

**MINISTRY OF HEALTH REPUBLIC OF INDONESIA
HEALTH POLYTECHNIC MINISTRY OF MOH RIAU**

D-IV Midwifery Study Program Thesis, 27 MAY 2021

MUZDALIFAH KARINA DM

**COMBINATION OF KEPOK BANANA AND INHALATION OF
PEPPERMINT TO REDUCE Nausea and Vomiting in TRIMESTER 1
PREGNANT WOMEN AT PUSKESMAS BERSERI PANGKALAN
KERINCI PELALAWAN.**

xvii + 61 pages + 4 tables + 2 charts + 14 attachments + 2 pictures

ABSTRACT

Emesis gravidarum is one of the signs and symptoms of pregnancy that commonly occurs in the early first trimester of pregnancy. One way to reduce nausea and vomiting is to consume kepok bananas because they contain vitamin B6 and can also be overcome by using complementary therapies such as aromatherapy. The purpose of this study was to determine the effect of the combination of banana kepok and peppermint inhalation to reduce nausea and vomiting in first trimester pregnant women at the Berseri Health Center, Pangkalan Kerinci. This research was conducted from January to May 2021 at the Berseri Health Center, Pangkalan Kerinci with the type of research *Quasy Experiment* and the One-Group Pre-Test And Post-Test design which was determined using purposive sampling as many as 15 respondents of first trimester pregnant women who experienced nausea and vomiting. This research was conducted for 7 days by consuming 200 grams of banana kepok boiled for 40 minutes and giving inhalation of peppermint 3 times / day. Aspects of data measurement using the PUQE-24 score observation sheet and analyzed by the Independent T-test. The results showed that the average frequency of nausea and vomiting in first trimester pregnant women before being given banana kepok and inhaled peppermint was 10.53 (SD: 1.246) and after being given banana kepok and inhaled peppermint was 6.87 (SD: 0.834). The results of the independent T-test with a 95% confidence level showed that there was an effect of consuming ripe banana kepok and inhaled peppermint on the decrease in the frequency of *Emesis Gravidarum* with $p = 0.000$ value. From the results of this study, it is expected that pregnant women with *Emesis Gravidarum* can use banana kepok and inhaled peppermint in the treatment of nausea and vomiting immediately.

Keywords: Pregnant Women, Nausea Vomiting, Banana Kepok, Peppermint Inhalation

Bibliography : 23 (2005-2019)