

**PENGARUH PEMBERIAN MINUMAN JAHE TERHADAP FREKUENSI
EMESIS GRAVIDARUM PADA IBU HAMIL TRIMESTER I
DI BLUD PUSKESMAS BANJAR 2**

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ABSTRAK

Emesis gravidarum merupakan keluhan mual dan muntah yang sering dialami ibu hamil trimester I dan dapat mengganggu aktivitas serta kondisi kesehatan ibu. Penelitian ini bertujuan mengetahui pengaruh pemberian minuman jahe terhadap frekuensi emesis gravidarum pada ibu hamil trimester I di BLUD Puskesmas Banjar 2. Penelitian kuantitatif ini menggunakan desain *quasi experiment* dengan rancangan *one group pretest-posttest*. Subjek penelitian adalah 20 ibu hamil trimester I yang mengalami mual dan muntah, sebagian besar berusia 20–25 tahun (45%), dipilih menggunakan teknik *purposive sampling*. Instrumen penelitian berupa lembar observasi frekuensi emesis gravidarum dan SOP pemberian minuman jahe. Intervensi dilakukan dengan pemberian minuman jahe ± 200 ml dua kali sehari selama 5 hari, kemudian frekuensi emesis gravidarum diukur sebelum dan sesudah intervensi. Analisis bivariat menggunakan uji *Wilcoxon Signed Rank Test*. Sebelum intervensi, 50% responden mengalami emesis gravidarum kategori sedang dan 50% kategori berat. Setelah intervensi, 75% responden berada pada kategori ringan dan 25% kategori sedang. Hasil uji Wilcoxon menunjukkan nilai $p=0,001$ ($p<0,05$), sehingga terdapat pengaruh pemberian minuman jahe terhadap frekuensi emesis gravidarum. Minuman jahe dapat menjadi alternatif terapi nonfarmakologis dalam membantu menurunkan frekuensi emesis gravidarum pada ibu hamil trimester I.

Kata kunci: *Emesis Gravidarum*, Ibu Hamil Trimester I, Minuman Jahe

THE EFFECT OF GINGER DRINK ADMINISTRATION ON THE FREQUENCY OF EMESIS GRAVIDARUM AMONG FIRST-TRIMESTER PREGNANT WOMEN AT BLUD PUSKESMAS BANJAR 2

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ABSTRAK

Emesis gravidarum, characterized by nausea and vomiting, is a common complaint among women during the first trimester of pregnancy and may interfere with daily activities and maternal health. This study aimed to determine the effect of ginger drink administration on the frequency of emesis gravidarum among first-trimester pregnant women at BLUD Puskesmas Banjar 2. This quantitative study employed a quasi-experimental design with a one-group pretest-posttest approach. The study involved 20 first-trimester pregnant women experiencing nausea and vomiting, most of whom were aged 20–25 years (45%), selected using purposive sampling. The research instruments consisted of an observation sheet to measure the frequency of emesis gravidarum and a standard operating procedure for ginger drink administration. Participants received approximately 200 ml of ginger drink twice daily for five days. Data were analyzed using the Wilcoxon Signed Rank Test. Before the intervention, 50% of respondents experienced moderate and 50% experienced severe emesis gravidarum. After the intervention, 75% experienced mild and 25% moderate emesis gravidarum. The Wilcoxon test showed a p-value of 0.001 ($p < 0.05$), indicating a significant effect of ginger drink administration on the frequency of emesis gravidarum. Ginger drink may serve as a non-pharmacological alternative to help reduce emesis gravidarum among first-trimester pregnant women.

Keywords: Emesis Gravidarum, First-Trimester Pregnant Women, Ginger Drink.