

POLITEKNIK KESEHATAN TANJUNGPURUNING
JURUSAN KEBIDANAN
Skripsi, April 2020

Denti Afriyanti

Pengaruh Pemberian Aroma Terapi Papermint Terhadap Mual Dan Muntah Pada Ibu Hamil Trimester I Di Puskesmas Sukabumi Tahun 2020

73 Halaman, 10 table, 3 gambar, 5 lampiran

ABSTRAK

Emesis gravidarum terjadi diseluruh dunia dengan angka kejadian yang beragam yaitu 1-3% dari seluruh kehamilan di Indonesia, 0,3% swedia, California 0,8%, Canada 0,8%, China 0,9%, Norwegia 2,2%, Pakistan 1,9%, di Turki dan di Amerika Serikat Prevelensi emesis Gravidarum 0,5%-2%.

Berdasarkan profil kesehatan provinsi lampung tahun 2015 tingginya angka kejadian emesis gravidarum pada wanita hamil yaitu 50-90% sedangkan hyperemesis gravidrum mencapai 10-15% di provinsi lampung

Penelitian ini menggunakan metode quasy experiment dengan desain pretest-posttest with one grup experiment. Teknik pengambilan sampling pada penelitian ini adalah purposive sampling dan didapatkan 18 responden. Dan menggunakan alat ukur berupa instrument *Index Nausea, Vomitting And Rechting (INVR)*.

Data analisis dengan menggunakan Uji T- Dependen , Setelah pemberian aromaterapi papermint diperoleh nilai $0,000 < 0,05$ artinya ada pengaruh pemberian Aromaterapi papermint terhadap pengurangan mual dan muntah ibu hamil trimester I di Puskesmas Sukabumi Kota Bandar Lampung Tahun 2020.

Kata Kunci : Aromaterapi papermint, emesis Gravidarum, Ibu hamil.

Daftar bacaan : 13 (2009-2017)

POLYTECHNIC OF HEALTH TANJUNGPUR
Midwifery Department
Thesis, April 2020

Denti Afriyanti

**THE INFLUENCE OF PAPERMINT THERAPY AROMA ON THE
SELLING AND VOMITING OF PREGNANT WOMEN TRIMESTER I IN
SUKABUMI HEALTH CENTER IN 2020**

73 pages, 10 tables, 3 pictures, 5 attachments

ABSTRACT

Emesis gravidarum occurred throughout the world with a diverse incidence of 1-3% of all pregnancies in Indonesia, 0.3% Sweden, California 0.8%, Canada 0.8%, China 0.9%, Norway 2.2%, Pakistan 1.9%, in Turkey and in the United States The prevalence of Gravidarum emesis is 0.5% -2%.

Based on the health profile of Lampung Province in 2015 the high incidence of emesis gravidarum in pregnant women is 50-90% while hyperemesis gravidarum reaches 10-15% in Lampung province.

This research uses quasi experiment method with pretest-posttest with one group experiment design. The sampling technique in this study was purposive sampling and found 18 respondents. And using a measuring instrument in the form of the Nausea Index, Vomiting And Reching (INVR) instruments.

Data analysis using the T-Dependent Test. After giving papermint aromatherapy, the value of $0.000 < 0.05$ means that there is an effect of giving papermint aromatherapy to reduce nausea and vomiting of first trimester pregnant women in Puskesmas Sukabumi, Bandar Lampung City in 2020.

Keywords: Aromatherapy Papermint, Emesis Gravidarum, Pregnant Women

Reading List : 13 (2009-2017)

