

ABSTRAK

EFEKTIFITAS KOMBINASI AKUPRESURE TITIK SP6 DAN RENDAM AIR HANGAT CAMPURAN GARAM DAN SERAI TERHADAP EDEMA KAKI PADA IBU HAMIL DI POLIKLINIK PT. SUNGAI RANGIT

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Kasus di Poloklinik PT. Sungai Rangit tahun 2024 terdapat jumlah kunjungan ibu hamil yang melakukan pemeriksaan sebanyak 200 kunjungan, sebagian besar ketidaknyamanan pada ibu hamil salah satunya sebesar 15% mengalami edema kaki. Terapi akupresure titik SP6 dan rendaman air hangat dengan campuran garam dan serai dapat digunakan sebagai alternatif non farmakologis untuk meredakan edema pada kaki ibu hamil. Tujuan penelitian ini untuk mengetahui efektifitas kombinasi akupresure titik sp6 dan rendam air hangat campuran garam dan serai terhadap edema kaki pada ibu hamil di Poliklinik PT. Sungai Rangit.

Desain penelitian ini menggunakan desain penelitian *pre-eksperimental one group pretest-posttest design*. Populasi dalam penelitian ini adalah seluruh ibu hamil sebanyak 85 orang. Metode pengambilan sampel menggunakan *purposive sampling*. Sampel ibu hamil trimester II dan III dengan edema kaki sebanyak 45 responden. Pengumpulan data menggunakan SOP dan lembar observasi. Hasil analisa data untuk melihat efektivitas titik sp6 dan rendaman air campuran garam dan serai menggunakan uji *wilcoxon*.

Hasil penelitian sebagian besar responden mengalami edema kaki derajat 2 sebelum diberikan intervensi (51,1%). Setelah dilakukan intervensi sebagian besar responden yang mengalami edema kaki derajat 1 (71,1%). Hasil uji statistik *wilcoxon* didapatkan nilai $p=0,000$, berarti pemberian kombinasi akupresure Sp6 dan rendam air hangat campuran garam dan serai efektif mengatasi edema kaki pada ibu hamil. Diharapkan bagi ibu hamil yang mengalami edema untuk tetap melanjutkan terapi akupresure titik Sp6 dan rendam air hangat campuran garam dan serai, karena cukup efektif dalam penurunan edema pada kaki ibu hamil.

Kata Kunci : Akupresure titik sp6, Rendaman air hangat campuran garam dan serai, Edema kaki ibu hamil

ABSTRACT

THE EFFECTIVENESS OF COMBINING SP6 POINT ACUPRESSURE AND WARM WATER SOAKS WITH A MIXTURE OF SALT AND LEMONGRASS ON LEG EDEMA IN PREGNANT WOMEN AT THE PT. SUNGAI RANGIT POLYCLINIC

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In 2024, the PT. Sungai Rangit Polyclinic recorded 200 visits from pregnant women for examinations. A common discomfort among these women was leg edema, affecting approximately 15% of them. SP6 point acupressure and warm water soaks with a mixture of salt and lemongrass can be used as non-pharmacological alternatives to alleviate leg edema in pregnant women. The objective of this study was to determine the effectiveness of combining SP6 point acupressure and warm water soaks with a mixture of salt and lemongrass on leg edema in pregnant women at the PT. Sungai Rangit Polyclinic.

The research design used a pre-experimental one-group pretest-posttest design. The population in this study were all pregnant women, totaling 85 people. The sampling method used was purposive sampling. The sample consisted of 45 pregnant women in the second and third trimesters with foot edema. Data were collected using SOPs and observation sheets. The data analysis results to see the effectiveness of the SP6 point and warm water foot soak mixed with salt and lemongrass used the Wilcoxon test.

The results showed that the majority of respondents experienced grade 2 foot edema before the intervention (51.1%). After the intervention, the majority of respondents experienced grade 1 foot edema (71.1%). The results of the Wilcoxon statistical test obtained a p-value = 0.000, meaning that the combination of SP6 acupressure and warm water foot soak mixed with salt and lemongrass was effective in treating foot edema in pregnant women. It is recommended that pregnant women who experience edema continue the therapy of SP6 acupressure and warm water foot soak mixed with salt and lemongrass, as it is quite effective in reducing edema in the feet of pregnant women.

Keywords: SP6 point acupressure, Warm salt and lemongrass water soak, Leg edema in pregnant women.