

**THE EFFECT OF GIVING GINGER STOP ON NAUSEA, VOMITING IN  
1ST TRIMESTER PREGNANT WOMEN AT THE MUTMAINAH  
MIDWIFERY'S INDEPENDENT PRACTICE**

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**ABSTRACT**

**Background:** Nausea, vomiting is a normal or frequent symptom in the first trimester of pregnancy which is caused by high levels of HCG (human chorionic gonadotropin). Nausea and vomiting during pregnancy can be overcome by consuming ginger brew. The essential oil content in ginger is 2.58-3.90% which has a refreshing effect and inhibits serotonin (vomit reflex) and the central nervous system into the digestive tract which can then overcome nausea and vomiting because it provides a feeling of comfort in the stomach. **Objective:** To determine the effect of giving ginger infusion on nausea and vomiting in pregnant women in the first trimester. **Method:** This research is a pre-experimental design research with a one group pretest posttest plan. A population of 32 pregnant women in the first trimester was taken by consecutive sampling with a sample of 25 people given the intervention of giving 250 ml of ginger steeping for 7 days. The research instrument with the PUQE-24 score was processed and analyzed using the Wilcoxon test. **Results:** The research shows that there is a significant difference between giving ginger steeping before and after it is given with a p-value of  $0.000 < 0.05$ . **Conclusion:** There is an effect of giving ginger infusion on reducing nausea and vomiting in pregnant women in the first trimester.

Key words: pregnant women, nausea, vomiting, ginger infusion