

*THE EFFECT OF ACUPRESSURE AT POINTS PC6 AND ST36 ON REDUCING
THE FREQUENCY OF EMESIS GRAVIDARUM
IN 1ST TRIMESTER PREGNANT WOMEN*

Astri Sulistiani¹, kamidah²

astriast93@gmail.com

“Aisiyah Surakarta University

ABSTRACT

Background: *Emesis gravidarum is caused by increased levels of the Human Chorionic Gonadotropin (HCG) hormone. The incidence of emesis gravidarum in pregnant women in the first trimester is 50-80%. Emesis gravidarum is a physiological condition experienced by pregnant women, but if not treated immediately it can cause various impacts, including a decrease in appetite which can result in changes in body balance and can cause changes in body metabolism, the fetus lacks nutrition and can cause growth and development. disturbed, LBW and others. Treatment that can be carried out is one type of complementary therapy such as acupressure at the PC6 point which is the pericardium point which protects the heart so that the organ can function properly and pump blood throughout the body smoothly and ST36 which is the stomach point where pressure on this point can relieve stomach problems. one of which is nausea and vomiting.* **Objective:** *to determine the effect of acupressure in reducing the frequency of emesis gravidarum in pregnant women in the first trimester.* **Method:** *this study used a pre-experimental group test pretest-posttest design method. The research was conducted at the Independent Practice of Midwife Cahyati. Analysis test using Paired Simple T-Test, sampling using accidental sampling. The population of pregnant women who experience emesis gravidarum is 25 people and the sample size is 20 respondents.* **Results:** *before acupressure the average frequency of emesis gravidarum was 4.65 and after acupressure the average frequency of emesis gravidarum was 2.70. there was a decrease of 1.95, the p-value was 0.000, so Ho was rejected and Ha was accepted.* **Conclusion:** *giving PC6 and ST36 acupressure can reduce the frequency of emesisgravidarum in pregnant women in the first trimester.*

Key words: *acupressure, emesisgravidarum, 1st trimester*