

**THE EFFECT OF PERICARDIUM 6 ACUPRESSURE ON NAUSEA AND
VOMITING AT PMB ARIYAWATI SUSIANDARI, S.Tr.Keb., Bdn
CENTRAL LAMPUNG**

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ABSTRACT

Background : Nausea and vomiting are common complaints during pregnancy, with a global prevalence of 52% (WHO, 2020) and 47% in Indonesia (Ministry of Health, 2020). A preliminary study at PMB Ariyawati Susiandari, Central Lampung, showed that 73.1% of first-trimester pregnant women experienced nausea and vomiting. This condition may lead to electrolyte imbalance, dehydration, weight loss, fatigue, decreased concentration, and disruption of daily activities. If left untreated, nausea and vomiting can progress to hyperemesis gravidarum, which increases the risk of preterm birth, impaired fetal growth and development, low birth weight, and even stunting in the next generation, which is associated with lower intelligence (IQ). One of the management efforts is acupressure at the Pericardium 6 (P6) point, which stimulates the release of beta-endorphins and ACTH to inhibit the vomiting center in the brain. **Objective :** To determine the effect of Pericardium 6 acupressure on nausea and vomiting in first-trimester pregnant women. **Method :** This study used a pre-experimental design with a one-group pretest–posttest approach. Acupressure was performed at the P6 point, located three fingers above the wrist crease, with 30-second pressure repeated 2–3 times, administered in the morning and evening. A total of 30 respondents participated, and data were analyzed using the Wilcoxon test. **Results :** Statistical analysis showed $p=0.00$ (<0.05), indicating a significant reduction in nausea and vomiting after the intervention. **Conclusion :** Acupressure at the Pericardium 6 point is effective in reducing nausea and vomiting among first-trimester pregnant women at PMB Ariyawati Susiandari, Central Lampung.

Keywords : First-trimester ; Nausea; Vomiting; Pericardium 6; Acupressure