

**PENGARUH SERBUK JAHE DALAM MENURUNKAN
EMESIS GRAVIDARUM PADA IBU HAMIL TRIMESTER I
DI BPS SITI INDARIYANI DESA KARANGANYAR
PAITON PROBOLINGGO**

SKRIPSI

**Untuk Memenuhi Persyaratan
Memperoleh Gelar Sarjana Keperawatan**

Oleh :

Diana Faridatun Nisa'

NIM : 157.01.10.006



**SEKOLAH TINGGI ILMU KESEHATAN NURUL JADID
PROGRAM STUDI SI KEPERAWATAN
PROBOLINGGO
2014**

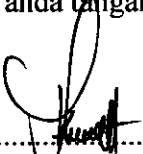
HALAMAN PERSETUJUAN

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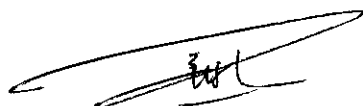
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Telah disetujui oleh tim pembimbing untuk dipertahankan
di depan tim penguji skripsi

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Mengetahui,
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1. The first part of the paper is devoted to a discussion of the general principles of the theory of the structure of the human mind. It is shown that the mind is a complex system of interacting elements, and that the structure of the mind is determined by the interactions between these elements. The second part of the paper is devoted to a discussion of the specific principles of the theory of the structure of the human mind. It is shown that the structure of the mind is determined by the interactions between the elements of the mind, and that the structure of the mind is determined by the interactions between the elements of the mind.

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1. A. N. Leontiev, "The structure of the human mind," *Philosophy of Science*, vol. 1, no. 1, pp. 1-10, 1964.
2. A. N. Leontiev, "The structure of the human mind," *Philosophy of Science*, vol. 1, no. 2, pp. 1-10, 1965.

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LEMBAR PENGESAHAN

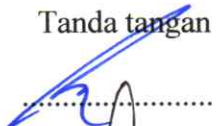
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SKRIPSI

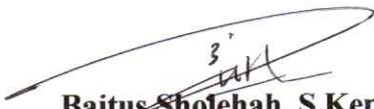
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Pada tanggal: 15 Agustus 2014

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THEORY OF THE CASE

The case is based on the fact that the defendant, who is a minor, has been charged with the crime of murder. The defendant is a minor because he is under the age of 18. The crime of murder is defined as the unlawful killing of a human being with malice aforethought. The defendant is charged with murder because he is alleged to have killed a human being with malice aforethought.

FACTS

The facts of the case are as follows: The defendant is a minor who is under the age of 18. He is charged with the crime of murder. The crime of murder is defined as the unlawful killing of a human being with malice aforethought.

The defendant is alleged to have killed a human being with malice aforethought. The crime of murder is defined as the unlawful killing of a human being with malice aforethought.

CONCLUSION

The defendant is a minor who is under the age of 18. He is charged with the crime of murder. The crime of murder is defined as the unlawful killing of a human being with malice aforethought. The defendant is alleged to have killed a human being with malice aforethought.

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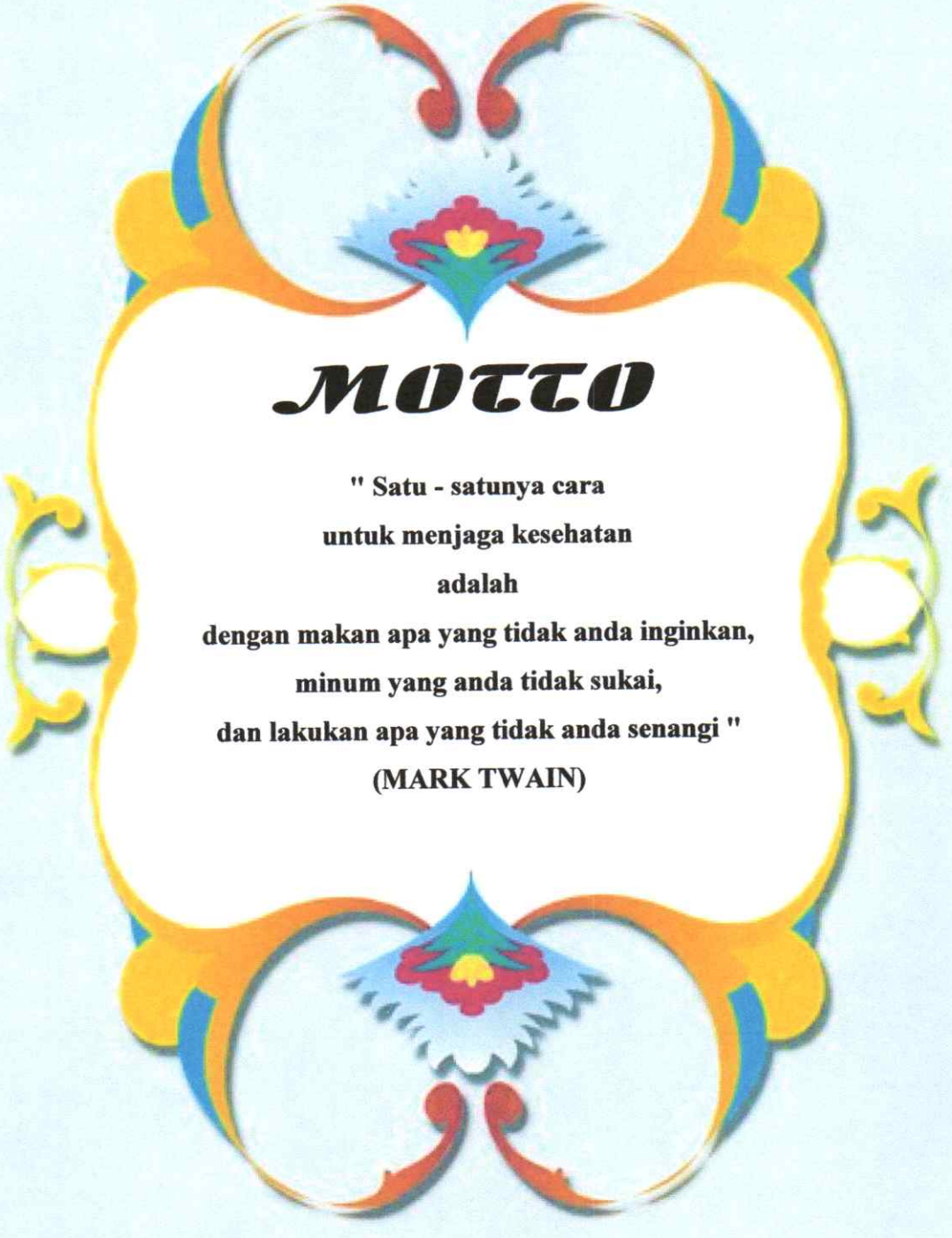
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A decorative frame with a light blue background. The frame is composed of yellow and orange scrollwork. At the top and bottom, there are stylized floral motifs in red, yellow, and blue. The word "MOTTO" is written in a bold, italicized, black serif font in the center of the frame.

MOTTO

**" Satu - satunya cara
untuk menjaga kesehatan
adalah
dengan makan apa yang tidak anda inginkan,
minum yang anda tidak sukai,
dan lakukan apa yang tidak anda senangi "
(MARK TWAIN)**

Halaman Persembahan

Sujud syukurku sembahkan kepada Allah SWT yang telah melimpahkan segala curahan rahmat, petunjuk dan bimbinganNya padaku.

Rasa terima kasih yang sebesar-besarnya kutujukan kepada Ayah dan ibuku yang telah bersusah payah membiayai kuliahku, semua ini bukan kesombonganku karena tanpa do'a dan restu dari mereka aku tak berarti apa-apa. Rasa lelah, tangis dan harapan mungkin tak bisa kutebus lewat tulisan-tulisan ini. Namun aku berharap Ayah dan ibuku melapangkan dan mau menerima buah pikirku.

Kakakku "Saiful Lutfi, Ivvatus suroya" dan sikecil " Vina, Aril dan Zahira ", keluarga Ibu di Pikatan dan keluarga Bapak di Brumbungan yang aku sayangi Tanpa dukungan kalian semua semangatku tak mungkin membara sampai saat ini.

Seseorang yang selalu setia memberikan inspirasi dan semangat padaku. Yang banyak meluangkan waktunya untuk membantuku, kau selalu ada untukku baik aku susah ataupun senang, terima kasihku untukmu..., suami dan belahan jiwaku tersayang.

Teman-temanku senasib dan seperjuangan di Prodi Keperawatan Sekolah Tinggi Ilmu Kesehatan Nurul Jadid Probolinggo yang tidak bisa kusebutkan satu persatu. Kita adalah saudara maka walaupun impian kita lenyap namun kenangan kita jangan harap.

Almamaterku yang telah membimbingku dari awal sampai akhir kuliahku hingga aku mendapatkan berjuta pengetahuan dan pengalaman.

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Puji syukur kehadiran Allah SWT atas rahmat dan karunia yang telah diberikan-Nya, sehingga peneliti dapat menyelesaikan tugas akhir yang berjudul “pengaruh serbuk jahe dalam menurunkan *emesis gravidarum* pada ibu hamil trimester I di BPS Siti Indariani desa Karanganyar Paiton Probolinggo”.

Penyusunan skripsi ini dibuat untuk memenuhi tugas sekaligus mendapat gelar sarjana keperawatan di Program Studi Ilmu Keperawatan Sekolah Tinggi Ilmu Kesehatan Nurul Jadid Probolinggo.

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the same time, the β phase is not stable at low temperatures, and the α phase is the stable phase. The β phase is a high-temperature phase, and the α phase is a low-temperature phase.

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4. S. Tauriana, S. Kep. Ns. Sebagai pembimbing kedua yang dengan sabar telah membimbing penulisan dan analisis data, dan senantiasa memberi semangat sehingga saya dapat menyelesaikan skripsi ini.
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6. Siti Indariyani, Amd. Keb, selaku pembimbing lahan yang telah membimbing dan memberikan izin untuk melakukan penelitian di desa Karanganyar Paiton Probolinggo.
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8. Ayah dan ibu yang selalu memberikan do'a, dukungan dan kasih sayang.

Penulis menyadari bahwa penulisan ini masih jauh dari sempurna, oleh karena itu penulis membuka diri untuk segala saran dan kritik yang membangun.

Akhirnya peneliti berharap semoga skripsi ini dapat bermanfaat khususnya bagi peneliti dalam melakukan penelitian, dan para pembaca pada umumnya sebagai bahan pertimbangan penelitian skripsi pada penelitian-penelitian selanjutnya.

Paiton, 21 juni 2014

Penulis

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ABSTRAK

Kata kunci: jahe, *emesis gravidarum*, kehamilan

Nisa, Diana 2014 *Pengaruh Pemberian Serbuk Jahe Pada Ibu Hamil Trimester I Di BPS Siti Indariyani Desa Karanganyar Paiton Probolinggo. Tugas Akhir*, STIKES Nurul Jadid Pembimbing (1) Ns. Kholisotin, S. Kep, Pembimbing (2) Ns. S. Tauriana, S. Kep

Seiring hadirnya kehamilan, biasanya ibu hamil mengalami dan mengeluhkan adanya mual muntah sebagai gejala pengiring kehamilan yang biasanya menimbulkan ketidaknyamanan bagi ibu. Hal ini merupakan gejala *fisiologis* kehamilan muda dan biasanya disebut dengan *emesis gravidarum*,

Tujuan dari penelitian ini adalah untuk mengetahui pengaruh serbuk jahe dalam menurunkan *emesis gravidarum*. Penelitian ini menggunakan "Quasy Experiment" dengan *pretest* dan *posttest* pada kelompok kontrol dan kelompok eksperimen. Jumlah sampel yang digunakan adalah 20 orang dengan teknik pengambilan sampel secara *accidental sampling* dengan memperhatikan kriteria inklusi.

Hasil dari penelitian ini menunjukkan penurunan rata-rata mual dan muntah sebelum diberikan intervensi sebesar 5.50 dan setelah diberikan intervensi 0.00. P value 0.005 kurang dari α (0.05).

Dapat disimpulkan bahwa jahe efektif dalam mengurangi mual dan muntah selama kehamilan trimester I. Berdasarkan hasil penelitian tersebut disarankan untuk dapat mengaplikasikan minuman jahe dengan komposisi yang tepat khususnya di pelayanan kesehatan.

ABSTRACT

Keywords: ginger, *emesis gravidarum*, pregnant

Nisa, Diana 2014 *Effect of Ginger Powder At first Trimester Pregnancy In BPS Siti Indariyani Karanganyar Village Paiton Probolinggo. The Final Task*, STIKES Nurul Jadid Supervisor (1) Ns. Kholisotin, S. Kep, Supervisor (2) Ns. Tauriana S., S. Kep

Along the presence of pregnancy, pregnant women usually experience nausea, vomiting and complaining of a symptom of pregnancy is usually a companion cause discomfort for the mother. This is a physiological symptom early pregnancy and usually referred to as *emesis gravidarum*,

The purpose of this study was to determine how far the effectiveness of ginger powders in reducing *emesis gravidarum*. This study used "Quasy Experiment" with *pretest* and *posttest* control group design. The number of samples were 20 using *accidental sampling* technique with respect to the inclusion criteria and divided into experimental and control group.

The results showed a significant decrease in the average of nausea and vomiting from 5.50 prior to the intervention given ginger powders to 0.00 after the intervention with P value $0.005 < \alpha$ (0.05).

As conclusion, ginger effective in reducing nausea and vomiting during the first trimester of pregnancy. Based on this finding the ginger powders with the right composition can be applied in health care setting.

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Figure 1

Figure 1. *Continued*

Figure 1

Figure 1

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