

The Effect of Acupressure Therapy on Hyperemesis Gravidarum in Trimester I Pregnant Woman Aceh 2022

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ABSTRACT

Emesis gravidarum is a common complaint that occurs in early pregnancy. Most nausea and vomiting during pregnancy can be treated with oral medications, as well as sedatives and anti-emetics. However, a small proportion of pregnant women cannot cope with ongoing nausea and vomiting, which interferes with activities and causes electrolyte imbalance due to lack of fluids. (Manuaba et al., 2015). The purpose of this study was to analyze the effect of giving Ambon bananas to increase hemoglobin levels in adolescents at Central Aceh STAR Health Center in 2022. Types of research used in this research is quantitative research with Quasy Experiment research design with Two Group with pre test post test design which consists of 2 groups, control group and experimental group. This research was conducted at Central Aceh STAR Health Center A total of 65 people with a total sample of 28 people who have anemia. The sampling technique used is purposive sampling. Bivariate analysis using Mann Whitney statistical test. This study obtained the results of P-Value 0.035 ($P < 0.05$) it was stated that there was an effect between acupressure on reducing nausea and vomiting in pregnant women after acupressure therapy was carried out.

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INTRODUCTION

The pregnancy, mothers experience physical, social and emotional changes in the family environment. Any pregnancy can also develop into problems or complications at any time. That is why pregnant women need monitoring during pregnancy (Maternity et al., 2018). Female hormonal changes occur during pregnancy, namely an increase in the hormones progesterone and estrogen, resulting in placental HCG or (Human Chorionic Gonadotropine). This can cause complaints that will be experienced by pregnant women, one of which is emesis gravidarum (Manuaba et al., 2015).

Emesis gravidarum is a common complaint that occurs in early pregnancy. Most nausea and vomiting during pregnancy can be treated with oral medications, as well as sedatives and anti-emetics. However, a small proportion of pregnant women cannot cope with ongoing nausea and vomiting, which interferes with activities and causes electrolyte imbalance due to lack of fluids. (Manuaba et al., 2015).

Nausea and vomiting rarely cause death, but the incidence is still quite high. The total incidence of hyperemesis gravidarum around the world varies from all pregnancies in Indonesia 1-3%, from all pregnancies in Canada 0.8%, in Sweden by 0.3%, in Norway 0.9%, in China 10, 8%, 0.5% in California, 2.2% in Pakistan and 1.9% in Turkey, 0.5-2% is the prevalence rate of Hyperemic Gravidarum in the United States (Oktavia, 2016).

Complaints of nausea and vomiting in emesis gravidarum is a physiological thing, but if this complaint is not addressed immediately it will be a dangerous thing. Nausea and vomiting also cause body fluids to decrease and hemoconcentration occurs which can slow blood circulation so that it affects fetal growth and development. In Indonesia, as many as 50%-75% of pregnant women experience nausea and vomiting in the first trimester or early pregnancy (Wulandari et al., 2019).

Overcoming nausea and vomiting during pregnancy can be done through non-pharmacological and pharmacological measures. Non-pharmacological actions that are often recommended by health workers such as encouraging pregnant women to consume ginger in the form of ginger tea, relaxation techniques, and aromatherapy (Runiari, 2015).

RESEARCH METHOD

The type of research used in this research is quantitative research with Quasy Experiment research design with Two Group with pre test post test design which consists of 2 groups, control group and experimental group. This research was conducted at Central Aceh Star Health Center A total of 68 people with a total sample of 26 people who have emesis. The sampling technique used is purposive sampling. Bivariate analysis using Mann Whitney statistical test.

RESULTS AND DISCUSSIONS

Results

Univariate Analysis

Based on data obtained from 28 respondents, namely 14 control groups and 14 intervention groups, after statistical processing, the distribution and sample frequency results are as follows : Distribution of hyperemesis gravidarum in first trimester pregnant women after acupressure therapy

Table 1. Of Frequency Distribution of nauseous vomit Levels in the Control Group

Control Group	Mild		Moderate		Severe	
	F	%	F	%	F	%
Pre Test	12	85,7	2	14,2	-	-
Post Test	13	91,8	1	7,1	-	-

Table 1 shows that in the control group before giving acupressure therapy, the majority had mild nausea and vomiting with a frequency of 12 respondents (85.7%) and the minority with moderate nausea and vomiting with a frequency of 2 respondents (14.%). Meanwhile, after administering acupressure therapy, the majority were mild nausea and vomiting with a frequency of 13 respondents (91.8%) and a moderate minority of 1 respondent (7.1%).

Bivariate Analysis

This analysis aims to see the effect of giving Ambon bananas to increase hemoglobin levels in pregnant women using statistical methods. The results of the data processing are as follows :

Table 2. Effects of acupressure therapy on Increased

Group	Mean	Std. Deviation	P Value
Control	1,09	0,490	0,035
Experimental	0,56	0,534	

Based on Table 3, it can be seen that the results of the analysis test in this study using Mann Whithney showed a P-Value of 0.035 ($P < 0.05$), it was stated that there was an effect between acupressure on reducing nausea and vomiting in pregnant women after acupressure therapy was carried out.

Discussion

Nausea and vomiting or in medical language called emesis gravidarum or morning sickness is a state of nausea that is sometimes accompanied by vomiting (frequency less than 5 times). During pregnancy as many as 70-85% of women experience nausea and vomiting (Wegrzyniak, et al, 2012). Emesis gravidarum is a feeling of dizziness, flatulence and body feeling weak accompanied by the discharge of stomach contents through the mouth with a frequency of less than 5 times a day in first trimester pregnant women (Health of the Republic of Indonesia, 2013). Nausea vomiting is a state of nausea that is sometimes accompanied by vomiting (frequency less than 5 times). In the second trimester, 40.1% of women still experience nausea and vomiting with details of 63.3% experiencing mild nausea and vomiting, 35.9% experiencing moderate nausea and vomiting and 0.8% experiencing severe nausea and vomiting (Irianti, et al, 2014).

Acupressure is an emphasis on certain points (known as acupoints) using the index and thumb to stimulate the flow of energy in the meridians, which use is very safe and effective, easy to learn, and also requires little time to apply (Turana, 2017). Acupressure is one method of treatment or health by doing massage or finger pressing on the surface of the skin, the massager will reduce tension, increase blood circulation and stimulate the body's energy power to nourish or heal (Dewi, et al, 2017).

The purpose of acupressure pressing certain points can be done to reduce discomfort during breastfeeding. Acupressure like acupuncture is a therapy that emphasizes certain points on the body that are believed to be able to overcome discomfort during breastfeeding, acupressure can increase oxytocin to make breast milk smooth (Turana, 2017).

The benefits of acupressure for promotive, disease prevention, disease healing, and rehabilitation. In a promotive action, acupressure is useful to increase endurance even though you are not sick. The benefits of acupressure in disease prevention are practiced regularly at certain times according to existing rules, namely before illness. The goal is to prevent the entry of the source of the disease and maintain the condition of the body. It is also useful for curing illness and is practiced when sick (Turana, 2017).

CONCLUSION

The results of the bivariate test using the Mann Whitney test showed that the P-Value was 0.035 ($P < 0.05$). 3) There is an effect of acupressure therapy on hyperemesis gravidarum in pregnant women in the first trimester.

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