

THE EFFECT OF GIVING AVOCADO ON THE REDUCTION OF EMESIS GRAVIDARUM IN PREGNANT WOMEN AT THE PANDU SANJAYA HEALTH CENTER, CENTRAL KALIMANTAN

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ABSTRACT

Background: *Emesis Gravidarum is discomfort during pregnancy, where the mother experiences nausea and vomiting, which usually occurs in the first trimester of pregnancy and continues until the second trimester. If nausea and vomiting is not treated properly it can cause dehydration in pregnant women. Avocados can help reduce symptoms of nausea and vomiting in pregnant women, one of the fruits that contains vitamin B6. Avocados are a fruit choice that contains 0.5 mg of vitamin B6 and other nutrients.* **Objective:** *To determine the effect of giving avocados on reducing the degree of Emesis Gravidarum in pregnant women.* **Research Method:** *Quasy Experimental research type with a Two Group Pretest-Posttest design. The population of all pregnant women who underwent examinations for Emesis Gravidarum at the Pandu Sanjaya Community Health Center was recorded as 32 pregnant women. Samples were taken using the Slovin 24 sample formula.* **Results:** *There is a difference in giving avocado and B6 to reduce the degree of Emesis Gravidarum in pregnant women. Using bivariate analysis with the Mann Whitney test it was found that asymp.Sig.(2-tailed) had a value of $0.001 < 0.05$.* **Conclusion:** *Giving avocado and B6 for 5 days can reduce the degree of Emesis Gravidarum in pregnant women at the Pandu Sanjaya Health Center.*

Keywords: *Avocado, Emesis Gravidarum, Pregnant Women, Vitamin B6*