

EFFECTIVENESS OF RED GINGER EXTRACT IN REDUCING EMESIS GRAVIDARUM IN FIRST TRIMESTER PREGNANT WOMEN AT PMB WIRAHAYU PANJANG BANDAR LAMPUNG

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ABSTRACT

Background: Nausea and vomiting or emesis gravidarum is experienced by 50-90% of pregnant women in Indonesia. If emesis gravidarum is not properly, it can cause loss of appetite, changes in electrolyte balance, especially those related to potassium, calcium, and sodium, causing changes in metabolism in the body and a decrease in body mass of around 5%, as a result of using up carbohydrate stores, protein, and fat as energy sources. Management of emesis gravidarum can be carried out with pharmacological and non-pharmacologic therapy. One non-pharmacologic therapy that has proven effective is the use of ginger extract. Ginger is one way to relieve emesis gravidarum during pregnancy, at least minimizing this disorder. **Objective :** to determine the effectiveness of red ginger extract in reducing emesis gravidarum in pregnant women first trimester in PMB Wirahayu Panjang Bandar Lampung. **Methods** This research used quantitative research with quasi experimental design with one group pretest-posttest design. The population in this study were pregnant women in the first trimester who were examining at PMB Wirahayu with complaints of nausea and vomiting in March-April 2024. The sampling technique was total sampling. The number of samples was 20 samples. Analysis with wilcoxon test. **Results :** before being given red ginger extract most of the emesis gravidarum by 85.0%. After being given the extract most of them were in category was 60.0%. Analysis known wilcoxon test known p-value 0.000. **Conclusion :** There is a difference before and after the administration of red ginger extract extract in reducing emesis gravidarum in first trimester pregnant women at PMB Wirahayu Panjang Bandar Lampung.

Keywords: red ginger, emesis gravidarum, pregnant women