

Program Studi Sarjana Kebidanan

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Pengalaman Ibu Hamil Trimester 1 Tentang Hyperemesis Gravidarum dan Penanganannya di Klinik Siti Kholijah Medan Marelan

ABSTRAK

Hyperemesis gravidarum merupakan mual muntah berlebihan pada kehamilan sehingga menimbulkan gejala klinis dan mengganggu kegiatan sehari-hari. Hyperemesis gravidarum lebih dikenal dengan istilah morning sickness tetapi dalam Tingkat keparahan yang lebih tinggi, Dimana rasa sakit yang dialami lebih sakit dari sekedar morning sickness yang dialami ibu hamil pada umumnya. Tujuan penelitian ini adalah untuk mengeksplor pengalaman ibu hamil trimester 1 tentang hyperemesis gravidarum dan penanganannya. Metode penelitian yang digunakan adalah jenis penelitian deskriptif kualitatif. Lokasi penelitian ini dilakukan di klinik siti kholijah medan marelan. Waktu penelitian ini dilaksanakan dari bulan mei hingga agustus. Jumlah partisipan dalam penelitian ini adalah 7 orang ibu yang pernah mengalami hyperemesis gravidarum dan pernah dirawat atau berobat di klinik siti kholijah. Data penelitian dikumpulkan melalui wawancara mendalam pada partisipan dan dianalisa secara tematik. Hasil dari penelitian ini adalah 1. Penyebab mual dan muntah yang dialami ibu ada bau-bauan, aroma wewangian, aroma makanan dan jenis makanan seperti makanan pedas. 2. Frekuensi mual muntah yang dialami ibu hamil 3-4 kali sehari atau 4-5 kali sehari bahkan ada yang lebih dari 5 kali sehari dan durasinya semua di trimester pertama. 3. Dampak fisik yang dirasakan ibu pada saat mual muntah adalah lemas, pusing, berat badan turun sementara dampak emosional yang dirasakan ibu yaitu ibu semakin sensitive, mudah marah ataupun sedih. 4. Penanganan alternatif yang dilakukan ibu pada saat mual muntah adalah minum air hangat, mencium aroma minyak kayu putih, makan buah, minum air gula, dan penanganan medis yang didapatkan ibu adalah infus dan obat anti mual. 5. Dukungan sosial yang diterima ibu hamil selama mengalami mual muntah ada dari suami, keluarga dan tetangga. Kesimpulan dari penelitian ini adalah Para partisipan mengalami mual dan muntah selama kehamilan yang dipicu oleh bau tertentu, makanan, dan kondisi fisik, dengan intensitas bervariasi. Kondisi ini berdampak pada kesehatan fisik dan emosional, mengganggu aktivitas sehari-hari, dan dalam beberapa kasus memerlukan perawatan medis. Dukungan dari keluarga, terutama suami, sangat penting dalam membantu mereka mengatasi tantangan ini.

Kata Kunci : Pengalaman, kehamilan, hyperemesis gravidarum.

Bachelor of Midwifery Study Program

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Experience of Pregnant Women in Trimester 1 About Hyperemesis Gravidarum and Its Treatment at Siti Kholijah Clinic Medan Marelan.

ABSTRACT

Hyperemesis gravidarum is excessive nausea and vomiting during pregnancy that causes clinical symptoms and interferes with daily activities. Hyperemesis gravidarum is better known as morning sickness but in a higher level of severity, where the pain experienced is more painful than just morning sickness experienced by pregnant women in general. The purpose of this study was to explore the experiences of pregnant women in trimester 1 about hyperemesis gravidarum and its treatment. The research method used is a qualitative descriptive research type. The location of this study was conducted at the Siti Kholijah Clinic Medan Marelan. The time of this study was carried out from May to August. The number of participants in this study were 7 mothers who had experienced hyperemesis gravidarum and had been treated or medicated at the Siti Kholijah clinic. Research data were collected through in-depth interviews with participants and analyzed thematically. The results of this study are 1. The causes of nausea and vomiting experienced by mothers are odors, fragrances, food aromas and types of food such as spicy food. 2. The frequency of nausea and vomiting experienced by pregnant women is 3-4 times a day or 4-5 times a day, some even more than 5 times a day and the duration is all in the first trimester. 3. The physical impact felt by mothers during nausea and vomiting is weakness, dizziness, weight loss while the emotional impact felt by mothers is that mothers are increasingly sensitive, easily angered or sad. 4. Alternative treatments carried out by mothers during nausea and vomiting are drinking warm water, smelling eucalyptus oil, eating fruit, drinking sugar water, and the medical treatment received by mothers is infusion and anti-nausea drugs. 5. Social support received by pregnant women during nausea and vomiting comes from husbands, families and neighbors. The conclusion of this study is that participants experienced nausea and vomiting during pregnancy triggered by certain odors, foods, and physical conditions, with varying intensity. This condition has an impact on physical and emotional health, interferes with daily activities, and in some cases requires medical treatment. Support from family, especially husbands, is very important in helping them overcome this challenge.

Keywords: *Experience, pregnancy, hyperemesis gravidarum.*