

**Prodi Kebidanan Program Sarjana dan Prodi Pendidikan Profesi
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**Pengaruh Akupresur pada Titik P6 dan Pemberian Vitamin B6 Terhadap
Penurunan Frekuensi Emesis Gravidarum Ibu Hamil Trimester 1 di TPMB
Netti Sumarni Kota Padang**

xiv + 89 Halaman + 14 Tabel + 4 Gambar + 15 Lampiran

ABSTRAK

Data kejadian emesis gravidarum menurut WHO tahun 2019 mencapai 14% dari semua kehamilan di dunia. Emesis gravidarum yang memberat akan mengakibatkan dehidrasi dan kehilangan tenaga, delirium, sukar tidur, dehidrasi berat, syok, hingga kematian. Upaya penanganan emesis gravidarum dapat dilakukan dengan baik secara farmakologi dengan vitamin B6 maupun non farmakologi seperti akupresur. Tujuan penelitian ini adalah untuk melihat pengaruh akupresur pada titik P6 dan pemberian vitamin B6 terhadap penurunan frekuensi mual muntah ibu hamil trimester 1 di TPMB Netti Sumarni Tahun 2023.

Jenis penelitian adalah kuantitatif dengan design *Quassi Eksperimen- non randomized control group pre-test and post-test design*. Kelompok kontrol diberikan vitamin B6 sedangkan kelompok intervensi diberikan akupresur pada titik P6 dan vitamin B6. Jumlah sampel adalah 20 orang dibagi menjadi 2 kelompok. Teknik pengambilan sampel menggunakan *consecutive sampling*. Instrumen penelitian kuisioner PUQE-24 untuk mengukur skor mual muntah pada ibu hamil. Data diolah dengan analisis univariat dan bivariat dengan uji *Paired sample T test* dan *T- Test Independent*.

Hasil analisis data menunjukkan ada perbedaan nilai rerata skor mual muntah kelompok kontrol sebelum (9,50) dan setelah (8,70) dengan p-value 0.003 ($<0,05$). Pada kelompok intervensi sebelum (8,70) dan setelah (5,90) dengan p-value 0.000 ($<0,05$). terdapat penurunan frekuensi mual muntah yang signifikan pada kelompok intervensi setelah diberikan akupresur pada titik P6.

Ada pengaruh akupresur pada titik p6 dan pemberian vitamin B6 terhadap penurunan frekuensi mual muntah ibu hamil trimester 1 di TPMB Netti Sumarni. Diharapkan tenaga kesehatan dapat mengaplikasikan akupresur dan konsumsi vitamin B6 untuk mengurangi emesis gravidarum pada pelayanan ANC.

**Kata Kunci: Kehamilan, Emesis Gravidarum, Akupresur P6, Vitamin B6,
Daftar Bacaan: 26 (2014 - 2021)**

**Undergraduate Programs and Profesional Education Study Programs
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The Effect of Acupressure at Point P6 and Administration of Vitamin B6 on Reducing the Frequency of Gravidarum Emesis in First Trimester Pregnant Women at TPMB Netti Sumarni Padang City

xiv + 89 Pages + 14 Tables + 4 Pictures + 15 Attachments

ABSTRACT

Data on the incidence of emesis gravidarum according to WHO in 2019 reached 14% of all pregnancies in the world. Severe emesis gravidarum will result in dehydration and loss of energy, delirium, difficulty sleeping, severe dehydration, shock, and even death. Efforts to treat emesis gravidarum can be done both pharmacologically with vitamin B6 and non-pharmacologically such as acupressure. The purpose of this study was to see the effect of acupressure at point P6 and administration of vitamin B6 on reducing the frequency of nausea and vomiting in first trimester pregnant women at TPMB Netti Sumarni in 2023.

This research is a quantitative study with a quassi experimental design with a non-randomized control group pre-test and post-test design. The control group was given vitamin B6 while the intervention group was given acupressure at point P6 and vitamin B6. Samples in this study were 20 people were divided into 2 groups. The sampling technique used consecutive sampling. The research instrument used the PUQE-24 questionnaire to measure nausea and vomiting scores in pregnant women. Data were processed by univariate and bivariate analysis with Paired sample T test and Independent T-Test.

The results of data analysis showed that there was a difference in the mean score of nausea and vomiting in the control group before (9.50) and after (8.70) with a p-value of 0.003 (<0.05). In the intervention group before (8.70) and after (5.90) with a p-value of 0.000 (<0.05). there was a significant decrease in the frequency of nausea and vomiting in the intervention group after being given acupressure at point P6.

There is an effect of acupressure at point p6 and giving vitamin B6 to reducing the frequency of nausea and vomiting in first trimester pregnant women at TPMB Netti Sumarni. It is hoped that health workers can apply acupressure and consume vitamin B6 to reduce emesis gravidarum in Antenatal Care.

Key Words: *Pregnancy, Emesis Gravidarum, Acupressure P6, Vitamin B6,*
Refferences: 26 (2014 - 2021)