

ABSTRAK

Annisa Meylani (2025). Penerapan Terapi Akupresur untuk Mengurangi Keluhan Mual Muntah Pada Ibu Hamil Kehamilan Trimester 1 di Wilayah Kerja Puskesmas Rumbai Pekanbaru. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing: (I) Ns. Masnun, SST., S.Kep., M.Biomed (II) R.Sakhnan, SKM., M.Kes

Mual dan muntah adalah perasaan yang ingin muntah dan keluarnya isi lambung secara paksa dari tubuh ibu hamil, Salah satu upaya nonfarmakologis untuk menurunkan mual muntah pada Ibu Hamil kehamilan trimester 1 melalui terapi akupresur. **Tujuan** penelitian ini adalah untuk mendeskripsikan penerapan terapi akupresur untuk mengurangi keluhan mual muntah Pada Ibu Hamil kehamilan trimester 1 di Wilayah Kerja Puskesmas Rumbai Pekanbaru. **Metode** yang digunakan adalah studi kasus deskriptif pada dua subjek ibu hamil yang memiliki keluhan mual muntah. Intervensi dilakukan selama 4 hari berturut-turut dengan durasi 7–15 menit setiap sesi yang dimulai dari tanggal 18 maret 2025. **Hasil** menunjukkan bahwa terjadi penurunan mual muntah pada kedua subjek setelah melakukan teknik akupresur. Subjek 1 mengalami penurunan mual muntah sebanyak 2 kali dan Subjek ke 2 mengalami penurunan mual muntah sebanyak 2 kali yang sudah di kategorikan ringan. Berdasarkan hasil tersebut, terapi akupresur terbukti efektif sebagai salah satu intervensi nonfarmakologis dalam menurunkan mual muntah pada ibu hamil trimester 1. **Saran** diharapkan pasien dapat melaksanakan secara mandiri untuk meningkatkan pengetahuan tentang upaya menurunkan mual muntah pada ibu hamil trimester 1 dengan teknik akupresur.

Kata kunci: Mual Muntah, Ibu hamil, Kehamilan Timester 1, Terapi Akupresur, Studi Kasus.

ABSTRACT

Annisa Meylani (2025). Application of Acupressure Therapy to Reduce Complaints of Nausea and Vomiting in Pregnant Women in the First Trimester of Pregnancy in the Work Area of Rumbai Health Center, Pekanbaru. Scientific Paper Case Study, DIII Nursing Study Program, Nursing Department, Health Polytechnic, Riau Ministry of Health. Supervisor: (I) Ns. Masnun, SST., S.Kep., M.Biomed (II) R.Sakhnan, SKM., M.Kes

Nausea and vomiting are feelings of wanting to vomit and the forced release of stomach contents from the body of a pregnant woman. One of the non-pharmacological efforts to reduce nausea and vomiting in pregnant women in the first trimester of pregnancy is through acupressure therapy. The purpose of this study was to describe the application of acupressure therapy to reduce complaints of nausea and vomiting in pregnant women in the first trimester of pregnancy in the Rumbai Pekanbaru Health Center Work Area. The method used is a descriptive case study on two pregnant women who had complaints of nausea and vomiting. The intervention was carried out for 4 consecutive days with a duration of 7-15 minutes each session starting from March 18, 2025. The results showed that there was a decrease in nausea and vomiting in both subjects after performing the acupressure technique. Subject 1 experienced a decrease in nausea and vomiting by 2 times and Subject 2 experienced a decrease in nausea and vomiting by 2 times which was categorized as mild. Based on these results, acupressure therapy has been proven effective as a non-pharmacological intervention in reducing nausea and vomiting in pregnant women in the first trimester. It is hoped that patients can carry out it independently to increase knowledge about efforts to reduce nausea and vomiting in pregnant women in the first trimester with acupressure techniques.

Keywords: Nausea and Vomiting, Pregnant Women, Pregnancy in the First Trimester, Acupressure Therapy, Case Study