

Overview of knowledge, attitude, gravida and education of pregnant women who suffer from emesis gravidarum by drinking ginger at Romauli Clinic 2025

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ABSTRACT

In early pregnancy, nausea occurs because the hormones estrogen and progesterone increase so that there is also an increase in HCG in the blood. Research Objective: To find out how the knowledge, attitude, gravity and education of pregnant women by drinking Ginger. Research Method: This research is descriptive. The sampling technique is accidental sampling with a total of 30 respondents. Research Results: The results show that 10 pregnant women (33.3%) have good knowledge, 15 pregnant women (50%) are in the good category of knowledge, and 5 pregnant women (16.7%) were in the poor category. In the attitude, the attitude of pregnant women who are positive is 20 people (66.7%) and negative attitudes are 10 people (33.3%). In the Gravida, pregnant women in the primiGravida category are 19 people (63.3%) and the multiGravida category are 11 people (36.7%). In the education of pregnant women, 21 people (70%) are in the high school category and 9 people (30%) in the higher education category. Conclusion: Based on the results of the study, it shows that pregnant women have sufficient knowledge in overcoming Emesis Gravidarum by consuming Ginger, the majority of pregnant women's attitudes are positive, the majority of pregnant women's Gravida is primiGravida and the majority of pregnant women's education is high school. It is expected that health workers will continue to increase education about Ginger so that Emesis Gravidarum can be reduced.

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INTRODUCTION

The International Federation of Obstetrics and Gynecology states that pregnancy begins with the fertilization process, which is the meeting between sperm cells and ovarian cells, then continues the implantation or nidation process. Generally, normal pregnancy occurs from conception until 40 weeks until the baby is born, according to medical calculations or about 9 months in the Christian calendar. This pregnancy period consists of three stages, namely the first trimester for 12 weeks,

the 2nd trimester starting from the 13th to 27th week, and the 3rd trimester from the 28th week to the 40th week of pregnancy (Ronalen Br. Situmorang et al., 2021).

Pregnancy is a natural and physiological process. Women who have experienced menstruation and have a healthy and well-maintained reproductive system generally have a high chance of getting pregnant. The pregnancy period can occur approximately 280 days or about 40 weeks, the pregnancy period is estimated from the first day of the last menstrual period to the time of delivery. Medically, pregnancy is classified into three trimesters: the 1st trimester from conception to 12 weeks of gestation, the 2nd trimester includes 13 to 27 weeks of gestational age and the 3rd trimester starts from 28 weeks to birth (Daniati et al., 2023).

One of the psychological and physical transformations experienced by pregnant women is a disorder in the digestive system caused by an increase in stomach acid production. Alternatively, there is a theory that mentions an increase in the chronic human hormone gonadotropin (HCG). Pregnant women experience Emesis Gravidarum during the first trimester. This condition is normal and common during pregnancy, especially during the first trimester. Nausea appears usually in the morning, although it can occur at any time. Studies in 50-90% of pregnancies show that Emesis Gravidarum is experienced. This condition usually begins to be felt between 9 weeks and 10 weeks of gestation, reaching its highest final stage when it is 11 weeks and 13 weeks of gestation, generally will decrease at 12 to 14 weeks of gestation. In 1-10% of pregnancies, the symptoms can last more than 20-22 weeks (Dr. Ns. Lili Fajria et al., n.d.).

The World Health Organization (WHO) revealed that approximately 15% of pregnant women felt emesis Gravidarum. The prevalence in Indonesia, Emesis Gravidarum is estimated to reach 1-3% of all pregnant women. The Indonesian Demographic and Health Survey (SDKI) found that in 2018 Emesis Gravidarum cases were recorded as many as 1,864 cases, in 2019 it increased to 1,904 cases, in 2020 it was 2,149 and in 2021 it was 2,265 (Wardani et al., 2020).

According to the results of the study (Tiwi & Perwitasari, 2024), data shows that before the intervention was carried out, as many as 83.4% of pregnant women at the Taman Soedarjo Independent Midwifery Practice (PMB) had a level of knowledge in the poor category. However, after the intervention was given, most pregnant women, i.e. 93.3%, showed a level of knowledge in the good category. These findings indicate a greater increase in the understanding of pregnant women in the PMB before and after the intervention.

The results of the study (Rambe, 2022) showed that the pregnancy status of the respondents showed that as many as 9 people (50.0%) were in the second pregnancy (Gravida 2), while a small percentage of the respondents, 2 people each (11.1%), were in the third and fourth pregnancies or more.

According to the results of the study (Wulandari et al., 2023) research carried out in East Nusa Tenggara, precisely in Kupang Regency in Sahrae Village in 2023, revealed interesting findings regarding the influence of giving ginger brew to pregnant women who are feeling nausea and vomiting. As many as 70.6% of pregnant women felt nausea and vomiting with a mild level of complaints, which shows that the symptoms of Emesis Gravidarum during pregnancy in this community are generally mild. To assess the effectiveness of the ginger wedang intervention, this study used the Wilcoxon sign rank test to assess the difference in the level of Emesis Gravidarum at the time before and after the administration of the intervention. The results of the analysis showed a significant change with a Z value of -2.073, in addition, the distribution of ratings showed that 14 respondents experienced a decrease in the level of Emesis Gravidarum (negative rating), while 3 respondents showed an increase (positive rating).

The results of the study showed that the frequency of Emesis Gravidarum in pregnant women in the intervention community (who drank ginger brewing) was 4 times, while the group that did not receive ginger infusion was 6.2 times. The Mann-Whitney test obtained a p-value score of 0.001 ($p < 0.05$), which identified the presence of infusion (*Zingiber Officinale*) having an effect on the frequency of Emesis Gravidarum in the 1st trimester of pregnant women (Pokhrel, 2024).

Excessive nausea and vomiting during pregnancy not only endanger the safety of the mother, but can also have negative impacts on the fetus, such as the risk of miscarriage, low birth weight, premature or premature birth and sore throat deformities in newborns. In addition, fetal growth can also be disrupted, which is known as intrauterine growth retardation (IUGR). Various pharmacological treatments are available to treat Emesis Gravidarum in pregnant women, including the use of vitamins, antihistamines, anticholinergics, dopamine antagonists, phenothiazines, butyrophenone, serotonin antagonists, pyridoxine and corticosteroids (Dr. Ns. Lili Fajria et al., n.d.)

Some non-drug therapies that can be applied to reduce Emesis Gravidarum during pregnancy include the use of ginger, ginger aromatherapy, lemon, hand massage, honey and banana ambon. Ginger is known to contain essential oils, starch, fiber, ash and Gingerol which provide benefits to the body which has been proven to have anti-vomiting activity by inhibiting serotonin so that muscle contractions in the digestive system become calmer and weaker, which ultimately helps reduce nausea (Kustiani et al., 2022).

Ginger can reduce Emesis Gravidarum that is being felt by pregnant women during the first three months of pregnancy. The condition of Emesis Gravidarum is usually caused by changes in the endocrine system during pregnancy, especially fluctuations in HCG hormone levels. Ginger contains zingeron substances and the aroma of ginger is due to the zingeron substance. Ginger can inhibit serotonin receptors and produce anti-vomiting effects for digestion, thereby reducing nausea and vomiting (Jahe & Madu, 2024).

RESEARCH METHOD

The research design that will be used during the study is a survey design with the aim of finding out the knowledge, attitudes, gravida and education of pregnant women who experience emesis gravidarum by drinking ginger at the Romauli clinic in 2025.

In this study, the research population is all pregnant women who come to the clinic for a check-up and experience emesis gravidarum. The sample involved in this study was pregnant women who experienced emesis gravidarum, namely 30 people. Data collection when conducting research is with data obtained from respondents. By providing a questionnaire and a google form containing a statement about the research provided Tables and Figures are presented as the center, as shown in Table 1 and Figure 1, and cited in the previous manuscript appears.

The instruments used during the study were questionnaires and google forms. This questionnaire and google form aims to collect data on the knowledge, attitudes, gravida and education of pregnant women who experience emesis gravidarum by drinking ginger at the Romauli clinic in 2025.

RESULTS AND DISCUSSIONS

Table 1. Frequency distribution of knowledge, attitude, gravida and education of pregnant women experiencing emesis gravidarum by consuming ginger

No	Characteristics	Frequency (f)	Percentage (%)
1.	Knowledge		
	Good	10	33,3
	Enough	15	50
	Less	5	16,7
2.	Attitude		
	Positive	20	66,7
	Negative	10	33,3
3.	Gravida		
	Primigravida	19	63,3
	Multigravida	11	36,7
4.	Education		
	Elementary School	0	0

No	Characteristics	Frequency (f)	Percentage (%)
	Junior High School	0	0
	High School	21	70
	College	9	30
	Total	30	100

Distribution of knowledge, attitudes, Gravida and education of pregnant women who are feeling nausea and vomiting by consuming Ginger, there are 10 respondents who have good knowledge (33.3%), respondents who have enough knowledge there are 15 people (50%) and respondents who are less knowledgeable there are 5 people (16.7%). 20 respondents had a positive attitude (66.7%) and respondents had a negative attitude as many as 10 people (33.3%). Based on Gravida, the dominant respondents with primiGravida were 19 people (63.3%) and multigravida was 11 people (36.7%). Based on education, the majority of respondents graduated from high school with 21 people (70%) and 9 people (30%) from college.

Table 2. Frequency distribution of knowledge description of pregnant women experiencing emesis gravidarum by drinking ginger

Knowledge	Frequency (f)	Percentage (%)
Good	10	33,3
Enough	15	50
Less	5	16,7
TOTAL	30	100

Based on the knowledge of respondents who experienced Emesis Gravidarum by drinking Ginger, pregnant women who had good knowledge were 10 people (33.3%), pregnant women with sufficient knowledge were 15 people (50%) and pregnant women with low knowledge were 5 people (16.7%).

Knowledge is formed through the process of storing, combining and organizing information in memory. Information is a structured element in the information system and memory acts as a mechanism that allows access to the information that has been processed. Knowledge can be a force of scientific morality, which has the opportunity to inspire behavior and actions related to problems related to the ultimate goal of human life (Widarti et al., 2024).

Knowledge is formed as a result of the process of sensory perception, where a person gains an understanding of objects with the five senses. This sensing process until the formation of knowledge is influenced by the factors of stimulus intensity, level, attention and perception of the object. Individual knowledge is gained from sight (eyes) and hearing (ears) (Dewi Puspito Sari & Fiqi Nurbaya, 2023).

According to (Oktaviance et al., 2024) knowledge is the process of remembering something, including experiences that have been experienced, whether consciously or unconsciously, that arise after individuals carry out monitoring of an object.

According to Meisa Manda's research on the description of knowledge about the effect of ginger decoction to reduce Emesis Gravidarum at the Sartika clinic in 2024, which obtained results from 15 pregnant women with good knowledge, 8 people (53.4%), pregnant women with sufficient knowledge were 5 people (33.3%), and pregnant women had low knowledge 2 people (13.3%) (Oktaviance et al., 2024).

According to the researcher's assumption, the lack of knowledge level of pregnant women about Ginger can reduce Emesis Gravidarum due to several factors. First, the majority of respondents have a level of education (high school) that affects their ability to understand health information. Second, the majority of respondents, namely primiGravida (first pregnant), who did not have previous experience in overcoming Gravidarum emesis. Third, the results of the researchers' observations that pregnant women are anxious and worried about Ginger who is able

to overcome Emesis Gravidarum because the source of information obtained by pregnant women is still lacking.

Table 3. Frequency distribution of attitude description of pregnant women experiencing emesis gravidarum by drinking ginger

Attitude	Frequency (f)	Percentage (%)
Positive	20	66,7
Negative	10	33,3
TOTAL	30	100

Based on the attitude of pregnant women who experienced Emesis Gravidarum by drinking Ginger, there were 20 respondents with a positive attitude (66.7%) and there were 10 people (33.3%) with negative attitudes.

In the Cambridge Dictionary it is written that attitude is a feeling about something or someone. An attitude is an individual's views, opinions or feelings on a certain object, individual or event. A person's response to this is generally reflected in the form of a tendency to like or dislike, as well as approval or rejection of it (I Ketut Swarjana, 2022).

Attitudes according to various views of attitudes, can be concluded that attitude is the tendency or readiness of individuals, which includes aspects of feelings, thoughts and behaviors to respond to objects or situations in a certain way. Although there are many definitions of attitudes, almost all of them contain consistent elements such as type, dimension and level of attitude (Heryanto, 2024).

According to research by Mardiana et al. entitled "The relationship between pregnant women and the attitude of using herbal medicine in preventing the transmission of Covid-19 in Lampung Province". Obtained 43 respondents, there were 30 people (69.7%) respondents who had a positive attitude in the use of herbal medicine in preventing Covid-19 (Surabaya, n.d.).

According to Susanti's research entitled "The relationship between knowledge and behavior of pregnant women about the benefits of ginger (*Zingiber Officinale*) in overcoming nausea and vomiting in pregnancy in the working area of the Batam City Botanical Health Center". It was found that from 59 respondents, most of the behavior of pregnant women was good in using ginger in reducing Emesis Gravidarum in pregnant women in the 1st trimester, there were 33 people (55.9%) and there were 26 people (44.1%) who did not use ginger in overcoming nausea and vomiting in pregnant women in the first trimester (Wilayah et al., 2019).

According to the researcher's assumption, a person's attitude towards Ginger powder drink in dealing with Emesis Gravidarum can vary, depending on his knowledge, information, experience and belief in natural remedies, especially Ginger. Some people who have been informed about Ginger powder and consume it will be positive and open. However, there are also some people who have been informed but are worried about trying to consume Ginger, so this can make the mother's attitude towards Ginger negative. On the other hand, people who are used to using natural ingredients or getting information from trusted health professionals, are usually more confident and confident that ginger powder drinks can help reduce nausea and vomiting.

Table 4. Distribution of gravida imaging frequency of pregnant women experiencing emesis gravidarum by drinking ginger

Gravida	Frequency (f)	Percentage (%)
Primigravida	19	63,3
Multigravida	11	36,7
TOTAL	30	100

Based on Gravida, women and mothers who felt Emesis Gravidarum by drinking Ginger, the dominant respondents with primiGravida were 19 people (63.3%) and multiGravida 11 people (36.7%).

According to (Mail et al., 2023) the term Gravida refers to the total number of pregnancies a woman has ever had. The Gravida category is divided into three, namely: primiGravida, multiGravida and grandemulti. The mother who is experiencing her first pregnancy is primiGravida, while the mother has been pregnant more than twice, namely grandemulti. Meanwhile, mothers who have experienced pregnancy or given birth more than four times are called multiGravida.

Gravida is a term used to refer to women who are pregnant, regardless of their gestational age. PrimiGravida refers to women who are having their first pregnancy, while women who are pregnant for the second time are called secundiGravida, while multiGravida describes women who have had more than two pregnancies (Maimunah et al., 2025).

According to a study (Ulya, 2022) entitled "The Effectiveness of Red Ginger Powder and Honey Infusion for Nausea and Vomiting in Pregnant Women in the First Trimester in the Sayung District Health Center Area, Demak Regency". The results were obtained from 38 respondents, 22 people (57.9%) from PrimiGravida respondents and 16 people (42.1%) from MultiGravida respondents.

According to a study (LESTARI NURUL AULIA et al., 2022) entitled "The Effectiveness of Ginger Boiled Water Against Gravidarum Emesis in Pregnant Women in the First Trimester of the First Trimester" which obtained results that out of 34 respondents, there were 6 primiGravida respondents (17.6%) and 28 multiGravida respondents (82.4%).

According to Oxorn, the term Gravida refers to a woman who is pregnant, while primiGravida is a woman who is undergoing her first pregnancy. The symptoms of nausea and vomiting in primiGravida are affected by an increase in pregnancy hormones. In the first pregnancy, hormone levels tend to be higher than in multiGravida women. This is because women who have been pregnant several times (multiGravida) have generally adapted to hormonal changes due to previous pregnancy experiences, so the intensity of nausea and vomiting in primiGravida is usually heavier than in multiGravida (RASIDA NING ATIQOH & Utami, 2020).

According to the researchers' assumption of the term primiGravida, women who are pregnant for the first time are more susceptible to experiencing Emesis Gravidarum compared to women who have been pregnant more than once because in the first child's pregnancy the mother is still unable to accept the changes or increases in hormones that she experienced, while multiGravida women are able to adapt to the hormonal changes that occur because they already have experience from their first pregnancy.

Table 5. Frequency distribution of educational picture of pregnant women experiencing emesis gravidarum by drinking ginger

Education	Frequency (f)	Percentage (%)
Elementary School	0	0
Junior High School	0	0
High School	21	70
College	9	30
Total	30	100

Based on education, the majority of respondents graduated from high school, namely 21 people (70%) and 9 people (30%) from college.

Education is a process that is carried out in real terms and has been planned to make the environment and learning activities strive for students to play an active role in raising their potential. The purpose of education is religious spiritual strengthening, self-control, character building, intelligence development, good moral development, and mastery of various skills that are useful for individuals and society. In addition, education can be interpreted as a learning process and seeks students to understand, master knowledge and grow the ability to think

critically. Education also reflects the results of individual development as well as the efforts of various institutions in achieving these goals (Utami et al., 2025).

According to experts, education is a process of coaching and directing that aims to shape the character and ability of children to undergo the stages of development towards adulthood, both through direct and indirect means and takes place in formal and non-formal environments. Education can also be understood as human activities and efforts to improve the quality of themselves by developing their potential, both spiritually and physically (Dra. Nur Wahyumiani, 2023).

According to a study (LESTARI NURUL AULIA et al., 2022) entitled "The Effectiveness of Ginger Boiled Water Against Emesis Gravidarum in Pregnant Women in the First Trimester of Pregnancy" which obtained from 34 respondents with an elementary education of 15 people (44.1%), respondents had a junior high school education of 7 people (20.6%), respondents had a high school education of 7 people (20.6%) and had a college education of 5 people (14.7%).

Education for pregnant women is an effort to increase knowledge and healthy behavior to pregnant women, the goal is to improve maternal health during pregnancy and give birth to babies with healthy weight. The higher the level of individual education, the more wise the quality of knowledge they have and will develop their intellectual maturity. Individuals with a high background generally have an attitude of caring for the health of themselves and their families. Education plays a pending role in obtaining information about health, which ultimately strives to improve living standards (Kurniasari, 2024).

According to the assumption of researchers, education is very important to help a person to more easily understand and receive information, including information on how to deal with Emesis Gravidarum during pregnancy. The higher a person's education, usually the broader his knowledge and the more open he is to new information, especially if the information is based on clear evidence or research. The results of the research regarding the majority of high school education and their knowledge are sufficient. It can be attributed that less education will affect knowledge.

Discussions

Frequency Distribution of Knowledge Description of Pregnant Women Experiencing Emesis Gravidarum by Drinking Ginger

According to the researcher's assumption, the lack of knowledge level of pregnant women about Ginger can reduce Emesis Gravidarum due to several factors. First, the majority of respondents have a level of education (high school) that affects their ability to understand health information. Second, the majority of respondents, namely primiGravida (first pregnant), who did not have previous experience in overcoming Gravidarum emesis. Third, the results of the researchers' observations that pregnant women are anxious and worried about Ginger who is able to overcome Emesis Gravidarum because the source of information obtained by pregnant women is still lacking.

Frequency Distribution of Attitude Description of Pregnant Women Experiencing Emesis Gravidarum by Drinking Ginger

According to the researcher's assumption, a person's attitude towards Ginger powder drink in dealing with Emesis Gravidarum can vary, depending on his knowledge, information, experience and belief in natural remedies, especially Ginger. Some people who have been informed about Ginger powder and consume it will be positive and open. However, there are also some people who have been informed but are worried about trying to consume Ginger, so this can make the mother's attitude towards Ginger negative. On the other hand, people who are used to using natural ingredients or getting information from trusted health professionals, are usually more confident and confident that ginger powder drinks can help reduce nausea and vomiting.

Distribution of Gravidate Imaging Frequency of Pregnant Women Experiencing Emesis Gravidarum by Drinking Ginger

According to the researchers' assumption of the term *primiGravida*, women who are pregnant for the first time are more susceptible to experiencing *Emesis Gravidarum* compared to women who have been pregnant more than once because in the first child's pregnancy the mother is still unable to accept the changes or increases in hormones that she experienced, while *multiGravida* women are able to adapt to the hormonal changes that occur because they already have experience from their first pregnancy.

Frequency Distribution of Educational Picture of Pregnant Women Experiencing Emesis Gravidarum by Drinking Ginger

According to the assumption of researchers, education is very important to help a person to more easily understand and receive information, including information on how to deal with *Emesis Gravidarum* during pregnancy. The higher a person's education, usually the broader his knowledge and the more open he is to new information, especially if the information is based on clear evidence or research. The results of the research regarding the majority of high school education and their knowledge are sufficient. It can be attributed that less education will affect knowledge.

CONCLUSION

Based on the results of the study, it can be concluded that the knowledge of the majority of respondents is enough with 15 people (50%). In this case, the knowledge obtained by the respondents is the result of counseling or information delivered by the midwife at the clinic during the pregnancy examination. Based on the attitude, the majority of respondents were positive, as many as 20 people (66.7%). In this case, the respondent's attitude is directly produced by the respondent from what the respondent has felt directly when drinking Ginger. Based on *Gravida*, the majority of respondents were *primiGravida*, namely 19 people (63.3%). Based on the education, the majority of respondents have a high school education of 21 people (70%).

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