

**EFFECT OF RED GINGER DRINK TO DECREASE EMESIS  
GRAVIDARUM IN PREGNANT WOMEN I TRIMESTER  
THE PMB DENI MARIJUANA BEJI DEPOK**

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**ABSTRACT**

**Background:** pregnant women experience various discomforts in the first trimester such as: emesis gravidarum, hypersalivation, dizziness, easy fatigue, heartburn, frequent urination, constipation. Emesis gravidarum occurs in early pregnancy, occurs in the morning also called morning sickness Emesis is usually caused by changes in the endocrine system during pregnancy, the main cause of which is an increase in fluctuations in HCG levels. Red ginger is a non-pharmacological drug that is safe to relieve nausea and vomiting in which red ginger has a higher content of essential oils than elephant ginger and other ginger

**Objective:** This study was to determine the effect of red ginger drink on the reduction of Emesis Gravidarum in pregnant women Trimester I. **Methods:** this study is a quantitative research with the type of Pre-eksperimental research with designs one-Group Pretest-Posttest design. This research is located at PMB Deni Mardiyuana Beji Depok research is conducted in May-June 2024. Sampling technique used in this study using total sampling technique. And got 20 people.

**Results:** the level of emesis gravidarum before being given red ginger drink in 20 respondents was mostly 45% or 9 respondents experienced moderate levels of emesis gravidarum. The rate of emesis gravidarum after ginger infusion in 20 respondents was mostly 50% or 10 respondents experienced mild emesis gravidarum. There is an effect of ginger steeping on the level of emesis gravidarum in Trimester I pregnant women in PMB Deni Mardiyuana in 2024 based on the results of the Wilcoxon test with  $p - value = 0.001 < 0.05$ .

**Conclusion:** there is an effect of red ginger drink on the decrease of emesis gravidarum in pregnant women trimester I in PMB Deni Mardiyuana Beji Depok.

**Keywords:** Emeisi gravidarum, Red Ginger, pregnant women Trimeter I