trimester Pregnant Women**

**Reading List : 45 (2014-2023)**