

The effect of acupressure therapy on morning sickness in pregnant women at the Berohol health center in Tebing Tinggi city in 2022

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Article Info	ABSTRACT
<p>Keywords: Acupressure Therapy, Morning Sickness</p>	<p>Morning Sickness is a problem that often occurs in pregnant women. One alternative that can be given to reduce morning sickness is acupressure therapy. This study aims to determine whether there is an effect of acupressure therapy on morning sickness in pregnant women at the Berohol Health Center in 2022. This research is a quasi-experimental study with a one-group pretest-posttest design approach. This research was conducted from September 12, 2022 to September 24, 2022. The population is 32 people. Sampling using purposive sampling with a total sample of 26 people. The results showed that the majority of the incidence of morning sickness before being given acupressure therapy to pregnant women at the Berohol Health Center in 2022 was moderate and the majority of the incidence of morning sickness after being given acupressure therapy to pregnant women at the Berohol Health Center in 2022. Based on the results of the paired t test, it was found that the p value = 0.001 <0.05. The conclusion in this study is that there is an effect of acupressure therapy on morning sickness in pregnant women at the Berohol Health Center in 2022. The suggestion in this study is that the Berohol Health Center makes an alternative to giving acupressure therapy to reduce morning sickness in addition to getting antiemetic drugs from the health center.</p>

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INTRODUCTION

Pregnancy is a physiological process for women that begins with the fertilization process, then the fetus develops in the uterus and ends with birth. Various complaints can occur during pregnancy, one of which is nausea and vomiting in early pregnancy. Nausea and vomiting in the morning (morning sickness) are normal symptoms and are often found in the first trimester of pregnancy (Maheswara et al, 2020).

Nearly 50-90% of pregnant women experience nausea in the first trimester. There are various causes of nausea and vomiting, including changes in the hormone estrogen and the release of human chorionic gonadotropin (HCG) in the serum. This complaint is a physiological thing, but if it is not treated immediately it will become pathological and will cause problems with pregnancy (Widatiningsih and Dewi, 2017).

Based on data from the World Health Organization (WHO, 2015) estimates that at least 14% of all pregnant women experience nausea and vomiting, the incidence of nausea and vomiting in pregnancy in Indonesia obtained from 2,203 pregnancies that were completely observed was 534 pregnant women who experienced nausea. vomit. According to WHO, pregnancies with hyperemesis gravidarum reach 12.5% of all pregnancies in the world with varying incidence rates, starting from 0.3% 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. Meanwhile, the incidence of hyperemesis gravidarum in Indonesia ranges from 1-3% of all pregnancies (Tanjung and Nasution, 2021).

Data in Indonesia, the comparison of the incidence of nausea and vomiting which leads to pathology or what is called hyperemesis gravidarum is 4: 1000 pregnancies. It is estimated that 50% to 80% of pregnant women experience nausea and vomiting and approximately 5% of pregnant women require treatment for fluid replacement and correction of electrolyte imbalances (Kartikasari, 2017).

Symptoms of nausea and vomiting in the morning (morning sickness) usually begin to be felt by pregnant women at 4 weeks to 7 weeks of gestation and disappear at 16 weeks of gestation, which is around 90% of women. Most women do not require treatment, and go through pregnancy without special intervention. However, if nausea and vomiting are severe and persistent, the condition can progress to hyperemesis gravidarum, especially if the woman is unable to maintain adequate hydration, fluid and electrolyte balance, and nutrition (Nurmala, 2021).

Nausea and vomiting that are not resolved in pregnant women will experience complications. The most obvious complications are dehydration and malnutrition. If not handled properly, this can cause loss of gastric fluid causing dehydration, metabolic alkalosis and hypokalemia. Patients need to receive fluid replacement therapy to correct dehydration. If vomiting continues for some time, maternal weight loss, oliguria, hypokalemic alkalosis and constipation will occur. Intrauterine fetal growth restriction has also been reported. Sometimes, violent vomiting can also cause rupture of the esophagus due to pressure, liver damage, jaundice and even death (Maheswara et al, 2020).

Management of nausea and vomiting in pregnancy can be carried out pharmacologically and non-pharmacologically. One non-pharmacological therapy to treat nausea and vomiting is acupressure at the Pericardium 6 (P6) point (Farhad, K, 2016). Point P6 is an important point where acupressure is given to clients with nausea and vomiting. The stimulation effect at this point can increase the release of beta-endorphin in the pituitary and adrenocorticotrophic (ACTH) along the chemoreceptor trigger zone (CTZ) which can inhibit the vomiting center (Tanjung and Nasution, 2021).

Supported by Maheswara et al (2020) who stated that acupressure at pericardium point 6 can produce good evaluations in mothers who experience nausea and vomiting in the mild and moderate categories. In line with research by Mobarakabadi et al, (2020) stated that complementary acupressure therapy at the neiguan point can be used as additional therapy for treating nausea and vomiting in pregnant women. Acupressure is a massage method based on the science of acupuncture or it can also be called acupuncture

without needles, stimulating the regulatory system and activating endocrine and neurological mechanisms which physiologically occur during mild and moderate vomiting. The acupressure process focuses on the body's nerve points, acupressure therapy is carried out by manually pressing the P6 point in the wrist area (Ratna, 2021).

Acupressure can be done by manually pressing P6 in the wrist area, namely 3 fingers from the distal area of the wrist or two tendons for 2 minutes. The process using the acupressure technique focuses on the body's nerve points (Tanjung and Nasution, 2021). In line with Masdinarsyah's statement (2022), acupressure is given to pregnant women in the first trimester who experience nausea and vomiting for 30 seconds and repeated 4 times (the total duration is 2 minutes). The P6 point (Pericardium 6) can relieve nausea and vomiting which is located 3 fingers below the inner wrist between the 2 tendons and the ST 36 point located in the cun area or 4 fingers from the crest of the tibia, the ST 36 point functions to suppress diseases related to stomach problems such as nausea and vomiting, diarrhea and epigastric pain (Masdinarsyah, 2022).

Based on the initial survey conducted at the Berohol Health Center, it was found that the number of pregnant women in the first trimester category from June 2022 to July 2022 was 32 people (Berohol Health Center Profile, 2022). Based on the results of interviews conducted with 10 mothers who experienced vomiting in the morning (morning sickness), they had tried to reduce nausea and vomiting by changing their diet (eating little but often), using anti-nausea and vomiting drugs such as vitamin B6 and using aromatherapy. However, these efforts have not been optimal in reducing nausea and vomiting. However, I have never used the acupressure method.

METHODS

This research is a quasi-experimental research, namely research that provides treatment and measures the effects of the treatment but does not use random samples to conclude changes caused by the treatment (Notoadmodjo, 2014). The research design uses a Pre-Experimental Design with a one-group pretest-posttest design approach, namely a technique to determine the effects before and after giving treatment (Sugiyono, 2017). Namely the effect of acupressure therapy on morning sickness in pregnant women at the Berohol Health Center in 2022

RESULTS AND DISCUSSION

Results

The characteristics of the respondents examined in this research include: Age, education and employment can be seen in table 1:

Table 1. Characteristics of Respondents at the Berohol Health Center in 2022

No	Characteristics	Frequency (f)	Percentage (%)
1	Respondent's Age		
	20-25 Years	5	19.2
	26-30 Years	14	53.8
	31-35 Years	6	23.1

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No	Characteristics	Frequency (f)	Percentage (%)
	36-40 Years	1	3.8
	Amount	26	100.0
2	Education		
	JUNIOR HIGH SCHOOL	7	26.9
	SENIOR HIGH SCHOOL	15	57.7
	College	4	15.4
	Amount	26	100.0
3	Work		

Based on table 4.1, it can be seen from the 26 respondents at the Berohol Community Health Center that the majority of respondents are 26-30 years old, 14 people (53.8%), the respondents' education is high school, 15 people (57.7%) and the respondents' activities are housewives as many as 15 people (57.7%). To see the incidence of morning sickness before being given acupressure therapy to pregnant women at the Berohol Community Health Center in 2022, it can be described in Table 2:

Table 2. Incidence of Morning Sickness before Acupressure Therapy was given to Pregnant Women at the Berohol Community Health Center in 2022

No	Occurrence of Morning Sickness before being given Acupressure Therapy	Frequency (f)	%
1	Light	7	26.9
2	Currently	15	57.7
3	Heavy	4	15.4

From table 2, it can be seen that the majority of cases of morning sickness before being given acupressure therapy to pregnant women at the Berohol Community Health Center in 2022 were moderate at 15 people (57.7%). To see the incidence of morning sickness after being given acupressure therapy to pregnant women at the Berohol Community Health Center in 2022, it can be described in Table 3:

Table 3 Incidence of Morning Sickness after being given Acupressure Therapy to Pregnant Women at the Berohol Community Health Center in 2022

No	Occurrence of Morning Sickness after being given Acupressure Therapy	Frequency (f)	%
1	Light	11	42.4
2	Currently	14	53.8
3	Heavy	1	3.8

From table 3 it can be seen that the majority of cases of morning sickness after being given acupressure therapy to pregnant women at the Berohol Community Health Center in 2022 were 14 people (53.8%). To find out the effect of acupressure therapy on morning sickness in pregnant women at the Berohol Community Health Center in 2022, it can be described in table 4:

Table 4 Effect of Acupressure Therapy on Morning Sickness in Pregnant Women at the Berohol Health Center in 2022

No	Treatment	Mean	N	CI Difference
1	Morning Sickness Pre Test	7.31	26	1,535
3	Morning Sickness Post Test	6.12	26	

Based on Table 4.4 above, it can be seen that there is a difference in the average value of the incidence of morning sickness before and after being given acupressure therapy to pregnant women. The incidence of morning sickness before acupressure therapy was carried out had an average value of 7.31 with an index (0-5 = mild, 6-10 = moderate and 11-15 = severe). So it can be concluded that the incidence of morning sickness before being given acupressure therapy to pregnant women at the Berohol Health Center in 2022 is moderate. Then, after acupressure therapy was carried out, the average pain score was 6.12, which indicated that the incidence of morning sickness after being given acupressure therapy to pregnant women at the Berohol Community Health Center in 2022 was moderate but there was a significant decrease.

Then, based on the results of the Paired Sample –Test, a p-value of $0.001 < \alpha = 0$, then H_0 is rejected, meaning that simultaneously there is an effect of acupressure therapy on morning sickness in pregnant women at the Berohol Community Health Center in 2022 with a CI Difference value of 1.535, which indicates that acupressure therapy is 1.5 times more effective in reducing the incidence of morning sickness.

Discussion

Morning Sickness or better known as Emesis Gravidarum is a symptom of nausea usually accompanied by vomiting which generally occurs at the beginning of pregnancy, usually in the first trimester. Nausea usually occurs in the morning, but can also occur at any time and at night. These symptoms occur after 6 weeks from the first day of menstruation and last for approximately 10 weeks (Isnaini & Reflani, 2018).

Based on the research results, it was found that the incidence of morning sickness before being given acupressure therapy to pregnant women at the Berohol Community Health Center in 2022 was moderate. The mother stated that in the last 24 hours she said she felt nauseous or had stomach pain for about 4-6 hours, felt vomiting up to 7 times and experienced vomiting but did not expel it 3-4 times. In line with research by Patonah et al (2021) which states that the initial symptom of morning sickness is nausea and vomiting approximately 6 weeks after the first day of the last menstruation and lasts for approximately 10 weeks.

The morning sickness felt by the majority of respondents was moderate. This is because the majority of respondents have received antiemetic medication so that the morning sickness experienced by the mother is not excessive. The cause of nausea and vomiting during pregnancy is caused by high concentrations of Human Chorionic Gonadotrophin (HCG), which in pregnancy will be aggravated if it is affected by hydatidiform mole. The cause of hyperentesis gravidarum is also uncertain. Again,

endocrine and psychological factors are suspected, but the evidence is inconclusive (Nurmala, 2021).

Prevention of nausea and vomiting in pregnancy by encouraging small but more frequent meals, encouraging drinking warm tea and biscuits, dry bread, apart from that, mothers are also expected not to consume excess milk or foods containing fat, because this will increase the urge to vomit (Tanjung and Nasution, 2021).

CONCLUSION

Based on research conducted at the Berohol Health Center in 2022, the conclusion was obtained: The majority of cases of morning sickness before being given acupressure therapy to pregnant women at the Berohol Health Center in 2022 were moderate. The majority of cases of morning sickness after giving acupressure therapy to pregnant women at the Berohol Community Health Center in 2022 are moderate. There is an effect of acupressure therapy on morning sickness in pregnant women at the Berohol Community Health Center in 2022 with a p-value of $0.001 < \alpha = 0.05$.

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