

ABSTRAK

PENGARUH KONSUMSI PISANG KEPOK (*MUSA PARADISIACA FORMATIPYCA*) TERHADAP PENURUNAN INTENSITAS MUAL MUNTAH PADA IBU GRAVIDA TRIMESTER 1 DI DESA GELAMAN KECAMATAN ARJASA KABUPATEN SUMENEP

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Mual muntah pada awal kehamilan adalah sesuatu yang wajar dialami oleh semua ibu hamil selama intensitasnya tidak berlebihan. Hal tersebut berdampak pada ibu hamil dan juga janin sehingga kehilangan cairan, nutrisi dan berat badan. Tujuan penelitian ini adalah untuk mengetahui pengaruh pemberian konsumsi pisang Kepok (*Musa Paradisiaca Formatypica*) terhadap penurunan intensitas mual dan muntah Ibu Gravidia Trimester I

Penelitian ini menggunakan desain *pre-experiment* dengan *one group pre-post test* pada ibu hamil di berikan pisang kepok rebus 40 menit 3 kali dalam 1 hari selama 7 hari, Populasi dalam penelitian ini adalah ibu hamil trimester I yang mengalami mual muntah jumlah sampel 36 responden. Teknik sampling menggunakan *Random sampling*. Variabel independennya Konsumsi pisang kepok sedangkan Variabel dependennya Intensitas mual muntah. Penelitian ini menggunakan Kuesioner dengan analisis data *uji wilcoxon*

Hasil penelitian diketahui sebelum diberikan pisang kepok sebagian besar (75,0%) mengalami mual muntah sedang sebanyak 27 responden. Setelah diberikan Pisang Kepok sebagian besar 18 Responden (50,0%) Tidak mual muntah.

Berdasarkan hasil uji statistik diketahui nilai *p value* 0,000. Karena nilai 0,000 lebih kecil dari $<0,05$ maka dapat disimpulkan bahwa “hipotesis diterima” ada pengaruh pemberian pisang Kepok (*Musa Paradisiaca F*) terhadap intensitas mual muntah pada ibu Gravidia trimester I

Pisang kepok rebus memiliki kandungan vitamin B6 yang paling tinggi yaitu pisang kepok yang direbus selama 40 menit dengan Kadar Vitamin (0.3646), sehingga dengan kadar vitamin B6 maka akan mengurangi intensitas mual muntah.

Kata kunci: ibu Gravidia trimester I, Mual muntah, Pisang Kepok

ABSTRACT

THE EFFECT OF CONSUMPTION OF KEPOK BANANA (MUSA PARADISIACA FORMATIPYCA) ON REDUCING THE INTENSITY OF NAUSEA, VOMITING IN 1ST TRIMESTER GRAVIDA WOMEN IN GELAMAN VILLAGE, ARJASA DISTRICT, SUMENEP DISTRICT

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Nausea and vomiting in early pregnancy is something that is normal for all pregnant women to experience as long as the intensity is not excessive. This has an impact on pregnant women and also the fetus, causing fluid, nutrition and weight loss. The aim of this study was to determine the effect of consuming Kepok bananas (*Musa Paradisiaca Formatypica*) on reducing the intensity of nausea and vomiting in women in first trimester gravida.

This study used a pre-experiment design with one group pre-post test in which pregnant women were given boiled kepok bananas for 40 minutes 3 times a day for 7 days. The population in this study was pregnant women in the first trimester who experienced nausea and vomiting. The sample size was 36 respondents. . The sampling technique uses random sampling. The independent variable is consumption of kepok bananas while the dependent variable is intensity of nausea and vomiting. This research uses a questionnaire with Wilcoxon test data analysis

The results of the research showed that before being given Kepok bananas, the majority (75.0%) experienced moderate nausea and vomiting, as many as 27 respondents. After being given Banana Kepok, most of the 18 respondents (50.0%) did not experience nausea and vomiting.

Based on the results of statistical tests, it is known that the p value is 0.000. Because the value of 0.000 is smaller than <0.05 , it can be concluded that the "hypothesis is accepted" that there is an effect of giving Kepok bananas (*Musa Paradisiaca F*) on the intensity of nausea and vomiting in Gravida mothers in the first trimester.

Boiled kepok bananas have the highest vitamin B6 content, namely kepok bananas that are boiled for 40 minutes with vitamin levels (0.3646), so that vitamin B6 levels will reduce the intensity of nausea and vomiting.

Key words: first trimester gravida mother, nausea and vomiting, banana kepok