

GINGER AROMATHERAPY TO REDUCE EMESIS GRAVIDARUM IN FIRST TRIMESTER PREGNANT WOMEN WITH A POCKET BOOK

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Background; *emesis gravidarum is a pregnancy 0-16 weeks of gestation, if it is not handled properly, it can cause pregnant women to become dehydration, weakness, decreased weight and problems with the fetus. Emesis gravidarum be treated pharmacologically by administering vitamin B6 and zinc but it has side effects such as headaches, diarrhea and drowsiness making uncomfortable. To overcome this discomfort, non pharmacological measures are given by administering ginger aromatherapy. Ginger inhibits serotonin receptors and causes anti nausea effects on the gastrointestinal and central nervous system so that it can reduce emesis gravidarum in trimester I pregnant women.* **Objective;** *to create communication, information, and education media (KIE) about the ginger aromatherapy to reduce emesis gravidarum trimester I pregnant women as promotive media for pregnant women and to carry out the role of midwives.* **Methods;** *the method used in KIE media is in the form of a pocketbook which is produced as a health promotion implementation which can be used as a reference for midwives or midwifery students.* **Result;** *the media produced from KIE is a pocketbook that can be read directly by pregnant women and midwifery student.* **Summary;** *KIE media is used as a media, for trimester I pregnant women to reduce emesis gravidarum.*

Keywords: *Ginger Aromatherapy, Emesis Gravidarum*