

ABSTRAK

PENANGANAN MANDIRI EMESIS GRAVIDARUM PADA IBU HAMIL DENGAN KEJADIAN HIPEREMESIS GRAVIDARUM DI DESA KARANGAGUNG WILAYAH KERJA PUSKESMAS PALANG

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Keadaan berbahaya bagi wanita hamil dan janinnya, mual dan muntah dapat dilakukan berbagai penanganan mandiri bagi ibu hamil, baik farmakologi maupun nonfarmakologi (Yuni, 2009). Masalah penelitian terdapat 49 ibu hamil trimester I melakukan kunjungan ANC dan 3 ibu hamil mengalami emesis gravidarum tidak mengetahui penanganan mandiri emesis gravidarum. Tujuan penelitian adalah menganalisis hubungan antara penanganan mandiri emesis gravidarum pada ibu hamil dengan kejadian hiperemesis gravidarum. Metode penelitian ini menggunakan korelasional dengan pendekatan waktu *cross sectional*. Populasi dalam penelitian ini adalah seluruh ibu hamil trimester I sebanyak 49 ibu hamil, sampelnya sebagian ibu hamil trimester I 44 ibu hamil. Teknik sampling menggunakan *simple random sampling*. Cara pengambilan data menggunakan kuesioner dan lembar observasi. Kemudian diolah, ditabulasi dan dianalisis dengan menggunakan *uji spearman*. Hasil penelitian didapatkan sebagian besar 25 ibu hamil (56,8%) melaksanakan penanganan mandiri cukup, hampir setengahnya 18 ibu hamil (41,0%) mengalami hiperemesis gravidarum tingkat sedang, dan sebagian kecil 13 ibu hamil (29,5%) mengalami hiperemesis gravidarum tingkat berat. Dari hasil uji *Spearman Rank Correlation* antara penanganan mandiri emesis gravidarum dengan kejadian hiperemesis gravidarum di dapatkan $p=0,00$ ($\text{sig}, < 0,05$) yang berarti ada hubungan antara penanganan mandiri emesis gravidarum pada ibu hamil dengan kejadian hiperemesis gravidarum. Penanganan mandiri, dapat mencegah terjadinya hiperemesis gravidarum baik yang ringan sampai berat. Penanganan mandiri bisa ditingkatkan dengan sering memeriksakan kehamilannya di bidan terdekat atau melalui media masa seperti membaca buku tentang kehamilan, mencari di internet tentang makanan yang dapat mengurangi mual muntah, mengikuti seminar atau penyuluhan tentang kehamilan.

Kata kunci : *Penanganan mandiri , emesis gravidarum, hiperemesis gravidarum*

ABSTRACT

INDEPENDENT HANDLING OF EMESIS GRAVIDARUM ON PREGNANT WOMEN WITH ITS INCIDENT IN KARANGAGUNG VILLAGE, WORKING AREA OF PALANG HEALTH CENTER

By: **Dinda Ayu Sholikhah**

Dangerous conditions for pregnant women and their fetuses, nausea and vomiting can be carried out various independent treatments for pregnant women, both pharmacology and non-pharmacology (Yuni, 2009). The research problem was 49 first trimester pregnant women who visited ANC and 3 pregnant women experienced emesis gravidarum didn't know about independent handling of emesis gravidarum. The aim of the study is to analyze the correlation between independent handling of emesis gravidarum on pregnant women with the incident of hyperemesis gravidarum. This research method used correlational with cross sectional time approach. The population in this study was all pregnant women in the first trimester as many as 49 pregnant women, the sample of some first trimester pregnant women was 44 pregnant women. Sampling technique used simple random sampling. Data was collected by using questionnaires and observation sheets. Then processed, tabulated and analyzed by using spearman test. The results showed that most of the 25 pregnant women (56.8%) carried out sufficient self- managemen, almost half of 18 pregnant women (41.0%) had moderate levels of hyperemesis gravidarum, and a small proportion of 13 pregnant women (29.5%) had hyperemesis. gravidarum heavy level. From the results of the Spearman Rank Correlation test between independent handlingof emesis gravidarum with the incident of hyperemesis gravidarum in $p = 0.00$ (sig, <0.05), which meant there was a relationship between independent handlingof emesis gravidarum in pregnant women with the incident of hyperemesis gravidarum. Independent handling can prevent hyperemesis gravidarum from mild to severe. Independent handling can be improved by checking their pregnancies at the nearest midwife frequently or through mass media such as reading books about pregnancy, searching the internet about foods that can reduce nausea and vomiting, attending seminars or counseling about pregnancy.

Keywords: Independent Handling, emesis gravidarum, hyperemesis gravidarum