

0.000 The Effect of Giving Warm Water on Reducing Nausea and Vomiting in Pregnant Women at the Kumita Sari Clinic, Kec. Padang Tualang District. Langkat Year 2020

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ARTICLE INFO

Keywords:

Water,
Nauseous vomit,
Pregnant mother.

ABSTRACT

Pregnancy is a change in order to continue offspring naturally, resulting in a fetus growing in the mother's womb. Pregnancy involves physical and emotional changes from the mother as well as social changes in the family. Nausea and vomiting are complaints that are often experienced by pregnant women, especially in the first trimester. Symptoms usually appear at 7-12 weeks of gestation. General Purpose To determine the effect of giving warm water to reduce nausea and vomiting in pregnant women at the Kumita Sari Clinic, Kec. Tualang District. Langkat in 2020. The results of hypothesis testing to see the relationship between variable X and variable Y are with a significant level (α) = 5% (0.05) and $df = 1$, the results are $p.value = 0.000$ at $df = 1$ where $sig < (0.000 < 0.05)$ then it can be seen that there is an effect of giving warm water to the reduction of nausea and vomiting in pregnant women at the Kumita Sari Clinic in 2020,

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1. Introduction

Pregnancy is a change in order to continue offspring naturally, resulting in a fetus growing in the mother's womb. Pregnancy involves physical and emotional changes from the mother as well as social changes in the family. Nausea and vomiting are complaints that are often experienced by pregnant women, especially in the first trimester. Symptoms usually appear at 7-12 weeks of gestation (Chandra, K. et al, 2018).

Nausea and vomiting are normal things that often occur at a young gestational age and are most common at 6-12 weeks of gestation and will end in the first 20 weeks of pregnancy. This complaint occurs 70% -80% of all women who. Complaints of nausea and vomiting are sometimes so severe that everything that is eaten and drunk is vomited by pregnant women which can affect general conditions and interfere with daily life, or better known as pregnant hyperemesis gravidarum (Cathy, 2015).

Hyperemesis gravidarum is excessive nausea and vomiting that occurs during pregnancy. This dangerous vomiting is distinguished from the normal nausea and vomiting commonly experienced by pregnant women because it is more intense than normal vomiting and lasts during the first trimester of pregnancy. Excessive and uncontrolled vomiting during pregnancy can lead to weight loss of 5% of the initial pre-pregnancy weight, dehydration,

electrolyte imbalance, nutritional deficiency, and ketonuria (Lowdermilk, 2017).

Hyperemesis gravidarum is the most common indication for hospitalized pregnant women at a young gestational age. The incidence of hyperemesis gravidarum treated is 11.4% of all pregnant women who are treated at a young gestational age. The length of stay for patients with hyperemesis gravidarum is normally 2 to 3 days with adequate care. The length of stay for hyperemesis gravidarum is influenced by several factors, such as the mother's clinical condition, medical actions, and management while in hospital (Topcu, 2015).

Hyperemesis gravidarum rarely causes death, but the incidence is still quite high. The incidence of hyperemesis gravidarum is 4 per 1000 pregnancies. According to WHO, hyperemesis gravidarum occurs worldwide with an incidence of 12.5% of all pregnancies. The incidence of hyperemesis gravidarum that occurs in the world is very diverse, namely 10.8% in China, 2.2% in Pakistan, 1-3% in Indonesia, 1.9% in Turkey, 0.9% in Norway, 0.8% in Canada, 0.5% in California, 0, 5%-2% in America, and 0.3% in Sweden (Zhang Y, 2017).

According to the American Pregnancy Association (APA), the majority of pregnant women experience some type of morning sickness and at least 60,000 cases of hyperemesis gravidarum are reported to be hospitalized, and the number is estimated to be much higher because many pregnant women are only treated at home or outpatient. Pregnancy Association, 2018).

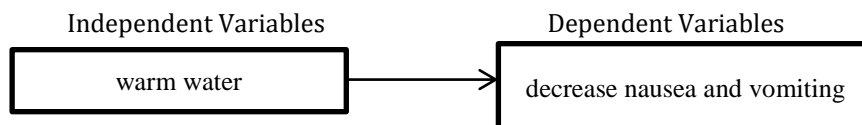
The incidence of hyperemesis gravidarum in Indonesia is 1-3% of all pregnancies. The Ministry of Health of the Republic of Indonesia explained that more than 80% of pregnant women in Indonesia experience excessive nausea and vomiting, which can cause pregnant women to avoid certain types of food and will pose risks to themselves and the fetus they are carrying (Oktavia, 2016).

Reducing nausea and vomiting in the 1st trimester by providing appropriate therapy as needed and adjusting the diet every day by maintaining adequate hydration and electrolyte fluids, preferably drinking 2 liters of warm water per day, avoiding an empty stomach at any time with frequent small meals every 1- 2 hours consisting of soft food (Einarson, A. et al 2017).

According to Geovani (2018), water is one type of drink that is good, useful and very good for the needs and health of all members of the body. Can not imagine, if the body lacks fluids or water in a relatively long period of time. In research and research, all tissues and organs of the human body are very fluid or water in sufficient quantities to carry out various daily activities. The best time to start getting enough water is in the morning after waking up. Because in the morning the body wakes up from rest and the overnight recovery process. But during that time the body loses a lot of fluids. So, it is highly recommended to drink water.

2. Method

2.1 Conceptual Framework and Research Variables



2.2 Research Hypothesis

The hypothesis is a temporary answer that must be tested for truth in the research the proposed hypothesis is:

Ho : No Giving Effectn Warm water to reduce nausea and vomiting in pregnant women at the clinic at Kumita Sari Clinic, Kec. Tualang District. Langkat Year 2020.

Ha : There is an Effect of Giving WaterWarm to the Decrease of Nausea Vomiting in Pregnant Women at the Clinic at Kumita Sari Clinic, Kec. Tualang District. Langkat Year 2020.

2.3 Types of research

This type of research is a quantitative research research using a cross sectional study design.

2.4 Place and time of research

The research will be carried out at the Kumita Sari Clinic, Kec. Tualang District. Langkat and Research was carried out starting April 2020.

2.5 Population and Sample

The population taken in this study were mothers who were pregnant and experienced nausea and vomiting as many as 42 people. In this study, the sampling technique was carried out using a total sampling technique of 42 people. The inclusion and exclusion criteria in this study were the inclusion criteria in this study were pregnant women who experienced nausea and vomiting, were willing to be respondents and could speak Indonesian, the exclusion criteria of this study were respondents did not fill out the questionnaire completely.

2.6 Method of collecting data

The data collection method used in this research is to use a questionnaire or questionnaire (questionnaires). To facilitate the analysis, a score (scoring) is given to each answer for the independent and dependent variables with an observation sheet for giving warm water where the questionnaire consists of 1 question. As for the scoring criteria, a score of 1 if given and a score of 0 if not given a questionnaire to reduce nausea and vomiting. This questionnaire consists of 10 statements. The criteria for giving a score of 1 if you answered yes and a score of 0 if you answered no.

3. Results and Discussion

3.1 Demographic Data

The results of collecting demographic data from respondents through this study were about the effect of giving warm water to reducing nausea and vomiting in pregnant women at the Kumita Sari Clinic, Kec. Tualang District. Langkat with 42 respondents can be presented in the form of a table as follows:

Table 1
Frequency Distribution of Mother's Age at Kumita Sari Clinic, Kec. Tualang Field Regency. Langkat Year 2020 (n=42)

No	Category	Total (n)	Percentage (%)
1	25-35 Years	29	69.0
2	36-45 Years	11	26.2
3	46-55 Years	2	4.8
Total		42	100

In table 4.1.1 it can be seen that of the 42 respondents the majority of mothers aged 25-35 years were 29 respondents (69.0%) and the minority 46-55 years were 2 respondents (4.8%).

Table 2.
Frequency Distribution of Maternal Priests at Kumita Sari Clinic, Kec. Tualang District. Langkat Year 2020 (n=42)

No	Category	Total (n)	Percentage (%)
1	Primipara	24	57.1
2	Multipara	13	31.0
3	Grandemultipara	5	11.9
Total		42	100

In table 4.1.2 it can be seen that of the 42 respondents the majority of parity primiparous mothers were 24 respondents (57.1%) and the minority of grandemultiparas were 5 respondents (11.9%).

3.2 Univariate Analysis

The results of data collection from respondents through this study about the effect of giving warm water to reducing nausea and vomiting in pregnant women at the Kumita Sari Clinic with a total of 42 respondents can be presented in the form of a table as follows:

Table 3.
Distribution of the frequency of giving warm water at the Kumita Sari Clinic, Kec. Tualang Field Regency. Langkat Year 2020 (n=42)

No	Category	Total (n)	Percentage (%)
1	Given	36	85.7
2	Not Given	6	14.3
Total		42	100

In table 4.2.1 it can be seen that of the 42 respondents the majority were given warm water as many as 36 respondents (85.7%) and the minority were not given as many as 6 respondents (14.3%).

Table 4.
Frequency Distribution of Decreased Nausea and Vomiting at Kumita Sari Clinic, Kec. Tualang Field Regency. Langkat Year 2020 (n=42)

No	Marital Status	Frequency	Percentage (%)
1	Mary	33	72
2	Unmarried	0	0
3	Window/window	13	28
	Sum	46	100

In table 4.1.2 it can be seen that of the 42 respondents, the majority experienced a decrease in nausea and vomiting as many as 32 respondents (76.2%) and the minority did not occur as many as 10 respondents (23.8%).

3.3 Bivariate Analysis

Table 5.
Frequency Distribution of the Effect of Warm Water on Reducing Nausea and Vomiting Pregnant Women at Kumita Sari Clinic in 2020 (n=42)

No	Giving Warm Water	Decreased Nausea Vomiting				Total		p.value	df
		Occur		Not occur		n	%		
		n	%	n	%				
1	Given	29	90.6	7	70.0	36	85.7		
2	Not Given	3	9.4	3	30.0	6	14.3	1	
	Total	32	100	10	100	42	100		

Based on table 4.3.1, it can be seen that from 42 respondents the majority were given warm water as many as 36 respondents (85.7%) and the minority were not given as many as 6 people (14.3%). The results of hypothesis testing to see the relationship between variable X and variable Y are with a significant level (α) = 5% (0.05) and $df = 1$, the results are $p.value = 0.000$ at $df = 1$ where $sig < (0.000 < 0.05)$ then it can be seen that there is an effect of giving warm water to the reduction of nausea and vomiting in pregnant women at the Kumita Sari Clinic in 2020.

3.4 Discussion

a. Frequency Distribution of the Effect of Warm Water on Reducing Nausea and Vomiting in Pregnant Women at the Kumita Sari Tahu Clinic 2020 (n=42).

The results of the study of demographic data showed that of the 42 respondents the majority of mothers aged 25-35 years were 29 respondents (69.0%) and the minority 46-55 years were 2 respondents (4.8%) and the majority of parity primiparous mothers were 24 respondents (57.1%) and the minority of grandemultipara as many as 5 respondents (11.9%). The results showed that from 42 respondents the majority were given warm water by 36 respondents (85.7%) and the minority was not given as many as 6 respondents (14.3%) and the majority experienced a decrease in nausea and vomiting as many as 32 respondents (76.2%) and minority did not occur as many as 10 respondents (23.8%).

The results of the statistical test show that using a significant level of 0.05 and the statistical test results show that there is an effect of giving warm water to the reduction of nausea and vomiting in pregnant women at the Kumita Sari Clinic in 2020, which can be seen from a significant value of $0.000 < 0.05$.

The results of hypothesis testing to see the relationship between variable X and variable Y are with a significant level (α) = 5% (0.05) and $df = 1$, the results are $p.value = 0.000$ at $df = 1$ where $sig < (0.000 < 0.05)$ then it can be seen that there is an effect of giving warm water to the reduction of nausea and vomiting in pregnant women at the Kumita Sari Clinic in 2020. Pregnancy is a change in order to continue offspring naturally, resulting in a fetus growing in the mother's womb. Pregnancy involves physical and emotional changes from the mother as well as social changes in the family. Nausea and vomiting are complaints that are often experienced by pregnant women, especially in the first trimester. Symptoms usually appear at 7-12 weeks of gestation (Chandra, K. et al, 2018).

Nausea and vomiting are normal things that often occur at a young gestational age and are most common at 6-12 weeks of gestation and will end in the first 20 weeks of pregnancy. This complaint occurs 70% -80% of all women who. Complaints of nausea and vomiting are sometimes so severe that everything that is eaten and drunk is vomited by pregnant women which can affect general conditions and interfere with daily life, or better known as pregnant hyperemesis

gravidarum (Cathy, 2015).

Hyperemesis gravidarum is excessive nausea and vomiting that occurs during pregnancy. This dangerous vomiting is distinguished from the normal nausea and vomiting commonly experienced by pregnant women because it is more intense than normal vomiting and lasts during the first trimester of pregnancy. Excessive and uncontrolled vomiting during pregnancy can cause weight loss of 5% of the initial body weight before pregnancy, dehydration, electrolyte imbalance, nutritional deficiency, and ketonuria (Lowdermilk, 2017).

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According to the American Pregnancy Association (APA), the majority of pregnant women experience some type of morning sickness and at least 60,000 cases of hyperemesis gravidarum are reported to be hospitalized, and the number is estimated to be much higher because many pregnant women are only treated at home or outpatient. Pregnancy Association, 2018).

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According to an article from the Healthy Doctor (2017), water is one type of drink that is good, useful and very good for the needs and health of all members of the body. Can not imagine, if the body lacks fluids or water in a relatively long period of time. In research and research, all tissues and organs of the human body are very fluid or water in sufficient quantities to carry out various daily activities. The best time to start getting enough water is in the morning after waking up. Because in the morning the body wakes up from rest and the overnight recovery process. But during that time the body loses a lot of fluids. So, it is highly recommended to drink water.

Based on this, it is expected that the clinic can provide information about the effects that can be caused by nausea and vomiting in pregnant women and provide early prevention and can be done at home, namely by drinking warm water. Researchers assume that the more often pregnant women consume warm water when vomiting begins or occurs, it will reduce nausea and vomiting in pregnant women and can reduce the risk of dehydration due to excessive nausea and vomiting.

4. Conclusion

The majority of mothers aged 25-35 years were 29 respondents and the minority 46-55 years were 2 respondents. The majority of parity primiparous mothers were 24 respondents and the minority of grandemultiparas were 5 respondents. The majority of the provision of warm water was given by 36 respondents and the minority was not given as many as 6 respondents. The majority experienced a decrease in nausea and vomiting as many as 32 respondents and the minority did not occur as many as 10 respondents. There is an effect of giving warm water to reduce nausea and vomiting in pregnant women at the Kumita Sari Clinic.

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