



CHARACTERISTIC DESCRIPTION OF EMESIS GRAVIDARUM CASE TO PREGNANT WOMAN IN 1st TRIMESTER

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ABSTRACT

There are various changes in body systems during pregnancy. One of the physiological changes that occur in early pregnancy occurs in the gastrointestinal system, namely nausea and vomiting. This disturbing condition is often called emesis gravidarum. Emesis gravidarum is a common occurrence in the first trimester of pregnancy with a prevalence of 50-80% in Indonesia, including 60-80% in primigravida and 40-60% in multigravida. The purpose of this study was to describe the characteristics of emesis gravidarum in first trimester pregnant women at Puskesmas III North Denpasar. This type of research is descriptive research with a quantitative approach. The population in this study were all pregnant women in the first trimester who visited the Puskesmas III North Denpasar area who experienced emesis gravidarum with a population of 30 people. The results showed that the characteristics of pregnant women in the first trimester who experienced emesis gravidarum were the most dominant, namely characteristics based on gestational age. The characteristics of the majority of pregnant women who experience emesis gravidarum based on age, namely maternal age 26-35 years, based on gestational age, namely 9-12 weeks of gestation, based on parity, namely 1 time, based on education, namely high school, based on occupation, namely private employees, based on aromatherapy information ginger ie never. The conclusion of this study is that the characteristics of first trimester pregnant women who experience emesis gravidarum are in the age category 26-35 years, gestational age 9-12 weeks, parity 1 time, high school education, private work, have never received information on ginger aroma therapy.

Keywords: characteristics; emesis gravidarum; pregnant women

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INTRODUCTION

Pregnancy is the growth and development of the intrauterine fetus starting from conception and ending until the onset of labor (Kurnia, 2019). There are various changes in body systems during pregnancy. One of the physiological changes that occur in early pregnancy occurs in the gastrointestinal system, namely nausea and vomiting. This disturbing condition is often called emesis gravidarum. Emesis gravidarum is a common occurrence in the first trimester of pregnancy with a prevalence of 50-80% in Indonesia, including 60-80% primigravida and 40-60% multigravida (Wiulin Setiowati and Nor Aida Arianti, 2019). The World Health Organization (WHO) in 2015 showed that there were 216 maternal deaths per 100,000 live births due to complications of pregnancy and childbirth, while the total number of maternal deaths was estimated at 303,000 deaths worldwide. WHO in 2013 also noted that the incidence of emesis gravidarum reached 12.5% of all pregnancies in the world, while the incidence of hyperemesis gravidarum was between 0.3-3.2% of all pregnancies in the world.

The incidence of hyperemesis gravidarum in Norway 0.5-2.0%, Turkey 1.9-2%, Pakistan 1.9%, Japan 3.6%, Malaysia 0.3-2%, Indonesia 1-3 %. Complications of pregnancy have a very large impact on the health of pregnant women, even if pregnancy complications are not detected early they can result in the death of the mother and fetus. The impact of a common complication is preeclampsia. This is because excessive nausea and vomiting that occurs in pregnant women becomes a psychological burden in itself and can trigger preeclampsia. Based on a fairly large percentage of emesis gravidarum and the impact that will result from this condition, it cannot be considered a mild disorder, where complications from emesis gravidarum are one of the factors causing maternal death (Kurnia, 2019)

Management that can be done to overcome emesis gravidarum in the first trimester of pregnancy is pharmacological and non-pharmacological therapy. Pharmacological treatment is carried out by giving pyridoxine (vitamin B6), antiemetics, and antihistamines. Another treatment that can be given is non-pharmacological therapy which has many advantages and is non-invasive, inexpensive, simple, effective, and has no pharmacological side effects. Non-pharmacological therapy can be done with diet, emotional support, acupuncture and aromatherapy. One of the most widely used aromatherapy and considered safe to be given to pregnant women is ginger aromatherapy (Wirda et al., 2020)

Aromatherapy is a therapeutic action using essential oils that help improve physical and psychological states. Each essential oil has a unique pharmacological effect, such as antiseptic, antibacterial, antiviral, diuretic, vasodilator, sedative, and adrenal stimulating. The essential oils commonly used to treat nausea and vomiting are peppermint, spearmint, ginger, and ginger (Santi, 2013). Various types of aromatherapy are often used to overcome the discomfort of nausea and vomiting, ginger aromatherapy is an alternative method that provides a calming effect by stimulating the limbic system of the brain which will block serotonin so that nausea and vomiting can be suppressed (Wirda et al., 2020)

Research conducted by Vutyavanich T, Kraissarin T, Ruangsri R in (Kurnia, 2019) explains that alternative medicine uses pure aromatherapy plant extracts in the form of volatile plant liquid ingredients and other aromatherapy compounds from plants. Ginger (*Zingiber officinale*), is a rhizome plant that is very popular as a spice and medicinal ingredient. The rhizome is finger-shaped which bulges in the middle segments. Ginger as a raw material for medicine with a hot and spicy taste, has been proven to be efficacious in curing various types of diseases, one of which is to overcome nausea and vomiting

Based on the results of a preliminary study conducted in the KIA Room of the Public Health Center III North Denpasar, the register data for the first trimester pregnant women from February to September 2021 totaled 131 visits. The results of interviews conducted with 4 pregnant women in the first trimester, 3 (0.12%) of them said they had moderate nausea and vomiting, and 1 (0.04) had mild nausea and vomiting. Complaints of nausea and vomiting experienced by pregnant women are quite disturbing daily activities and the condition of the body feels weak. In addition, interviews were also conducted with the MCH coordinator in the room, saying that almost 90% of first trimester pregnant women who visited experienced nausea and vomiting. If there are patients with nausea and vomiting, they are only given antiemesis, namely vitamin B6 and ondansetron, but have never been given complementary therapy in the form of aromatherapy.

METHOD

This research was conducted at puskesmas III North Denpasar and the time of this research was carried out in January 2022-April 2022. This type of research is a descriptive study with a quantitative approach. The population in this study were all pregnant women in the first trimester who visited the puskesmas III North Denpasar area who experienced emesis gravidarum with a population of 30 people.

RESULTS

Table 1
Characteristics of Respondents Based on Age (n=30)

Age	Frequency	Percentage
17-25 Year	11	36,7
26-35 Year	16	53,3
Year	3	10,0

Table 1 based on the table above, it can be seen that, from 30 respondents 11 (36.7%) respondents aged 17-25 years, 16 (53.3%) respondents aged 26-35 years and 3 (10,0%) respondent aged >35 year.

Table 2.
Characteristics of Respondents Based on age of gestation (n=30)

Age	Frequency	Percentage
1 - 4 week	0	0,0
5 - 8 week	11	36,7
9 - 12 week	19	63,3

Table 2 based on the table above, it can be seen that, of the 30 respondents, 11 (36.7%) were at 5-8 weeks of gestation, while 19 (63.3%) were at 9-12 weeks of gestation.

Table 3.
Characteristics of Respondents Based on Parity (n=30)

Paritas	Frequency	Percentage
Never	11	36,7
One time	14	46,6
>One time	5	16,7

Table 3 based on the table above, it can be seen that, 30 respondents, 11 (36.7%) respondents had never parity, 14 (46.6%) respondents had parity 1 time, and 5 (16.7%) respondents had more than 1 parity.

Table 4.
Characteristics of Respondents Based on education (n=30)

Education	Frequency	Percentage
No School	0	0,0
Primary school	0	0,0
Junior high school	3	10
Senior high school	16	53,3
college	11	36,7

Table 4 based on the table above, it can be seen that, 30 respondents 3 (10%) respondents with the last education level of junior high school, 16 (53.3%) respondents with the last education level of high school and 11 (36.7%) respondents having the last education level of tertiary education.

Table 5.
 Characteristics of Respondents Based on Job (n=30)

Job	Frequency	Percentage
PNS	0	0,0
Private Employee	12	40.0
Enterprenur	4	13.3
House wife	9	30.0
Others	5	16,7
Total	30	100.0

Table 5 based on the table above, it can be seen that, 30 respondents 12 (40.0%) respondents as private employees, 4 (13.3%) respondents as entrepreneurs, 9 (30.0%) respondents as housewives and 5 (16.7%) respondents with other jobs.

DISCUSSION

Characteristics of the Occurrence of Emesis Gravidarum Based on Age

Based on the table above, it can be seen that, from 30 respondents 11 (36.7%) respondents aged 17-25 years, 16 (53.3%) respondents aged 26-35 years and 3 (10.0%) respondents aged > 35 years. The results of this study are strengthened by previous research conducted by (Pramesti et al., 2020) with the title The Effect of Ginger Aromatherapy on Nausea and Vomiting (Emesis) in Pregnant Women in the Sungai Durian Community Health Center Work Area, Kubu Raya Regency, showing that more respondents experienced emesis gravidarum based on the characteristics of the age of 21-35 years as many as 17 people with a percentage of 89.48%.

Characteristics of the Occurrence of Emesis Gravidarum Based on Pregnancy

Based on the table above, it can be seen that, out of 30 respondents 11 (36.7%) respondents were at 5-8 weeks of gestation while 19 (63.3%) respondents were at 9-12 weeks of gestation. The results of this study are strengthened by previous research conducted by (Ariani et al., 2021) with the title Giving a Combination of Petrissage Technique Massage (Kneading) and Ambon Banana (*Musa Paradisiaca*) Against Emesis Gravidarum in First Trimester Pregnant Women stated that more respondents experienced emesis gravidarum based on gestational age of 9-12 weeks as many as 23 people with a percentage of 77%

Characteristics of the Occurrence of Emesis Gravidarum Based on Parity

Based on the table above, it can be seen that, 30 respondents, 11 (36.7%) respondents had never parity, 14 (46.6%) respondents had parity 1 time, and 5 (16.7%) respondents had more than 1 parity. The results of this study are reinforced by previous research conducted by (Defrin, 2018) with the title The Effect of Ginger Drink on the Frequency of Emesis in First Trimester Pregnant Women at Pekkabata Health Center Kec. Polewali Kab. Polewali Mandar stated that more respondents experienced emesis gravidarum based on parity characteristics, namely 1 time (primigravida) as many as 11 people with a percentage of 68.8%

Characteristics of the Occurrence of Emesis Gravidarum Based on Education

Based on the table above, it can be seen that, 30 respondents 3 (10%) respondents with the last education level of junior high school, 16 (53.3%) respondents with the last education level of high school and 11 (36.7%) respondents having the last education level of tertiary education. The results of this study are strengthened by previous research conducted by (Pramesti et al., 2020) with the title The Effect of Ginger Aromatherapy on Nausea and Vomiting (Emesis) in Pregnant Women in the Sungai Durian Health Center Work Area, Kubu

Raya Regency, showing that more respondents experienced emesis gravidarum based on the characteristics of education, namely SMA as many as 11 people with a percentage of 57.9%

Characteristics of the Occurrence of Emesis Gravidarum Based on Job

Based on the table above, it can be seen that, 30 respondents 12 (40.0%) respondents as private employees, 4 (13.3%) respondents as entrepreneurs, 9 (30.0%) respondents as housewives and 5 (16.7%) respondents with other jobs. The results of this study are reinforced by previous research conducted by (Defrin, 2018) with the title The Effect of Ginger Drink on the Frequency of Emesis in First Trimester Pregnant Women at Pekkabata Health Center Kec. Polewali Kab. Polewali Mandar stated that more respondents experienced emesis gravidarum based on job characteristics, namely private sector 5 people with a percentage of 31.2%.

CONCLUSION

Description of the characteristics of the incidence of emesis gravidarum based on age in first trimester pregnant women at Puskesmas III North Denpasar with the majority being 26-35 years old, based on gestational age with the majority being 9-12 weeks pregnant, based on the majority being 1 time, based on education with the majority are SMA, based on occupation with the majority being private employees.

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