

**THE EFFECTIVENESS OF GINGING GINGER CANDY  
TOWARDS NAUSEA AND VOMITING IN PREGNANT WOMEN  
IN LUMBAN JULU 2024**

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***Abstract***

*Nausea and vomiting (emesis gravidarum) are symptoms that often appear in the 1st trimester of pregnancy, nausea usually occurs in the morning, but can also occur every day and night, this occurs due to relaxation of the digestive muscles, including peristalsis in the stomach so that food is digested. by the stomach it becomes longer and peristalsis is easy to return to the esophagus, besides that it is also due to the influence of the HCG hormone. In Lumban Julu as many as 30 pregnant women experience nausea and vomiting, various ways are done to overcome nausea and vomiting, one of which is giving candy ginger. The aim was to analyze the effect of ginger candy on the reduction of emesis gravidarum in pregnant women in Lumban Julu. The research method used is pre-experimental research with a static group comparison/posttest only control group design, using a sample of 30 respondents. The instrument used to measure nausea and vomiting is an observation sheet. The data was collected by the researcher himself and the data were analyzed univariately and bivariately using the Mann Whitney test. The results showed that there was an effect of ginger candy on emesis gravidarum in pregnant women with p value ( $p = 0.001, = 0.05$ ). Conclusions from this study There is an effect of ginger candy on reducing nausea and vomiting in first trimester pregnant women in Lumban Julu. It is hoped that ginger candy can be an alternative choice in overcoming emesis gravidarum in pregnant women in 2022 The instrument used to measure nausea and vomiting is an observation sheet. The data was collected by the researcher himself and the data were analyzed univariately and bivariately using the Mann Whitney test. The results showed that there was an effect of ginger candy on emesis gravidarum in pregnant women with p value ( $p = 0.001, = 0.05$ ). Conclusions from this study There is an effect of ginger candy on reducing nausea and vomiting in first trimester pregnant women in Lumban Julu. It is hoped that ginger candy can be an alternative choice in overcoming emesis gravidarum in pregnant women in 2022 The instrument used to measure nausea and vomiting is an observation sheet. The data was collected by the researcher himself and the data were analyzed univariately and bivariately using the Mann Whitney test. The results showed that there was an effect of ginger candy on emesis gravidarum in pregnant women with p value ( $p = 0.001, = 0.05$ ). Conclusions from this study There is an effect of ginger candy on reducing nausea and vomiting in first trimester pregnant women in Lumban Julu. It is hoped that ginger candy can be an alternative choice in overcoming emesis gravidarum in pregnant women in 2022 The results showed that there was an effect of ginger candy on emesis gravidarum in pregnant women with p value ( $p = 0.001, = 0.05$ ). Conclusions from this study There is an effect of ginger candy on reducing nausea and vomiting in first trimester pregnant women in Lumban Julu. It is hoped that ginger candy can be an alternative choice in overcoming emesis gravidarum in pregnant women in 2022 The results showed that there was an effect of ginger candy on emesis gravidarum in pregnant women with p value ( $p = 0.001, = 0.05$ ). Conclusions from this study There is an effect of ginger candy on reducing nausea and vomiting in first trimester pregnant women in Lumban*

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**Keywords** : Reproductive-Aged Couple, Contraceptive Use, simple random sampling technique

## 1. Introduction

Pregnancy is a physiological and natural process. Pregnancy is counted from the first day of the last menstrual period. The length of pregnancy from the beginning of conception to the newborn is 40 weeks or 280 days. There are three parts to pregnancy, the first trimester from conception to three months, the second trimester from four months to six months, and the third trimester starting from 7 months to 9 months (Runjati, 2018).

Pregnancy causes physical, psychological and hormonal changes in the mother's body, this causes various complaints, one of which is nausea and vomiting or morning sickness which usually occurs in early pregnancy, nausea and vomiting is one of the earliest, most common and most common symptoms. Cause stress associated with pregnancy, nearly 50-90% of pregnant women experience nausea and vomiting in the first trimester. Nausea and vomiting are often ignored because they are considered a consequence in early pregnancy. Nausea and vomiting that occurs in pregnancy is caused by an increase in levels of the hormones estrogen and progesterone which are produced by Human Chorionic Gonadotropin (HCG) in the serum from the placenta. The frequency of occurrence of morning sickness does not only occur in the morning but can be in the afternoon or even at night. In addition, because of the smell of a dish, half a day pregnant women will definitely experience nausea and vomiting. Hormonal changes in each pregnant woman will respond differently, so not all experience nausea and vomiting in pregnancy (Putri, 2017).

Ginger is an ingredient that can remove gas from the stomach, this will relieve flatulence. Ginger is also a strong aromatic stimulant, besides being able to control vomiting by increasing intestinal peristaltic movements. About six compounds in ginger have been shown to have potent antiemetic (anti-vomiting) activity. The nutrients contained in ginger are 3.4% potassium, 3.0% magnesium, and 2.5% vitamin B6 (pyridixnine) (Fitria, 2013).

Nausea and vomiting in first trimester mothers in the community still occur and most of them still use pharmacological therapy or leave it alone. However, it would be better if in the community especially pregnant women were able to overcome the problem of nausea and vomiting in early pregnancy with non-pharmacological complementary therapy first. Pregnancy with hyperemesis gravidarum according to the World Health Organization (WHO) Reaching 12.5% of all pregnancies in the world with various incidence rates ranging from 0.3% in Sweden, 0.5% in California, 0.8% in Canada, 10.8% in China, 0.9% in Norway, 2.2% in Pakistan, and 1.9% in Turkey. Meanwhile, the incidence of hyperemesis gravidarum in Indonesia is from 1-3 of all pregnancies (Mururoh, 2016).

## 2. Methods

This research is a type of pre-experimental design research, because this design is not yet a real experiment. Because there are still external variables that also influence the formation of the dependent variable. So the experimental result which is the dependent is not solely influenced by the independent variable. This happened because there were no control variables, and the samples were not chosen randomly (Sugiyono, 2019).

a. Population and Research Sample

The population in this study were all pregnant women experiencing problems with the frequency of nausea and vomiting in the first trimester as many as 20 pregnant women in Lumban Julu in 2024. The sample in this study was the entire population with a total sampling of 20 pregnant women in the village. Left Bay Water In 2022.

b. Data collection

In this study, the researcher used a research design, namely One-Group Pretest-Posttest. So in this design there is a pretest, before treatment. Thus the results of the treatment can be known more accurately, because it can compare with the situation before being given treatment

c. Processing and data analysis

The data will be processed using SPSS version 20 software. Data analysis is carried out using quantitative analysis to obtain research results.

## 3. Results

### A. Characteristics of Respondents

The frequency distribution based on the characteristics of the respondents is presented in the following table:

Table 1. Distribution of Frequency Based on Characteristics of Respondents on the Effectiveness of Giving Ginger Candy on Nausea and Vomiting in Pregnant Women in Lumban Julu in 2024

No	Characteristics	F	%
1	<b>Age</b>		
	20-25 Years	10	33.3%
	26-30 Years	13	43.3%
	31-35 Years	6	20%
	36-40 Years	1	3.3%
	<b>Total</b>	<b>30</b>	<b>100%</b>
2	<b>Education</b>		
	senior High School	19	63.3%
	DI/D II/ D III	8	26.7%
	S1	3	10%
	<b>Total</b>	<b>30</b>	<b>100%</b>

<b>3</b>	<b>Gestational Age</b>		
	0 Months	7	23.3%
	1 month	6	20%
	2 months	6	20%
	3 months	11	36.7%
	<b>Total</b>	<b>30</b>	<b>100%</b>
<b>4</b>	<b>Work</b>		
	Housewife	17	56.7%
	Private sector employee	9	30%
	entrepreneur	1	3.3%
	civil servant	3	10%
	<b>Total</b>	<b>30</b>	<b>100%</b>
<b>5</b>	<b>Gravida Status</b>		
	Gravida 1	21	70%
	Gravida 2	9	30%
	<b>Total</b>	<b>30</b>	<b>100%</b>

*Primary data obtained in 2022*

Based on table 1, it is known from 30 respondents of first trimester pregnant women based on the characteristics of the majority of the age of pregnant women from 26-30 years as many as 13 people or 43.3%, based on the characteristics of the majority of mothers' education, namely high school education as many as 19 people or 63.3%, based on the characteristics the majority of mothers' gestational age, namely 3 months of age, as many as 11 people or 36.7%, based on the characteristics of the majority of work as housewives as many as 17 people or 56.7%, based on the characteristics of the majority of mothers with gravida status 1 namely as many as 21 people or 70%.

### **B. Univariate Analysis**

Table 2, Categories of Nausea and Vomiting Before and After the Intervention

No	Intervention	Category	F	%
<b>1</b>	Before	Light	10	33.33%
		Currently	10	33.33%
		Heavy	10	33.33%
		<b>Total</b>	<b>30</b>	<b>100%</b>
<b>2</b>	After	No Vomit	20	66.7%
		Light	5	16.7%
		Currently	5	16.7%
		Heavy	0	0
		<b>Total</b>	<b>30</b>	<b>100%</b>

*Primary data obtained in 2022*

Based on table 2 before the intervention was given, on average, pregnant women experienced nausea and vomiting with categories, namely mild, moderate and severe with

a total of 10 respondents (33.3%), meanwhile after being given the intervention there were no vomiting categories as many as 20 respondents (66, 7%).

**C. Bivariate Analysis**

Table 3. Bivariate Analysis of the Frequency of Nausea Vomiting Before and After Interventions are Given to Pregnant Women in the 1st Trimester

<b>Intervention</b>	<b>mean</b>	<b>N</b>	<b>SD</b>	<b>SE</b>	<b>Pvalue</b>
<b>Before</b>	2.43	30	1.088	0.199	0.001
<b>After</b>	1.73	30			

*Primary data obtained in 2022*

Based on table 3.3, it is known the mean value of each variable. Where this value is obtained by adding up all the data in each variable and then dividing by the number of data that is 30. It is known that the average value for the frequency of nausea and vomiting before consuming ginger candy is 2.43 and for the frequency after consuming ginger candy is 1.73 . The output above shows the results of the correlation test or the relationship between the two data or the relationship between variables before consuming ginger candy and after consuming ginger candy. The resulting significance value for this test is 0.001. The results of the statistical test found that the significance value for this test was 0.01. Because the p value is  $0.01 < 0.05$ , it can be concluded that the consumption of ginger candy is effective in reducing nausea and vomiting in pregnant women.

**4. Conclusion**

Based on the data obtained from the results of the study, it can be concluded that:

- a. Before being given ginger candy, the frequency of pregnant women who experienced nausea and vomiting on average was that pregnant women experienced nausea and vomiting with categories namely mild, moderate and severe with a total of 10 respondents (33.3%)
- b. Meanwhile, after the intervention, there were 20 respondents (66.7%).
- c. There is an effect of giving ginger candy on nausea and vomiting in pregnant women because it can be seen that the significance value generated for this test is 0.001. The results of the statistical test found that the significance value for this test was 0.01. Because the p value is  $0.01 > 0.05$ , so it can be concluded that consuming ginger candy is effective in reducing nausea and vomiting in pregnant women. It is known that the average value for the frequency of nausea and vomiting before consuming ginger candy is 2.43 and for the frequency after consuming sweets. ginger is 1.73. The output above shows the results of the correlation test or the relationship between the two data or the relationship between variables before consuming ginger candy and after consuming ginger candy.

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