

Overview of the influence of ginger on reducing pregnancy emesis at Sartika Clinic in 2024

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ABSTRACT

In early pregnancy, nausea occurs because the hormones estrogen and HCG increase in the blood. Research Objective: To determine knowledge about the effect of boiled ginger water in reducing the frequency of nausea and vomiting in pregnant women in the 1st and 2nd trimester at the Sartika clinic in 2024. Research Method: This research is descriptive. The sampling technique was purposive sampling with a total of 15 respondents. Research Results: The research results show that knowledge in the good category is 8 people (53.3%), in the sufficient category is 5 people (33.3%), and in the low category is 2 people (13.3%). Conclusion: Based on the research results, it shows that TM 1 and 2 pregnant women have good knowledge about boiling ginger water to reduce the frequency of nausea and vomiting. It is hoped that health workers will continue to increase education about drinking ginger water so that the frequency of nausea and vomiting in pregnant women can be reduced.

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INTRODUCTION

Pregnancy is a physiological thing that occurs in women and will experience various changes. Pregnant women experience various changes gradually, which causes complaints during pregnancy. One of the complaints in early pregnancy is nausea and vomiting (emesis gravidarum) (Bahrah, 2022). The International Federation of Obstetrics and Gynecology states that gestation is the fusion of sperm cells and ovum cells and nidation continues. According to the international calendar, normal pregnancy is 40 weeks, or 10 months, or 9 months from conception to birth of the baby. The gestation period is divided into three quarters, where the first trimester starts from 0-12 weeks, the second trimester starts from 13-27 weeks, and the third trimester starts from 28-40 weeks (Sarwono, 2020). The gestation period lasts from fertilization until the baby is born, 40 weeks and no more than 42 weeks. The gestation period is divided into three trimesters, where the first trimester of gestation is 0-12 weeks, the second trimester is 13-27 weeks, and the third trimester is 28-40 weeks (Mardliyana et al, 2022). According to Oxford (2020) knowledge is information, understanding and skills obtained from education and experience (Swarjana, 2022).

This study aims to provide an overview of knowledge about the effect of boiled ginger water (benefits, method of processing, consumption) in reducing the frequency of nausea and vomiting in pregnant women in the 1st and 2nd trimester at the Sartika clinic in 2024. According to Cambridge (2020) knowledge is understanding and information about a subject from experience or learning and is known by one or more people in general (Swarjana, 2022). During pregnancy, pregnant women experience gradual physiological changes. Natural changes that occur sometimes cause complaints that are felt during pregnancy. For example, what pregnant women experience in early pregnancy is nausea and vomiting which usually occurs in the morning and is usually called morning sickness. Emesis gravidarum is an early, common symptom and can cause stress for pregnant women. Nausea, vomiting can cause a decrease in appetite, cause the electrolyte balance to change with potassium, calcium, sodium which can cause changes in the body's metabolism. Some pregnant women vomit during pregnancy. Emesis gravidarum generally starts in the first month of pregnancy and lasts until the 14th to 16th week (Bahrah, 2022).

Not a few symptoms of nausea and vomiting are found in the early months of pregnancy. Moderate to severe nausea with or without vomiting occurs at any time. If it is in the morning it is called morning sickness (Lusiana and Julietta, 2020). Hyperemesis gravidarum will cause stunted fetal growth (intrauterine growth retardation/IUGR), premature birth, and LBW (Bahrah, 2022).

One of the non-pharmacological complementary treatments that can be used for NVP based on evidence based in midwifery practice and was recommended by WHO in 2016 as a medicinal plant that has potential and is very easy to find is ginger. The advantage of ginger lies in its essential oil which has a refreshing sensation and is able to stop the gag reflex, then gingerol has the property of increasing blood flow and nerve function very well so it is more effective. The head feels fresh, the nausea and vomiting disappear (Bahrah, 2022). There are three types of ginger, namely red ginger, emprit ginger and elephant ginger. Emprit ginger contains more essential oils than other ginger and has a sharp aroma, but less pungent than red ginger. Therefore, emprit ginger is often used as the main ingredient in herbal medicines, hot drink mixtures, and herbal medicine (Jauhary, 2020).

Ginger's non-pharmacological therapy also has anti-emetic effects. Ginger contains the essential oils Zingiberena (zingirona), zingiberol, bisabilena, curcumin, gingerol, flandera, vitamin A and bitter resin which can block serotonin, a neurotransmitter that is synthesized in serotonergic neurons in the central nervous system and cells. enterochromaffin in the digestive tract so it is believed to provide a feeling of comfort in the stomach so that it can overcome nausea and vomiting (Sari, et al. 2023). Ginger is effectively used for non-pharmacological treatment to avoid emesis. The advantage of ginger is that its essential oil has the effect of stopping the gag reflex, while gingerol increases blood flow and normal nerve function (Bahrah, 2022). In pregnant women, especially in the first and second trimesters, drinking ginger can reduce the frequency of nausea and vomiting. The recommended amount of ginger consumed is no more than two grams per day. Too much can cause effects such as heartburn, burning sensation in the chest due to increased stomach acid, and loose stools (diarrhea). In general, safe consumption of ginger water is one glass per day (DIY Health Office, 2022).

RESEARCH METHOD

Research design is the core of a study. This research is descriptive in nature, namely "Illustration of Knowledge about the Effect of Boiling Ginger Water (Benefits, Method of Processing, Consumption) in Reducing the Frequency of Nausea and Vomiting in Pregnant Women in the 1st and 2nd Trimesters at the Sartika Clinic in 2024"

Population and Sample

The results of the case study carried out at the Sartika clinic on 08-19 May 2024 showed that 25 people (100%) of first trimester and second trimester pregnant women had pregnancy

checks. There were 15 pregnant women who experienced nausea and vomiting (60%) and 10 people who did not experience nausea and vomiting (40%). Sampling in this research method uses purposive sampling, namely a sampling technique based on certain considerations that are deemed appropriate to the characteristics of the sample determined to be used as a sample. The sample for this study was 15 pregnant women in the first and second trimester with nausea and vomiting at the Sartika clinic on 08-19 May 2024.

Research variable

The research variable used for the research is the dependent variable Description of Knowledge about the Effect of Boiled Ginger Water (Benefits, Method of Processing, Consumption) in Reducing the Frequency of Nausea and Vomiting in Pregnant Women in the 1st and 2nd Trimesters at the Sartika Clinic in 2024.

Research instrument

The tool used in this research is a questionnaire. Questionnaires are a method of collecting research data which is carried out by asking a number of questions. The questionnaire aims to collect data to determine the level of knowledge regarding the effect of boiled ginger water (benefits, method of processing, consumption) in reducing the frequency of nausea and vomiting in pregnant women in the first and second trimesters.

Data Retrieval and Collection Procedures

Data retrieval

Data is obtained directly from respondents through certain questionnaires. Data collection was carried out using a questionnaire technique using a list of questions related to the research and was provided and given directly to respondents to be filled in based on the instructions provided.

Data collection

The data collection technique used a questionnaire format, where researchers gave questionnaires directly to pregnant women in the first and second trimester who experienced nausea and vomiting.

Validity and Reliability Test

Based on the results of the validity test, the 30 questionnaire question items distributed to respondents were declared valid so that the knowledge variable could be measured with 30 knowledge question items. After the questionnaire was declared valid, the researcher carried out a reliability test on the 30 question items and it could be concluded that the knowledge variable had been declared reliable.

Data Analysis

The data analysis carried out by the researchers was descriptive by looking at the percentages collected and presented in the data frequency distribution table. Data analysis continues by discussing research findings based on existing theory and literature.

RESULTS AND DISCUSSIONS

Research result

Frequency Distribution of the Occurrence Rates of Pregnant Women with Nausea and Vomiting

Based on the research results, data was obtained on the distribution of the incidence of pregnant women in the 1st and 2nd trimesters who had pregnancy checks at the Sartika clinic on 08-19 May 2024. In this study, the incidence of pregnant women in the 1st and 2nd trimesters who experienced nausea and vomiting is described in the table below:

Table 1. Occurrence rates of pregnant women with nausea and vomiting

No	Occurrence Number	Frequency	Percentage
1	With nausea and vomiting	15	60
2	No nausea and vomiting	10	40
	Total	25	100

Based on the table of incidence rates of pregnant women in the 1st and 2nd trimesters at the Sartika clinic in 2024 with nausea and vomiting, the results showed that there were 15 people (60%) and those who did not experience nausea and vomiting were 10 people (40%).

Frequency Distribution of Respondent Characteristics

Based on the characteristics of respondents regarding the description of knowledge about the effect of boiled ginger water (benefits, method of processing, consumption) in reducing the frequency of nausea and vomiting in pregnant women in the 1st and 2nd trimester at the Sartika Clinic in 2024. In this research, several characteristics are described in the table below:

Table 2. Respondent characteristics

No	Characteristics	Frequency	Percentage
1	Education		
	Junior High School	2	13,3
	Senior High School	8	53,3
	College	5	33,3
2	Work		
	Work	7	46,7
	Doesn't work	8	53,3
3	Gestational Age		
	Trimester 1	14	93,3
	Trimester 2	1	6,7
4	Parity		
	Primipara	10	66,7
	Multipara	5	33,3
	Total	15	100

Based on the table of characteristics based on the education of the respondents, most of them were high school, namely 8 people (53.3%), characteristics based on their occupation, most of the respondents were unemployed, namely 8 people (53.3%), characteristics based on gestational age, mostly in the 1st trimester, 14 people (93.3%), the characteristics of respondents based on parity were mostly 10 people (66.7%).

Knowledge Frequency Distribution

Based on the research results, knowledge distribution data was obtained regarding the Knowledge Description of the Effect of Boiling Ginger Water (Benefits, Methods of Processing, Consumption) in Reducing the Frequency of Nausea and Vomiting in Pregnant Women in the 1st and 2nd Trimesters at the Sartika Clinic in 2024.

Table 3. Knowledge frequency distribution

No	Knowledge Level	Frequency	Percentage
1	Good	8	53,4
2	Sufficient	5	33,3
3	Low	2	13,3
	Total	15	100

Based on the frequency distribution table, the level of knowledge regarding the effect of boiled ginger water (benefits, how to process it, consumption) in reducing the frequency of nausea and vomiting in pregnant women in the 1st and 2nd trimester has a good knowledge category of 8 people (53.3%), 5 people have sufficient knowledge. (33.3%), and low knowledge as many as 2 people (13.3%).

Discussion

Incidence Rates of 1st and 2nd Trimester Pregnant Women with Nausea and Vomiting at the Sartika Clinic in 2024

Based on the results of research conducted at the Sartika clinic on 08-19 May 2024, it was found that the number of pregnant women in the 1st and 2nd trimester who underwent pregnancy checks was 25 people (100%). There were 15 pregnant women who experienced nausea and vomiting (60%) and 10 people who did not experience nausea and vomiting (40%). This data was obtained by researchers by looking at the pregnancy examination book made by the clinic as a reference for storing the history of patients who had carried out pregnancy examinations at the Sartika clinic.

Based on the research method, the researcher used a sampling technique using purposive sampling, namely a sampling technique based on certain considerations which were deemed appropriate to the characteristics of the sample determined to be used as a sample, so the samples used in this study were pregnant women in the 1st and 2nd trimesters who experienced nausea and vomiting. as many as 15 people (60%).

Description of Respondent Characteristics

Based on the results of the characteristics of the respondents above, the most recent education of the respondents, the majority of respondents had a final education, namely high school with a total of 8 people (53.3%), junior high school with 2 people (13.3%), and college with 5 people (33.3%) . According to Law No. 20 of 2003, education is a conscious and planned effort to create a learning atmosphere and learning process so that students actively develop their potential to have religious spiritual strength, self-control, personality, intelligence, noble morals, and the skills they need. society, nation and state (Disdikpora, 2014). According to (R. Oktaviance, 2022) education greatly influences a person's level of knowledge. The higher your education, the easier it will be to receive information from other people's ideas and vice versa. If the mother has a low educational background, she generally experiences difficulty in receiving information.

According to (Kristiningtyas & Arlina, 2023) the level of education possessed by respondents can support or influence the level of knowledge which will make it easier for pregnant women to receive new information so that pregnant women will not be indifferent to the health information they receive. The level of education is related to the ability to receive health information from mass media and health workers (Wahyu Nur et al, 2022).

According to research by Ubat Betriani (2023) entitled "Effectiveness of Zingiber Officinale (Ginger) Brewed Water on Pregnant Women Who Experience Emesis Gravidarum" which was conducted at the Pratama Rani Permata Medika Clinic, the majority of respondents had a high school education, 23 people (76.7%). Researchers state that the level of education is related to the ability to receive health information from mass media and health workers.

According to research by Rosary Diana et al (2023) entitled "Effectiveness of Giving Ginger Drinks and Papermint Aromatherapy on Emesis Gravidarum in Pregnant Women in the First Trimester" which was conducted at PMB N South Tangerang, the majority of respondents had a high school education, 24 people (80%). Researchers state that in theory education is related to a person's ability to receive health information, both from mass media and health workers.

The level of education influences a person's ability to accept and understand perspectives and choose solutions in solving problems. Education can influence a person's behavior, including

their lifestyle, in motivating them to be ready to participate in health changes (I Gusti et al, 2022). Pregnant women who have a low level of education may be more susceptible to more severe symptoms, perhaps due to a lack of knowledge or access to relevant health information (Siswi Wulandari et al, 2023). According to researchers' assumptions, a person's level of education can influence how they receive and understand the information conveyed because the higher a person's knowledge, the broader their knowledge and curiosity. Education is the reason why someone is easy to accept new things if it is based on evidence and theory, so that it is easier for someone to accept information about ginger in reducing the frequency of emesis gravidarum. Based on occupation, most of the respondents did not work as many as 8 people (53.3%), and those who worked were 7 people (46.6%). According to (Nurhasanah et al, 2022) work is all efforts made or done to obtain or obtain results or wages that can be valued in money. Job status is a type of position that a person obtains in carrying out work in an activity or business unit (Munisah et al, 2023).

According to the theory put forward by Notoatmojo, work is something that is done to earn a living or income. People who are busy with daily activities or work will have little time to obtain information. Busy people have little time to obtain information so the knowledge they gain may also decrease (R. Oktaviance, 2022).

According to (Tiran, 2013) anxiety about the current and future financial situation can cause mothers to step in to meet the family's needs, an additional worry that makes women feel unhealthy. So, if work can help the family's economy, pregnant women can cause additional fatigue which makes women feel unwell, causing nausea and vomiting during pregnancy, in line with the theory that predisposing factors for nausea and vomiting in pregnancy can be related to behavior, support of fatigue, nausea and vomiting in pregnancy. previous pregnancy, socio-economic problems, smoking, difficulties in building relationships and psychology (Wahyu Nur et al, 2022).

According to research by Yuliana et al (2023) entitled "Effectiveness of Warm Ginger Therapy in Overcoming Emesis Gravidarum in pregnant women at BPM Happy Purnama" the majority of respondents were not working, 10 people (62.5%). Researchers state that pregnant women who do not work (IRT) cannot help the family economically, which can cause psychological problems in the form of worries about household needs during pregnancy and in the future.

According to research by Dewi Aprilia et al (2020) entitled "Effectiveness of Giving Ginger Brewing on the Frequency of Emesis Gravidarum in the First Trimester" which was conducted in the Lubuk Sanai Health Center working area, Mukomuko Regency, the majority of respondents were 13 people (59.1%). Researchers state that housewives who do not work can cause worry for pregnant women because they are worried about their current and future financial situation. This worry makes pregnant women unhealthy, causing nausea and vomiting during pregnancy.

According to (Fauziah et al, 2019) pregnant women who experience nausea and vomiting are more likely to be mothers who do not work (IRT) who have limited social interactions so that the information obtained is also little and there are no friends to share experiences with so that if there are problems regarding pregnancy they cannot handled and causes stress, thus triggering nausea and vomiting (Rosary Diana et al, 2023). According to researchers' assumptions, work has an influence on the occurrence of nausea and vomiting in pregnant women due to an unsupportive economy, giving rise to psychological problems, namely worry about household needs and this feeling of worry makes pregnant women uncomfortable, which can cause nausea and vomiting. If a person does not work, it is difficult for him to share his finances to meet his needs, so he puts aside things that he thinks are not important and prioritizes life's needs.

Based on gestational age, the majority of respondents were in the 1st trimester of pregnancy, 14 people (93.3%), and 1 person (6.7%) in the 2nd trimester. The gestation period lasts from fertilization until the baby is born, lasting 40 weeks, not more than 42 weeks. The gestation

period lasts from fertilization until the baby is born, 40 weeks and no more than 42 weeks. The gestation period is divided into three trimesters, where the first trimester of gestation is 0-12 weeks, the second trimester is 13-27 weeks, and the third trimester is 28-40 weeks (Mardliyana et al, 2022). During pregnancy, nausea and vomiting are usually experienced at 6-8 weeks of gestation and generally disappear on their own at 16-20 weeks of gestation (Liu et al, 2022).

In general, pregnant women who are starting to enter 4 weeks of gestation will experience nausea and vomiting and this usually ends at 4 to 16 weeks of gestation (Ika Putri & Fanny, 2019). Pregnant women, especially in the 1st trimester, experience nausea and vomiting at varying levels. Usually it is quite mild and occurs mainly in the morning, sometimes it is quite severe and can last all day (Santi Agustina et al, 2023).

In the first trimester, nausea and vomiting cause discomfort experienced by pregnant women due to increased levels of the hormones estrogen and progesterone produced by HCG (Human Chorionic Gonadotropin) in the placenta (Tri Restu & Lina, 2023). The HCG hormone will double every 2-3 days in the first trimester. So as pregnancy increases, the HCG hormone will increase and can cause nausea and vomiting generally in the first trimester (Yuliana et al, 2023).

According to research by Sri Juliani et al (2022) entitled "Effectiveness of Giving Ginger in Reducing Emesis Gravidarum in Pregnant Women in the 1st and 2nd Trimester at the Setia Budi Bidan Lisda Wati Clinic" the majority of respondents who experienced emesis gravidarum were in the 1st trimester of pregnancy, 8 people (80%). Researchers state that pregnant women experience emesis gravidarum more often in the first trimester of pregnancy, this is normal because nausea and vomiting are usually experienced from the beginning of pregnancy.

According to research by Siswi Wulandari et al (2023) entitled "Effectiveness of Giving Ginger Wedang on the Intensity of Emesis Gravidarum in Pregnant Women" which was conducted in Sahraen village, South Amarasi sub-district, Kab. Kupang, NTT, the majority of respondents who experienced nausea and vomiting during pregnancy were in the first trimester of pregnancy, 12 people (70.6%). Researchers state that the severity is relatively high in the first trimester of pregnancy, which is generally associated with significant hormonal fluctuations. When entering the gestational age range of 13-28 weeks, the proportion of pregnant women experiencing emesis gravidarum tends to decrease to 23.5%. Although still significant, this decrease indicates the body's adjustment to hormonal and physical changes in the middle stages of pregnancy.

At 4 weeks of gestation, the condition of emesis gravidarum begins to appear and ends at 4 to 16 weeks of gestation. Nearly 50-60% of pregnant women experience emesis gravidarum in the first trimester. Nausea, vomiting is considered a consequence early in pregnancy which can have an impact on women (Ika Putri & Fanny, 2019). According to researchers' assumptions, gestational age has a relationship with the occurrence of emesis gravidarum, especially in pregnant women in the 1st trimester, because these signs and symptoms are caused by changes in the HCG hormone which causes nausea and vomiting in pregnant women, especially in the 1st trimester or early in pregnancy. However, the hormonal changes experienced by each woman in early pregnancy are different, so not all pregnant women complain of nausea and vomiting with the same frequency.

Based on parity, the majority of respondents with primiparous parity status were 10 people (66.7%) and with multiparous status there were 5 people (33.3%). According to (M. Arief & M. Rafli, 2021) parity is the condition of the birth of a child, whether alive or dead, but not abortion. Multiple births only count as parity once. Parity, or the number of previous pregnancies a mother has had, can influence the severity of emesis gravidarum. Pregnant women who have had several previous pregnancies may have a higher risk of experiencing more intense symptoms (Siswi Wulandari et al, 2023). Parity is the number of babies born to a woman, either alive or dead, with a body weight of more than 500 grams and a pregnancy of more than 24 weeks (Nani Hijrawati et al, 2023).

Mothers with primiparous parity are the group that experiences more emesis gravidarum due to the psychological conditions that occur in mothers who are pregnant for the first time (Ubat

Betriani, 2023). In pregnancy, maternal parity influences the incidence of emesis gravidarum, namely around 60-80% of primigravida pregnant women experience emesis gravidarum and 40-60% of multigravida pregnant women experience emesis gravidarum (Rosary et al, 2023).

Parity is a factor that influences the occurrence of nausea and vomiting in primigravida rather than multigravida pregnant women because they do not have experience in dealing with physiological and psychological changes during pregnancy. Parity or the frequency with which mothers give birth greatly influences the health of mothers and children. The incidence of nausea and vomiting occurs around 60-80% in primigravidas and 40-60% in multigravidas. Most primigravidas have not been able to adapt to the hormones estrogen and HCG, so nausea and vomiting occur more frequently than multigravidas who have been able to adapt to these hormones (Ibrahim et al, 2021; Tri Krisniyawati et al, 2023). According to research by BD Faridah et al (2019) entitled "The Effect of Ginger Drinks on Reducing the Frequency of Emesis Gravidarum in Pregnant Women in the First Trimester in the Lubuk Buaya Padang Community Health Center Area," the majority of respondents who experienced nausea and vomiting were pregnant women with primiparous parity, 11 people (68, 75%). Researchers state that nausea and vomiting are frequent complaints experienced by 60-80% of primigravidas and 40-60% of multigravidas.

According to research by Galuh et al (2020) entitled "The Effect of Brewing Ginger as an Anti-Vomiting in Pregnant Women in the First Trimester" which was conducted at Pustu Pojok in the working area of Sukorame Health Center, Kediri City, the majority of respondents who experienced emesis gravidarum were 12 pregnant women with primiparous parity. (75%). Researchers state that nausea and vomiting is a symptom that occurs at the beginning of the pregnancy process, namely the first trimester and is more often experienced by primiparous mothers because they have not yet been able to adjust to the physiological changes that occur.

Parity is a factor that plays a major role in the occurrence of nausea and vomiting. Nausea and vomiting often occur in women who are pregnant for the first time and in women of high parity such as mothers who are already experiencing their fourth pregnancy, this cannot be separated from the psychological factor of being afraid of the responsibility of being a mother if she is no longer able to take care of her children. , this can cause mental problems that worsen nausea and vomiting (Sri Juliana et al, 2022). According to researchers' assumptions, pregnant women with primiparous parity status experience more emesis gravidarum than multiparous pregnant women because it is the first pregnancy experienced by the mother and she has not been able to adjust to the physiological changes that occur in her body and this is the first experience experienced by primiparous mothers so that the response in dealing with emesis gravidarum not good yet.

Knowledge about the Effect of Boiled Ginger Water (Benefits, Method of Processing, Consumption) in Reducing the Frequency of Nausea and Vomiting in Pregnant Women in the 1st and 2nd Trimesters

Based on the research results, it was found that data on the frequency of respondents regarding knowledge about the effect of boiled ginger water (benefits, how to process it, consumption) in reducing the frequency of nausea and vomiting in pregnant women in the 1st and 2nd trimester showed that 8 people (53.3%) had good knowledge. There were 5 people (33.3%) with sufficient knowledge and 2 people (13.3%) with low knowledge. So from these data, the research results can be seen that the knowledge of pregnant women in the 1st and 2nd trimesters about the effect of boiled ginger water (benefits, method of processing, consumption) in reducing the frequency of nausea and vomiting is still good.

According to (Cambridge, 2020) knowledge is a person's understanding of something from another person or individual (I Ketut Swarjana, 2022; Damayanti Yossi Fitriani, 2024). According to (Collins, 2020) knowledge is information, understanding and skills about something that a person or everyone has which is obtained from the experience and learning of each individual (Melati, et

al, 2024). According to (R. Oktaviance, 2020) knowledge is the result of remembering something, including remembering events that have been experienced either intentionally or unintentionally and this occurs after people make contact or observe certain objects. According to (R. Oktaviance, 2020) education greatly influences a person's level of knowledge. The higher the education, the easier it is to receive information from other people's ideas and conversely, if the mother has a low educational background, it is generally difficult to receive information (Nelma et al, 2023).

Knowledge is the result of knowing activities relating to an object (can be an event experienced by a person). The knowledge possessed is then expressed and communicated with each other in life together, both through language and activities (Dila Rukmi et al, 2021). Knowledge is closely related to education, where it is hoped that with higher education, people will have more extensive knowledge (Darsini et al, 2019). According to research by Susanti (2019) entitled "The Relationship between Knowledge and Behavior of Pregnant Women regarding the Benefits of Ginger (*Zingiber Officinale*) in dealing with Nausea and Vomiting in the 1st Trimester of Pregnancy in the Botania Health Center Working Area, Batam City," the majority of respondents had good knowledge, 33 people (55.9 %) regarding the benefits of ginger in treating nausea and vomiting during pregnancy. Researchers state that knowledge is a very important domain in shaping a person's actions. Because from experience and research it turns out that behavior that is based on knowledge will last longer than behavior that is not based on knowledge.

According to Notoatmodjo's theory (2014), knowledge is the result of knowing and this occurs after sensing an object. Most human knowledge comes through the eyes and ears. Knowledge is a very important domain for the formation of a person's actions (Khalidah et al, 2023).

According to researchers' assumptions, the level of knowledge can be influenced by several factors such as educational factors, economic factors, and information sources. Most pregnant women have good knowledge about how to process, benefits and consume boiled ginger water because most pregnant women say they get information from family, friends, social media and health workers. Apart from that, ginger is also easy to get in the market, the price is cheap, it is common to hear about ginger drinks, and it is not difficult to make boiled ginger water.

CONCLUSION

Based on the research results, it was found that the number of pregnant women in the 1st and 2nd trimester who underwent pregnancy checks was 25 people (100%). There were 15 pregnant women who experienced nausea and vomiting (60%) and 10 people who did not experience nausea and vomiting (40%). The research results showed that the characteristics of respondents were based on junior high school education for 2 respondents (13.3%), high school for 8 respondents (53.3%), and tertiary education for 5 respondents (33.3%). Based on occupation, there were 7 respondents (46.7%) who worked, and 8 respondents (53.3%) who did not work. Based on gestational age, 14 respondents were in the 1st trimester (93.3%), and 1 respondent was in the 2nd trimester (6.7%). Based on parity, there were 10 respondents (66.7%) in primiparas, and 5 respondents (33.3%) in multiparas. Based on the research results, it was found that the knowledge of pregnant women in the 1st and 2nd trimester regarding the benefits, how to process and consume boiled ginger water in reducing the frequency of nausea and vomiting was good knowledge of 8 respondents (53.3%), sufficient knowledge of 5 respondents (33.3%), and low knowledge as many as 2 respondents (13.3%). It is hoped that pregnant women in the 1st and 2nd trimester who have good knowledge will maintain the knowledge they have acquired and be able to apply and implement it. For mothers with sufficient and low knowledge to further increase their knowledge by seeking information through health workers, social media and the community.

It is hoped that health workers at the Sartika clinic will continue to improve counseling or education through leaflets, or providing ginger water for pregnant women to drink, especially for mothers who do not want to take medication, and also recommend that the clinic open classes for

pregnant women so that pregnant women can easily receive information regarding Ginger water to drink so that the frequency of nausea and vomiting in pregnant women can be reduced.

It is recommended that future researchers carry out further research with more advanced titles such as relationships, to increase insight for other researchers by digging deeper into information about the benefits, methods of processing, consumption of boiled ginger water in reducing the frequency of nausea and vomiting in pregnant women in the 1st trimester. and 2 to avoid excessive nausea and vomiting which can cause complications for the mother and fetus.

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