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EFEKTIFITAS TERAPI AKUPRESURE TITIK PC 6 DAN ST 36 TERHADAP FREKUENSI MUAL MUNTAH IBU HAMIL TRIMESTER 1 DI DESA JIMBARAN KABUPATEN SEMARANG

ABSTRAK

Latar Belakang Mual dan muntah merupakan keluhan yang sering dialami ibu hamil pada trimester pertama akibat perubahan hormonal, terutama peningkatan hormon human chorionic gonadotropin (hCG), estrogen, dan progesteron. Kondisi ini dapat mengganggu aktivitas sehari-hari serta menurunkan kualitas hidup ibu hamil. Penatalaksanaan mual muntah dapat dilakukan secara farmakologis maupun nonfarmakologis. Salah satu upaya nonfarmakologis yang banyak digunakan masyarakat adalah konsumsi jahe (*Zingiber officinale*), yang secara tradisional dipercaya mampu mengurangi keluhan mual melalui efek stimulasi sistem pencernaan dan antiemetik alami. Selain itu, terapi komplementer lain yang aman dan mudah diterapkan adalah akupresur pada titik PC6 (*Neiguan*) dan ST36 (*Zusanli*) yang dapat menurunkan rangsangan mual melalui stimulasi sistem saraf dan peningkatan fungsi gastrointestinal.

Tujuan: Penelitian ini bertujuan untuk mengetahui efektivitas terapi akupresur pada titik PC6 dan ST36 terhadap mual muntah pada ibu hamil trimester I di Desa Jimbaran, Kabupaten Semarang.

Metode: Penelitian ini menggunakan desain pre-eksperimental dengan pendekatan one-group pretest–posttest. Subjek penelitian adalah ibu hamil trimester I yang mengalami mual dan muntah di Desa Jimbaran, Kabupaten Semarang. Tingkat mual muntah diukur sebelum dan sesudah pemberian terapi akupresur menggunakan instrumen *Pregnancy-Unique Quantification of Emesis and Nausea (PUQE)*. Terapi akupresur diberikan pada titik PC6 dan ST36 sesuai prosedur yang telah ditetapkan. Analisis data dilakukan untuk mengetahui perbedaan tingkat mual muntah sebelum dan sesudah intervensi.

Hasil: Hasil menunjukkan bahwa sebelum intervensi, rata-rata frekuensi mual muntah adalah 6,53 kali per hari dan menurun menjadi 4,53 kali per hari setelah pemberian akupresure pada titik PC 6 dan ST 36, yang menunjukkan adanya penurunan frekuensi mual muntah pada ibu hamil trimester I. Secara statistik, terdapat perbedaan yang bermakna antara skor mual muntah sebelum dan sesudah intervensi dengan nilai p-value 0.000, yang menunjukkan bahwa terapi akupresur berpengaruh signifikan terhadap penurunan mual muntah

Kesimpulan: Terapi akupresur pada titik PC6 dan ST36 efektif dalam menurunkan mual muntah pada ibu hamil trimester I di Desa Jimbaran, Kabupaten Semarang dan dapat dijadikan sebagai alternatif terapi nonfarmakologis dalam pelayanan kebidanan.

Kata Kunci: Akupresur, PC6, ST36, mual muntah, ibu hamil trimester I

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THE EFFECTIVENESS OF ACUPRESSURE THERAPY AT PC6 AND ST36 POINTS ON THE FREQUENCY OF NAUSEA AND VOMITING IN FIRST-TRIMESTER PREGNANT WOMEN IN JIMBARAN VILLAGE, SEMARANG REGENCY

ABSTRACT

Background: Nausea and vomiting are common complaints experienced by pregnant women during the first trimester due to hormonal changes, particularly increased levels of human chorionic gonadotropin (hCG), estrogen, and progesterone. This condition may interfere with daily activities and reduce the quality of life of pregnant women. Management of nausea and vomiting can be performed through pharmacological and non-pharmacological approaches. One non-pharmacological method commonly used by the community is the consumption of ginger (*Zingiber officinale*), which is traditionally believed to reduce nausea through digestive stimulation and natural antiemetic effects. In addition, another safe and easily applied complementary therapy is acupressure at the PC6 (Neiguan) and ST36 (Zusanli) points, which can reduce nausea stimulation through nervous system modulation and improvement of gastrointestinal function.

Objective: This study aimed to determine the effectiveness of acupressure therapy at the PC6 and ST36 points on nausea and vomiting in first-trimester pregnant women in Jimbaran Village, Semarang Regency.

Methods: This study employed a pre-experimental design with a one-group pretest–posttest approach. The subjects were first-trimester pregnant women experiencing nausea and vomiting in Jimbaran Village, Semarang Regency. The level of nausea and vomiting was measured before and after the acupressure intervention using the Pregnancy-Unique Quantification of Emesis and Nausea (PUQE) instrument. Acupressure therapy was applied at the PC6 and ST36 points according to the established procedures. Data analysis was conducted to determine differences in nausea and vomiting levels before and after the intervention.

Results: The findings showed that the mean frequency of nausea and vomiting before the intervention was 6.53 times per day and decreased to 4.53 times per day after acupressure at PC 6 and ST 36 points, indicating a reduction in the frequency of nausea and vomiting among first-trimester pregnant women. Statistically, there was a significant difference between nausea and vomiting scores before and after the intervention (p -value = 0.000), indicating that acupressure therapy had a significant effect on reducing nausea and vomiting..

Conclusion: Acupressure therapy at the PC6 and ST36 points is effective in reducing nausea and vomiting in first-trimester pregnant women in Jimbaran Village, Semarang Regency, and can be used as a non-pharmacological alternative in midwifery care.

Keywords: Acupressure, PC6, ST36, nausea and vomiting, first-trimester pregnancy