ABSTRAK

Latar belakang : Mual dan muntah adalah keluhan yang umum terjadi saat awal kehamilan. Mual dan muntah secara signifikan memberikan pengaruh pada penurunan kualitas hidup ibu hamil **Tujuan**: Menjelaskan pengaruh konseling terhadap frekuensi dan tingkatan mual muntah pada ibu hamil. **Metode:** Jenis penelitian *quasi experimental* dengan rancangan *non randomized control group pretest posttest design*. Kelompok kontrol sebanyak 37 orang dan kelompok eksperimen sebanyak 37 orang. Kelompok kontrol hanya mendapat ANC standar, kelompok eksperimen mendapat konseling mual dan muntah pada kehamilan. Variabel independen adalah konseling yang disusun menggunakan *Roy Adaptation Model*, variabel dependen adalah frekuensi dan tingkkatan mual dan muntah. Instrumen penelitian yang digunakan adalah kuesioner dan SAP konseling.Analisis data menggunakan uji *Wilcoxon* dan *Mann Whitney*. **Hasil**: Kelompok perlakuan mengalami penurunan frekuensi dan tingkatan mual dan muntah, sedangkan kelompok kontrol tidak terdapat perubahan. Hasil uji statistik Mann Whitney didapatkan p *value* frekuensi mual 0.018 dan p *value* frekuensi muntah 0.000 serta p *value* tingkatan mual dan muntah 0.034 yang menunjukkan bahwa terdapat beda pada kelompok perlakuan dibandingkan kelompok kontrol.**Kesimpulan**: Ada pengaruh konseling *Roy Adaptation Model* terhadap frekuensi dan tingkatan muntah mual pada kehamilan.

Kata kunci : Mual, Muntah, Kehamilan, Konseling, Roy Adaptation Model.

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ABSTRACT

Background: Nausea and vomiting are commonly during early pregnancy. Nausea and vomiting significantly decrease in quality of life. **Objective**:This study aimed to explain the effect of counseling on the frequency and level of nausea and vomiting in pregnant women. **Method**: This was a quasi-experimental study with a non randomized control group pretest posttest design. The control group was 37 people and the experimental group were 37 people. The control group only received a standard ANC, the experimental group received nausea and vomiting counseling in pregnancy. The independent variables was counselling based on Roy Adaptation Model, the dependent variable was frequency and level severity of nausea and vomiting. The research instrument used was a questionnaire and counseling. Data analysis used univariate and bivariate analysis (Wilcoxon Signed Rank Test and Mann Whitney). **Results**: The experimental group experienced decreased in frequency and level of nausea, while control group did not change. Statistical Mann Whitney test results obtained p value of nausea frequency of 0.018, and p value of frequency of vomit 0.000 and p value of levels of nausea and vomiting 0.034 which showed that there were differences in the experimental group compared to the control group. **Conclusion**: There is an effect of counseling Roy Adaptation Model to the frequency and level of nausea vomiting in pregnancy

Keywords: Nausea, Vomiting, Pregnancy, Counselling, Roy Adaptation Model

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