

ABSTRAK

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI SARJANA TERAPAN KEBIDANAN**

SKRIPSI, JULI 2026

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**EFEKTIVITAS AROMATERAPI JAHE DAN AKUPRESUR TERHADAP
MUAL DAN MUNTAH PADA IBU HAMIL DI RSIA ANNISA KOTA
PEKANBARU TAHUN 2026**

xiv + 50 halaman +4 tabel +3 bagan +11 lampiran

ABSTRAK

Mual dan muntah pada ibu hamil merupakan salah satu bentuk ketidaknyamanan yang dialami oleh ibu hamil. Kondisi mual dan muntah tanpa disertai penanganan yang tepat akan menimbulkan resiko morbiditas dan mortalitas terhadap ibu dan janin. Di Indonesia sekitar 80% ibu hamil mengalami emesis gravidarum. Terapi non-farmakologis yang dapat diberikan yakni aromaterapi jahe dan akupresur. Tujuan penelitian untuk mengetahui perbedaan efektivitas aromaterapi jahe dan akupresur terhadap mual dan muntah ibu hamil RSIA Annisa Kota Pekanbaru. Jenis penelitian ini adalah pre-experiment yakni *Pretest–Posttest Two Group Design (Two Active Treatment Comparison)*. Sampel pada penelitian ini berjumlah 24 orang ibu hamil yang telah memenuhi kriteria inklusi dan dibagi menjadi 2 kelompok. 12 orang sampel sebagai kelompok aromaterapi jahe dan 12 orang lainnya sebagai kelompok akupresur yang ditentukan dengan teknik purposive sampling. Pengumpulan data melalui lembar observasi berupa kuesioner PUQE. Analisis data menggunakan uji Mann-Whitney U dengan taraf signifikansi 95%. Hasil penelitian didapatkan tidak ada perbedaan efektivitas aromaterapi jahe dan akupresur terhadap mual dan muntah pada ibu hamil, kedua terapi sama-sama efektif menurunkan mual dan muntah (*Mean 2,67 (SD = 0,88) p value 0,949*). Saran penelitian agar rumah sakit dapat mempertimbangkan penerapan terapi non-farmakologis untuk mengurangi mual dan muntah seperti aromaterapi jahe dan akupresur.

Kata Kunci : Mual dan Muntah, Aromaterapi Jahe, Akupresur, Kehamilan Daftar Pustaka : 33 Referensi (2016-2026)

ABSTRACT

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
RIAU MINISTRY OF HEALTH POLYTECHNIC
Bachelor of Applied Midwifery Study Program**

THESIS, JULY 2026

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**THE EFFECTIVENESS OF GINGER AROMATHERAPY AND
ACUPRESSURE ON NAUSEA AND VOMITING AMONG PREGNANT
WOMEN AT ANNISA MOTHER AND CHILD HOSPITAL, PEKANBARU**

xiv + 50 pages + 4 tables + 3 figures + 11 appendices

ABSTRACT

Nausea and vomiting during pregnancy are among the most common discomforts experienced by pregnant women. Without appropriate management, these conditions may increase the risk of maternal and fetal morbidity and mortality. In Indonesia, approximately 80% of pregnant women experience emesis gravidarum. Non-pharmacological therapies that can be used to alleviate these symptoms include ginger aromatherapy and acupressure. This study aimed to determine the difference in effectiveness between ginger aromatherapy and acupressure in reducing nausea and vomiting among pregnant women at Annisa Mother and Child Hospital, Pekanbaru. This study employed a pre-experimental design using a Pretest–Posttest Two-Group Design (Two Active Treatment Comparison). The sample consisted of 24 pregnant women who met the inclusion criteria and were divided into two groups. Twelve participants received ginger aromatherapy, while the remaining twelve received acupressure. The participants were selected using a purposive sampling technique. Data were collected using the Pregnancy-Unique Quantification of Emesis and Nausea (PUQE) questionnaire. Data analysis was performed using the Mann–Whitney U test with a 95% confidence level. The results showed that there was no significant difference in the effectiveness of ginger aromatherapy and acupressure in reducing nausea and vomiting among pregnant women. Both interventions demonstrated comparable effectiveness in alleviating symptoms (*Mean* 2.67 (*SD* = 0.88) *p value* 0.949). It is recommended that hospitals consider implementing these non-pharmacological therapies, such as ginger aromatherapy and acupressure, as complementary interventions to reduce nausea and vomiting during pregnancy.

Keywords: Nausea and Vomiting, Ginger Aromatherapy, Acupressure, Pregnancy

References: 33 references (2016–2026)