

THE EFFECT OF MINT LEAF TEA ADMINISTRATION ON EMESIS GRAVIDARUM IN FIRST TRIMESTER PREGNANT WOMEN

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ABSTRACT

Background: *Emesis gravidarum is a common complaint experienced by pregnant women in the first trimester, characterized by nausea and vomiting that can interfere with daily life and affect both the physical and psychological health of the mother. The prevalence of emesis gravidarum in Indonesia is quite high, especially among primigravida (60–80%) and multigravida (40–60%). Management can be carried out both pharmacologically and non-pharmacologically. Mint tea is known for its refreshing effect and contains menthol, which has carminative and antispasmodic properties. These components play a role in relieving the symptoms of emesis gravidarum in first-trimester pregnant women.* **Objective:** *This study aims to determine the effect of mint tea on the difference in the frequency of emesis gravidarum.* **Method:** *This research used a pre-experimental method with a one-group pretest-posttest design. The sample consisted of 30 respondents experiencing emesis gravidarum at Juwiring Public Health Center.* **Results:** *The results showed that the majority of respondents experienced moderate emesis gravidarum before the intervention, while after the intervention, most experienced a reduction to a mild level. Based on the Wilcoxon test, the p-value obtained was 0.000 ($p < 0.05$), indicating a significant difference before and after the administration of mint tea.* **Conclusion:** *There is an effect of mint tea administration on the frequency of emesis gravidarum in first-trimester pregnant women at Juwiring Public Health Center.*

Keywords: *Emesis gravidarum, first-trimester pregnant women, mint tea.*