

## **ABSTRACT**

**Background :** *Pregnancy is the union of spermatozoa and ovum which is followed by the implantation of the products of conception into the endometrium. The gestation period starts from conception to the birth of the fetus. Normal pregnancy duration is 280 days (40 weeks or 9 months 7 days) counting from the first day of the last menstruation. Based on the phenomena found in the work area of BPM Ani, Seputih Jaya, Central Lampung in April-May 2023, it was found that 20 pregnant women in their first trimester experienced nausea and vomiting. Aim :* *This study aims to determine the effect of giving warm ginger water on reducing nausea and vomiting in first trimester pregnant women. Method :* *This study used the Pre-Experimental method using the One Group Pre Test Post Test Design research design. Result :* *This study shows the results of the test with the Wilcoxon test with a result of 0.001 with a significant result of <0.05, Conclusion :* *so it can be concluded that there is effectiveness of warm ginger water in reducing nausea and vomiting in first trimester pregnant women at BPM Ani, Seputih Jaya in 2023.*

**Keywords:** *First trimester of pregnancy, Nausea Vomiting, Ginger.*