

**Kebidanan Program Sarjana  
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## **HALAMAN JUDUL**

### **GAMBARAN PENGETAHUAN IBU HAMIL TENTANG JAHE UNTUK MENGURANGI MUAL MUNTAH PADA IBU HAMIL DI PUSKESMAS SUMOWONO**

#### **ABSTRAK**

**Latar Belakang** : Kemenkes RI (2017) menyatakan bahwa fenomena *emesis gravidarum* di Indonesia berkisar 50-70%. *Emesis gravidarum* dapat ditangani dengan cara terapi komplementer antara lain dengan tanaman herbal atau tradisional misalnya, jahe.

**Tujuan** : Untuk mengetahui gambaran pengetahuan ibu hamil tentang jahe mengurangi mual muntah pada ibu hamil.

**Metode penelitian** : Jenis penelitian ini adalah penelitian deskriptif kuantitatif. Populasi dalam penelitian ini yaitu 78 ibu hamil, teknik pengambilan sampel menggunakan *consecutive sampling* dengan ketentuan kriteria inklusi dan eksklusi dan diperoleh sampel 32 responden.

**Hasil** : Hasil penelitian didapatkan bahwa responden dengan pengetahuan kurang sejumlah 3 orang (9,4%), responden dengan pengetahuan dalam kategori cukup sebanyak 8 orang (25%) dan responden dengan pengetahuan baik sebanyak 21 orang (65,6%).

**Kata Kunci** : Mual muntah, Jahe, Hamil

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**DESCRIPTION OF PREGNANT WOMEN'S KNOWLEDGE ABOUT  
GINGER TO REDUCE MORNING SICKNESS IN PREGNANT WOMEN  
AT PUSKESMAS SUMOWONO**

**ASBTRACT**

**Background:** The Indonesian Ministry of Health (2017) states that the phenomenon of emesis gravidarum in Indonesia ranges from 50-70%. Emesis gravidarum can be treated by means of complementary therapies such as herbal or traditional plants such as ginger.

**Objective:** To describe the knowledge of pregnant women about ginger reducing nausea and vomiting in pregnant women.

**Method:** This type of research is descriptive quantitative research. The population in this study were 78 pregnant women, the sampling technique used consecutive sampling with the provision of inclusion and exclusion criteria and obtained a sample of 32 respondents

**Results:** The results showed that respondents with less knowledge were 3 people (9.4%), respondents with sufficient knowledge were 8 people (25%) and respondents with good knowledge were 21 people (65.6%).

**Keywords:** Morning Sickness, Ginger, Pregnant