

Zu San Li Acupressure Method (ST 36) With Decreasing Nausea and Vomiting in Pregnant Women in the First Trimester at PMB Onni Dilla Roza Pekanbaru

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ABSTRACT

Nausea and vomiting is a common symptom in the first trimester of pregnancy. Nausea and vomiting are a result of changes in the endocrine system that occur during pregnancy, especially the increase in the HCG hormone in pregnancy. One of the non-pharmacological treatment efforts that can be used to treat nausea and vomiting is acupressure therapy. This study aims to determine the effectiveness of the Zu San Li (ST 36) Acupressure Method on Reducing Nausea and Vomiting in First Trimester Pregnant Women at PMB Onni Dilla Roza in 2021. Types this research is quantitative analytic research. This research was conducted at PMB PMB Onni Dilla Roza. The population in this study were all first trimester pregnant women who visited PMB PMB Onni Dilla Roza. The sample in this study were first trimester pregnant women who experienced nausea and vomiting who were found at PMB PMB Onni Dilla Roza, totaling 15 people. Based on the results of research on the effectiveness of the Zu San Li (ST 36) acupressure method on reducing nausea and vomiting in pregnant women in the first trimester, there were 15 pregnant women who obtained the Mean Rank pretest and posttest results for the experimental group, the results of Zu San Li (ST 36) acupressure were effective. to decrease nausea and vomiting with p value 0.0001. It is hoped that PMB Onni Dilla Roza will be able to apply the Zu Sun Li (ST 36) acupressure method to pregnant women in order to help reduce nausea and vomiting experienced by pregnant women. Based on the results of research on the effectiveness of the Zu San Li (ST 36) acupressure method on reducing nausea and vomiting in pregnant women in the first trimester, there were 15 pregnant women who obtained the Mean Rank pretest and posttest results for the experimental group, the results of Zu San Li (ST 36) acupressure were effective. to decrease nausea and vomiting with p value 0.0001. It is hoped that PMB Onni Dilla Roza will be able to apply the Zu Sun Li (ST 36) acupressure method to pregnant women in order to help reduce nausea and vomiting experienced by pregnant women. Based on the results of research on the effectiveness of the Zu San Li (ST 36) acupressure method on reducing nausea and vomiting in pregnant women in the first trimester, there were 15 pregnant women who obtained the Mean Rank pretest and posttest results for the experimental group, the results of Zu San Li (ST 36) acupressure were effective. to decrease nausea and vomiting with p value 0.0001. It is hoped that PMB Onni Dilla Roza will be able to apply the Zu Sun Li (ST 36) acupressure method to pregnant women in order to help reduce nausea and vomiting experienced by pregnant women.

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1. Introduction

Nausea and vomiting (emesis gravidarum) are normal symptoms and often occur in the first trimester of pregnancy. Nausea and vomiting are a result of changes in the endocrine system that occur during pregnancy, especially the increase in the HCG hormone in pregnancy is a common complaint and almost 50-80% of pregnant women (Red et al, 2012).

Nausea and vomiting is a physiological symptom in early pregnancy and will disappear after 4 months of pregnancy.

According to (Runiari and Imaningrum, 2012) the management of nausea and vomiting in pregnancy consists of pharmacological and non-pharmacological. This is in line with what was said by (Apriany, 2010) that non-pharmacological therapy is a type of complementary therapy that can be used as an intervention to treat nausea and vomiting, including using the Acupressure Therapy method.

Acupressure therapy is the development of massage therapy that goes hand in hand with the development of acupuncture because the acupressure massage technique is a derivative of acupuncture. The technique in this therapy uses fingers instead of needles but is carried out at the same points as those used in acupuncture therapy (Hartono, 2012).

The massage technique at the ST 36 (Zusanli) point can treat nausea and vomiting in pregnant women for 7 minutes every morning (Oktaviani 2013). Based on other people's research conducted at BPM Afah Fahmi, Amd.Keb Surabaya, first trimester pregnant women who experienced nausea and vomiting after being given acupressure experienced a decrease in nausea and vomiting. From the results of the study, a p-value of 0.000 was obtained, which means that there is an effect of giving acupressure at the Zu San Li point (ST 36) on reducing nausea and vomiting in first trimester mothers.

Based on the initial survey conducted at PMB Onni Dilla Roza Amd, Keb.SST. In February 2021, there were 10 pregnant women who did a pregnancy check, and 8 pregnant women experienced nausea and vomiting in TM I where pregnant women only received therapy with medication and counseling about nausea and vomiting. There has never been a midwife staff at PMB Onni Dilla Rozza Amd.Keb,SST who participated in Acupressure training, so they still do drug therapy there. Therefore, the author is interested in taking Acupressure Therapy at the Zu San Li point (ST 36).

2. Method

This type of research is quantitative analytic research. This research was conducted at PMB Onni Dilla Roza. The population in this study were all first trimester pregnant women who visited PMB Onni Dilla Roza.

The sample in this study were pregnant women in the first trimester who experienced nausea who were found at PMB Onni Diulla Roza, totaling 15 people

3. Research Results and Discussion

3.1 Bivariate Analysis Results

Table 1
Differences in Intensity Degrees of Nausea Vomiting
Before and after Zu San Li Acupressure (ST 36)

Zu San Li Acupressure (ST 36)	N	mean	Std Deviation	Std Error mean	P Value
Pretest	15	5.07	1.486	0.384	0.0001
Posttest	15	2.80	1.014	0.262	

The table above shows that the average value of the intensity of nausea and vomiting before being given acupressure is 5.07 with a standard deviation of 1.486 and 2.80 the average intensity of nausea and vomiting after being given acupressure Zu San Li (ST 36) in pregnant women with a standard deviation of 1.014, the analysis obtained $p(0.0001) < (0.05)$.

Based on research on 15 respondents, it was found that there was a difference in nausea between before being given Zu San Li acupressure (ST 36) and after being given Zu San Li acupressure (ST 36).

3.2 Discussion

From the results of the study, it was found that the comparison of the average nausea and vomiting before and after being given acupressure Zu San Li (ST 36), before being given acupressure Zu San Li (ST 36) the average nausea and vomiting was 5.07 with a standard deviation of 1.486 and after being given lemon aromatherapy the average The average is 2.80 with a standard deviation of 1.014. Analysis obtained $p (0.0001) < (0.05)$. This shows that there is a decrease in the average nausea and vomiting before and after being given acupressure Zu San Li (ST 36) to pregnant women at PMB Onni Dilla Roza.

The results of the research above are supported by research conducted by "Hikma Anisa Putri et al. (2014), Comparison of the Effectiveness of giving ST 36 and PC 6 acupressure points effectively reduced morning sickness ($p = 0.001$) in the intervention group.

Based on a literature review study conducted by Indah Sari, D., & Wahyuningsih, S. (2021) It was found that acupressure therapy at P6, KID21, Zu San Li, and Gong Sun points was effective in reducing complaints of nausea and vomiting in pregnant women. which is done regularly.

Research conducted by Ega Shafira Pradanawati 2021. Statistical test using paired t test results obtained $p\text{-value} = 0.000$ which is interpreted that there is effectiveness of acupressure massage point P6 and point ST36 with the use of a time reminder to decrease emesis gravidarum in first trimester pregnant women with different mean values before and after the intervention, namely 3. Massage of acupressure points P6 and point ST36 is a non-pharmacological action that can reduce the condition of emesis gravidarum in first trimester pregnant women.

Based on the description above, the writer assumes that the effectiveness of the implementation of Zu San Li (ST 36) acupressure on reducing nausea and vomiting in pregnant women in the first trimester. Because from the results of the study, the average value of the intensity of nausea and vomiting before acupressure was given was 5.07 with a standard deviation of 1.486 and 2.80. the average intensity of nausea and vomiting after being given acupressure Zu San Li (ST 36) in pregnant women with a standard deviation of 1.014, the analysis obtained $p (0.0001)$.

Therefore, it would be better for the community, especially pregnant women to overcome nausea and vomiting in early pregnancy by doing acupressure Su Zun Li (ST 36). Acupressure Zu San Li (ST 36) which is done in the morning women are able to apply about how to overcome non-pharmacological nausea and vomiting, especially in first trimester pregnant women. for 4 consecutive days for 4 minutes can reduce the intensity of nausea and vomiting. It is hoped that this research can provide benefits and increase knowledge and pregnan

4. Conclusions

There is the effectiveness of Zu San Li (ST 36) acupressure to reduce nausea and vomiting in first trimester pregnant women, from 15 pregnant women the results of the Mean Rank pretest were 5.07 with a standard deviation of 1.486 and posttest 2.80 with a standard deviation of 1.014.

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