

ABSTRAK

PEMBERIAN MINUMAN JAHE TERHADAP PENURUNAN FREKUENSI MUAL MUNTAH IBU HAMIL TRIMESTER I DI DUSUN SALAMAN

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Latar Belakang ; Mual muntah pada umumnya terjadi pada bulan-bulan pertama kehamilan, sering terjadi pada pagi hari yang disebut *morning sickness*. Mual muntah terjadi karena peningkatan kadar hormon estrogen dan *Human Chorionic Gonadotropine* (HCG). Jahe merupakan tanaman obat yang berupa tumbuhan rumpun berbatang semu. Kandungan dalam jahe antara lain minyak atsiri dan gingerol, yang dapat memblokir refleks muntah. Putri (2017) mengatakan setelah diberikan minuman jahe frekuensi mual muntah pada responden menurun dari 13 kali menjadi 3,8 kali per hari. **Tujuan;** Mendeskripsikan frekuensi mual muntah sebelum dan sesudah diberikan minuman jahe pada ibu hamil trimester I di Dusun Salaman. **Metode ;** Penelitian deskriptif dengan menggunakan studi kasus. Data yang diambil dalam penelitian berasal dari sumber data primer, dengan jumlah responden 2 orang responden, sedangkan instrumen penelitian menggunakan lembar observasi. Penelitian dilakukan di Dusun Salaman pada bulan Mei 2018. **Hasil ;** Hasil penelitian menunjukkan frekuensi mual muntah sebelum diberikan minuman jahe sebanyak 7-8x/ hari dan setelah diberikan minuman jahe menurun menjadi 2-3x/ hari. **Kesimpulan ;** Pemberian minuman jahe dapat menurunkan frekuensi mual muntah pada ibu hamil trimester I di Dusun Salaman.

Kata Kunci : Mual muntah, Ibu hamil trimester I, Minuman jahe.

ABSTRACT

CONSUMING GINGER WATER AND THE REDUCTION OF THE FREQUENCY OF NAUSEA OF FIRST THREE SEMESTER PREGNANT WOMEN AT THE SALAMAN VILLAGE

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Back Ground ; A nausea generally happens in the early months of pregnancy. A nausea happens due to the lifting up of the degree of estrogen hormones and human chorionic gonadotropins (HCG). Ginger is a herbal plant with a pseudo-stem. Gingers contain aetheric oil and gingerol which are able to guard on a nausea reflect. Putri (2017) stated that after consuming a warm ginger water, the nausea frequency has decreased from 13 to 3,8 times a day. **Objectives;** Describing the frequency of nausea of a first three semester pregnant woman before and after consuming ginger water at Salaman **Method ;** It is a descriptive qualitative research with a case study design. The data were collected from main respondents (two respondents). The instrument used in this research was an observation sheet. The study was conducted at salaman in may 2018. **Result ;** The result of the research revealed the frequency of nausea before consuming ginger water which was 7-8x/day, and the frequency of nausea after consuming ginger water was found reducing into 2-3x/day. **Conclusion ;** There is an effect between consuming ginger water and the reduction of the frequency of nausea of first three semester pregnant women at the Salaman village.

Keywords : Nausea, First three semester pregnant woman, Ginger water