

Combination Of Aroma Therapy And P6 (Nei Guan) Point Acupressure On Emesis Gravidarum In Primipara

Sutrisna Altahira
Politeknik Baubau

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Email :
sutrisnaaltahirah@gmail.com

ABSTRACT

Nausea and vomiting occur in 60-80% of primigravidas and 40-60% occur in multigravidas (Mahdika, 2016). Nausea and vomiting in pregnant women if not treated immediately will result in a very weak mother's body, pale face and decreased frequency of urination so that body fluids decrease and blood becomes thick (hemoconcentration). This study aims to determine the effectiveness of the combination of aromatherapy and acupressure at point P6 (Nei Guan) for emesis gravidarum at the Waara Health Center, Muna Regency. The design of this study used the Pretest-Posttest with control design. The study design used pre- and post-tests in the intervention group (pregnant women with emesis gravidarum who were given a combination of aromatherapy and acupressure at point P6) in the control group (pregnant women with emesis gravidarum who were given acupressure at point P6). The bivariate test obtained a value of 0.001, namely $\alpha > 0.05$ so that H_a was accepted, namely there was an effect of giving a combination of point P6 acupressure with Lemon aromatherapy on emesis gravidarum in primiparous women.

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1. INTRODUCTION

According to the World Health Organization (WHO), the number of incidents of hyperemesis gravidarum reaches 12.5% of all pregnancies in the world (Maesaroh & Putri, 2019). Examination visits for pregnant women in Indonesia obtained data on mothers with hyperemesis gravidarum reaching 14.8% of all pregnancies [1]. Every year there are 5,2 million mothers giving birth in Indonesia and 15 thousand maternal deaths, of which experience complications that cause death. One of the complications of pregnancy is hyperemesis gravidarum [2]. Hyperemesis gravidarum occurs worldwide with incidence rates ranging from 1-3% of all pregnancies in Indonesia, 0.3% of all pregnancies in Sweden, 0.5% in California, 0.8% in Canada, 10.8% in China, 0.9% in Norway, 2.2% in Pakistan and 1.9% in Turkey, in the United States, the prevalence of hyperemesis gravidarum is 0.5-2% [3].

Nausea and vomiting occur in 60-80% of primigravidas and 40-60% occur in multigravidas (Mahdika, 2016). Nausea and vomiting in pregnant women if not treated immediately will result in a very weak mother's body, pale face and decreased frequency of urination so that body fluids decrease and blood becomes thick (hemoconcentration) [4]. This situation can slow down blood circulation so that the consumption of oxygen and food to the tissues is also reduced, causing tissue damage which can endanger the health of the mother and the health of the fetus she is carrying [5].

One of the efforts to overcome nausea and vomiting in pregnant women is lemon aromatherapy. The use of lemon aromatherapy by inhalation, if the essential oil is inhaled, the volatile molecules will carry the aromatic elements contained in the oil content to the top of the nose, the vibrating hairs contained therein, which function as receptors, will deliver electrochemical messages to the central nervous system [6]. This message will activate a person's emotional and memory centers which will then deliver messages back throughout the body through the circulatory system. Messages delivered throughout the body will be converted into one action by releasing neurochemical substances in the form of feelings of pleasure, relaxation, calm, or excitement [7].

Aromatherapy is a therapeutic action using essential oils which are useful for improving physical and psychological conditions so that they become better. Each essential oil has unique pharmacological effects, such as antibacterial, antiviral, diuretic, vasodilator, sedative, and adrenal stimulating. When

essential oils are inhaled, the molecules enter the nasal cavities and stimulate the limbic system in the brain. The limbic system is an area that influences emotion and memory and is directly related to the adrenals, pituitary gland, hypothalamus, the parts of the body that regulate heart rate, blood pressure, stress, memory, hormone balance, and breathing [8]. The effect of aromatherapy for those who inhale it is that it can provide peace, comfort, peace, refreshing and can overcome the problem of nausea in pregnant women [9]. One of the ways to use aromatherapy is by inhalation because it is absorbed faster than giving drugs orally because of the fast delivery of drugs through the wide surface of the respiratory tract and lung epithelium, so it only takes a few seconds to minutes [10]. Meanwhile, oral administration of drugs such as peridoxine (B6) requires a slower absorption time because the path to reach the tissues is more complicated and when taking drugs together with food can affect absorption so that drugs that are not acid-resistant become damaged or not absorbed [11].

Acupressure is a method of massage based on the science of acupuncture or it can also be called acupuncture without needles [12].

Acupressure therapy is one of the non-pharmacological therapies in the form of massage therapy at certain meridian points related to internal organs to treat nausea and vomiting. Acupressure therapy for nausea and vomiting is done by pressing manually on the Pericardium [13]. Acupressure (pericardium point 6) is an action to reduce or reduce nausea and vomiting in pregnancy which is done by pressing certain body points (points pericardium 6 or three fingers below the wrist). This therapy does not include drugs or invasive procedures but activates the cells in the body, so this therapy does not have side effects like drugs and does not require high costs [14]. Efforts to overcome emesis gravidarum at the Waara Health Center are mostly pharmacological therapy so that researchers are interested in doing complementary therapy, in this case a combination of aromatherapy and acupressure at point P6 for emesis gravidarum.

2. METHOD

This type of research is a quasi-experimental research method which in practice does not use random assignments but uses existing groups [15]. The design of this study used the Pretest-Posttest with control design. The study design used pre- and post-tests in the intervention group (pregnant women with emesis gravidarum who were given a combination of aromatherapy and acupressure at point P6) in the control group (pregnant women with emesis gravidarum who were given acupressure at point P6). The sample in this study were 28 First Trimester Pregnant Women who experienced emesis gravidarum at the Waara Health Center with Inclusion Criteria in this study:

1. Trimester 1 pregnant women who carry out examinations at the Waara Health Center.
2. Experiencing emesis gravidarum
3. Not allergic to aromatherapy
4. Willing to be a respondent
5. In good health

Exclusion criteria :

1. Pregnant women who experience mental disorders
2. Pregnant women who have congenital diseases

Location This research was conducted at the Waara Health Center, Lohia District, Muna District, Southeast Sulawesi.

3. RESULTS AND DISCUSSION

The results section describes the characteristics of the research subjects, univariate analysis, bivariate analysis and multivariate analysis (if any). In this section the table is created in the form of an open table.

Table 1. Mean of *Emesis Gravidarum* at Posyandu Mawar Puskesmas Waara

	Kombinasi	N	Mean
Emesis	Eksperimen	14	2,1429

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14

1,2143

Based on the Emesis Gravidarum frequency table in Table 1. Shows that there is a very significant decrease in emesis gravidarum with a mean of 2.1429, while in Table 2 (Control Group) there is a mean of 1.2143. The bivariate test obtained a value of 0.001, namely $\alpha > 0.05$ so that H_a was accepted, namely there was an effect of giving a combination of point P6 acupressure with Lemon aromatherapy on emesis gravidarum in primiparous women. This is in line with previous research by (Sari & Farida, 2021). Acupressure (pericardium point 6) is an action to reduce or reduce nausea and vomiting in pregnancy which is done by pressing certain body points (pericardium point 6). or three fingers below the wrist).

The combination of Acupressure point P6 and Lemon Aromatherapy is very effective in dealing with Emesis Gravidarum, this is due to the content of essential oils which can provide a calming effect so that it can overcome the feeling of emesis in pregnant women. soothing to pregnant women. Acupressure combined with aromatherapy creates a feeling of calm, comfort and relaxation, so it is highly recommended for pregnant women who experience emesis gravidarum [14].

Acupressure at the P6 point provides a stimulating effect at that point which is believed to be able to increase the release of beta-endorphin in the pituitary and ACTH as long as the chemoreceptor trigger zone (CTZ) inhibits the vomiting center, if given routinely to pregnant women it can eliminate emesis gravidarum.

In this study the administration of p6 point acupressure and aromatherapy was carried out at the same time so that the effect was very significant, pregnant women felt comfortable and calm during the therapy process and no side effects were caused during the research process.

4. CONCLUSION

The conclusion in this study is that there is a very significant difference in the level of emesis gravidarum between the intervention and control groups and there is an effect of giving a combination of acupressure and lemon aromatherapy to emesis gravidarum in Primipara pregnant women.

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