

ABSTRACT

Emesis gravidarum is often experienced by pregnant women during the first trimester. It affects daily activities, decreases appetite, even causing fetus to suffer malnutrition. *Emesis gravidarum* could lead to *hyperemesis gravidarum* which increases pregnancy risks. Ginger is an herb that has long been known to prevent nausea and vomiting that contains gingerols compound which has antiemetic activity and reduces metoklopramid compounds that induces nausea and vomiting.

The design of this research is Quasi experiment with the control group pre-post test design. The samples are first trimester pregnant women who experience *emesis gravidarum* in Pondok Bersalin Tebalo Manyar Gresik village, 17 respondents for each experimental and control groups. The sampling technique is using simple random sampling and the data is analyzed using independent t-test and paired t test.

Average frequency of *emesis gravidarum* in the experimental group before given ginger as much as 3.71 times / day decreased to 2.24 times / day. Hence, there's significant difference before and after administration of ginger. While the average frequency of *emesis gravidarum* of the control group before being given water and sugar as much as 5.00 times / day to 5.00 times / day, and there is no significant difference before and after administration of water and sugar. The difference average before and after the frequency of *emesis gravidarum* experimental group that is -1,47 which means there is a decrease frequency of *emesis gravidarum*, while in the control group of 0,71 which means no change in the frequency of *emesis gravidarum*. And there's significant difference effectiveness of decline in the frequency of *emesis gravidarum*.

Pregnant mothers can use ginger as an alternative treatment because it is cheap, readily available and affordable to all people before using antiemetic drugs, which can be processed into another variant to reduce the frequency of *emesis gravidarum*.

Keywords: *Emesis Gravidarum*, Wedang Ginger