

ABSTRAK

EFEKTIVITAS PIJAT AKUPRESURE TERHADAP EMESIS GRAVIDARUM PADA IBU HAMIL TRIMESTER 1 DI PMB IZZAH

Oleh : Hasanatud Daraini

Latar Belakang : Emesis gravidarum merupakan keluhan yang sering dialami oleh wanita hamil trimester I. Akupresur pada titik pericardium 6 merupakan intervensi nonfarmakologi untuk menurunkan emesis gravidarum pada ibu hamil trimester I. **Tujuan penelitian** : Mengetahui efektivitas pijat akupresur terhadap kejadian mual muntah pada ibu hamil trimester I. **Metode Penelitian** : Rancangan penelitian ini adalah *praeksperimen* dengan *one group pretest posttest*. Jumlah sampel yang digunakan adalah 31 responden di PMB Izzah Desa Banyubulu Kecamatan Proppo. Analisis data yang digunakan adalah analisis univariat dan Bivariat, menggunakan uji *Paired T-test*. **Hasil** : pijat akupresure didapatkan hasil bahwa sebanyak 26 responden (83,9%) dengan status emesis ringan dan 5 responden (16,1%) dalam kategori emesis gravidarum sedang. Dimana ibu hamil trimester I sebelum dilakukan pijat akupresure keadaan emesis gravidarum sebanyak 31 responden dalam kategori sedang. **Kesimpulan** : Hasil uji statistic didapatkan hasil *p-value* 0,001 (<0,005) maka dapat disimpulkan (H_0 ditolak) pijat akupresure efektif terhadap penurunan emesis gravidarum pada ibu hamil trimester 1 di PMB Izzah Desa Banyubulu Kecamatan Proppo Kabupaten Pamekasan. **Saran** : Diharapkan bidan bisa memberikan pijat akupresur yang dijadikan intervensi inovasi pada ibu hamil dalam mengurangi mual muntah.

Kata Kunci : akupresur, mual muntah, ibu hamil trimester I.

ABSTRACT

EFFECTIVENESS OF ACUPRESSURE MASSAGE ON EMESIS GRAVIDARUM IN PREGNANT WOMEN IN THE 1ST TRIMESTER IN PMB IZZAH

By: Hasanatud Daraini

Background: *Emesis gravidarum* is a complaint often experienced by pregnant women in the first trimester. Acupressure at the pericardium point 6 is a non-pharmacological intervention to reduce emesis gravidarum in pregnant women in the first trimester. **Purpose of the study:** To determine the effectiveness of acupressure massage on the incidence of nausea and vomiting in pregnant women in the first trimester. **Research Methods:** The design of this study was a pre-experiment with one group pretest posttest. The number of samples used was 31 respondents in PMB Izzah, Banyubulu Village, Proppo District. The data analysis used was univariate and bivariate analysis, using the Paired T-test. **Results:** Acupressure massage showed that 26 respondents (83.9%) had mild emesis status and 5 respondents (16.1%) were in the moderate emesis gravidarum category. Where pregnant women in the first trimester before acupressure massage, the emesis gravidarum condition was 31 respondents in the moderate category. **Conclusion:** The results of the statistical test showed a p-value of 0.001 (<0.005) so it can be concluded (H_0 is rejected) that acupressure massage is effective in reducing emesis gravidarum in pregnant women in the first trimester at PMB Izzah, Banyubulu Village, Proppo District, Pamekasan Regency. **Suggestion:** It is hoped that midwives can provide acupressure massage as an innovative intervention for pregnant women in reducing nausea and vomiting.

Keywords: *acupressure, nausea and vomiting, pregnant women in the first trimester.*