

## THE EFFECT OF ACUPRESSUR ON NAUSEA AND VOMING IN PREGNANT MOTHERS TRIMESTER I

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### ABSTRACT

Emesis Gravidarum there is an increase in the hormones esterogen and progesterone and the release of the placental chorionoc gonadotropin hormone. Acupressure is a method of treatment with emphasis on certain points on the body to reduce nausea and vomiting. The purpose of the study was to determine the effect of acupressure on nausea and vomiting in first trimester pregnant women. This type of research is quantitative with a quasi-experimental, two group pre-test-post-test design. The study population was 35 pregnant women in the first trimester, then samples was 26 samples. Bivariate analysis was carried out using a non-parametric test, namely McNemar test, analysis sig value. 0.05. The results showed that before the acupressure technique was applied, the category of mild nausea and vomiting was 15 (57.7%) respondents and the category of moderate nausea and vomiting was 11 respondents (42.3%). Meanwhile, after doing acupressure, all respondents were in the light category as many as 26 (100%) respondents. The results of the McNemar analysis test obtained a P. Value of 0.001 ( $\leq 0.05$ ), which means that there is an effect of acupressure on nausea and vomiting in first trimester pregnant women in the working area of UPT Puskesmas Panca Makmur.

**Keyword:** Acupressure, Nausea, Vomiting, Trimester I

### BACKGROUND

Pregnancy is something normal, experienced by a married mother, pregnancy is also a happy phase for the mother and her partner. During pregnancy, physiological changes occur, namely major changes in the endocrine system that cause discomfort during pregnancy such as fatigue, vaginal discharge, cravings, frequent urination (BAK), and nausea and vomiting (emesis gravidarum). The increase in hormones is due to the central nervous system or reduced gastric emptying which causes uncomfortable complaints including nausea and vomiting. Nausea and vomiting can occur in pregnant women in the 1st and 2nd trimesters, this can interfere with the daily general condition of pregnant women called emesis gravidarum (Hollingworth, 2017).

Some pregnant women experience serious nausea and vomiting that require hospitalization. However, some expectant mothers have decided to terminate their pregnancy rather than tolerating worsening nausea and vomiting. But if the nausea and vomiting are getting worse, then this situation will be more dangerous for the condition of the fetus and the welfare of the mother. There are two therapies that can be used by pregnant women to treat nausea and vomiting, namely pharmacological and non-pharmacological therapies. Pharmacological therapy used is the administration of antiemetics, antihistamines, anticholinergics, and corticosteroids. While non-pharmacological therapies include dietary changes, emotional support, and complementary therapies acupuncture, reflexology, hypnotherapy, osteopathy and acupressure (Neil & N, 2018)

Acupressure therapy is the most effective complementary therapy in reducing nausea and vomiting in early pregnancy. The possibility of side effects is very small and cheaper than other therapies (Fengge, 2016). A preliminary study conducted on April 4, 2021 in the working area of the Panca Makmur Health Center UPT in Panca Makmur Village on 38 pregnant women. Based on the results of interviews, it was found that 16 pregnant women (42.1%) experienced nausea and vomiting in the first trimester of pregnancy. With the provision that 6 pregnant women (37.5%) tried to overcome it by eating sour and warm foods but still nausea and vomiting occurred so that for one week can't do a good job. Meanwhile, 10 pregnant women (62.5%) said that they did not overcome their nausea and vomiting so that they could not carry out their activities. From the results of the interview, it was also found that there was an increase in stress due to not being able to do a good job, especially income based on farming results, pregnant women stayed at home because they felt nauseous and vomited so they couldn't work, besides that pregnant women felt their bodies were not fit due to lack of activity and started feeling stressed. Based on the above background, researchers are interested in conducting research on the effect of acupressure on nausea and vomiting in first trimester pregnant women in the working area of the Panca Makmur Health Center UPT.

**METHODS**

This research is a quantitative research with a quasi-experimental type of research. The research design used a two group pre-test-post-test design approach, the sample was taken twice for treatment, namely before and after treatment. (Sugiyono, 2014). The population in this study were 35 respondents. The sampling technique used in this study used the purposive sampling method so that 26 samples were obtained. Validation and reliability tests are carried out to ensure the tool can be used properly. This study uses the standardized PUQE24 instrument to measure the intensity of nausea and vomiting (Sugiyono, 2014). This research was conducted in 5 villages in the working area of the Panca Makmur Health Center UPT. Data collection was carried out in December 2021 with a research time of 15 days.

Univariate analysis was carried out to describe each variable from the research results (Sugiyono, 2014). The analysis was carried out with the aim of describing each variable studied separately. The results of the measurement of nausea and vomiting were taken as the mean percentage with a mild value of 6, moderate 7-12. Bivariate analysis was performed to see nausea and vomiting before and after acupressure was given. Bivariate analysis in this study was carried out using a non-parametric test, namely the McNemar test with a 2 x 2 table, analysis interpretation using 5% alpha or sig value. 0.05 to test the effect of acupressure on nausea and vomiting before and after acupressure (Sugiyono, 2014). After the McNemar analysis test was carried out by the researcher, the Sig value was obtained. (2-tailed) 0.001 ( $\leq 0.05$ ), then H0 is rejected.

**RESULTS AND DISCUSSION**

The most research respondents with elementary school education amounted to 15 respondents (57.7%) and the least respondents with Diploma education amounted to 1 respondent (3.8%). Most of the research respondents worked as housewives as many as 25 respondents (96.1%). The least amount of work as an entrepreneur is 1 respondent (3.9%). The frequency and time before being given acupressure action by respondents, nausea and vomiting in the mild category were 15 respondents (57.7%) and the moderate category was 11 respondents (42.3%). The frequency and time after the respondent did the acupressure were nausea and vomiting with a mild category as many as 26 respondents (100%).

Table 4.5. The effect of acupressure on nausea and vomiting in first trimester pregnant women in the working area of the UPT Panca Makmur Health Center

Pre	Post		Total	%	P Value	
	Ringan	Sedang				
	N	%	N	%		
Ringan	15	57.7	0	0	15	57.7
Sedang	11	42.3	0	0	11	42.3
Berat	0	0	0	0	0	0
Total	26	100	0	0	26	100

The results of the non-parametric test analysis are the McNemar test with a 2 x 2 table, the analysis interpretation uses 5% alpha or sig value. 0.05 to test the effect of acupressure on nausea and vomiting before and after acupressure (Sugiyono, 2014). After the McNemar analysis test was carried out by the researcher, the Sig value was obtained. (2-tailed) 0.001 ( $\leq 0.05$ ), then H0 is rejected. So that there is an effect of acupressure on nausea and vomiting in first trimester pregnant women in the working area of the UPT Panca Makmur Health Center. Respondents feel the benefits of acupressure which can reduce the frequency and time of nausea and vomiting felt by respondents. PC6 point is a point that has many features. Manipulation at point PC6 can also aim to calm emotions and relieve stress. This happens through the improvement of energy in the heart, because the meridian lining the heart also passes through the heart organ. In the science of acupressure the heart is an organ in the body that affects the mind and emotions. Good thoughts and emotions can create a relaxed condition for the patient, so that it can help prevent or reduce nausea and vomiting. Manipulation carried out at the PC6 point can cause the release of several neurotransmitters, including beta endorphins through their effect in reducing excitability of the chemoreceptor trigger zone and vomiting center.

## CONCLUSION AND SUGGESTION

There is an effect of acupressure on nausea and vomiting in first trimester pregnant women in the working area of the Panca Makmur Health Center UPT. Acupressure is easy and can be done alone anywhere and anytime nausea and vomiting begin to be felt. So that none of the respondents let nausea and vomiting continue. It can also prevent bad things from happening to the respondent and the fetus such as impaired fluid and electrolyte balance in the body, lack of energy, reduced blood flow to body tissues, potassium deficiency which can cause urinary tract and kidney disorders and tearing of the membranes can occur. esophageal and gastric mucus.

Develop and further research on the effect of acupressure on nausea and vomiting in pregnant women by using other acupressure points. And find ways to deal with nausea and vomiting in pregnant women in other ways that can be applied independently.

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