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**ABSTRAK**

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**Gambaran Perilaku Ibu Hamil Dalam Penanganan Emesis Gravidarum Di Wilayah Kerja Puskesmas Tirto 1 Kabupaten Pekalongan**

**Pendahuluan:** Emesis gravidarum merupakan kondisi mual dan muntah yang umum terjadi pada kehamilan trimester pertama. Apabila tidak ditangani dengan baik, kondisi ini dapat berkembang menjadi hiperemesis gravidarum yang berisiko menyebabkan dehidrasi, gangguan elektrolit, serta gangguan pertumbuhan dan keselamatan janin. Perilaku ibu hamil dalam penanganan emesis gravidarum menjadi faktor penting dalam mencegah komplikasi. Penelitian ini bertujuan untuk menggambarkan perilaku ibu hamil dalam penanganan *emesis gravidarum*.

**Metode:** Penelitian ini menggunakan desain deskriptif kuantitatif. Populasi penelitian adalah seluruh ibu hamil trimester pertama di wilayah kerja Puskesmas Tirto 1 Kabupaten Pekalongan sebanyak 81 responden. Teknik sampling menggunakan stratified random sampling dengan jumlah sampel 68 responden. Instrumen penelitian berupa screening kuesioner PUQE-24 dan kuesioner perilaku penanganan emesis gravidarum. Analisis data dilakukan secara univariat.

**Hasil:** Mayoritas responden berusia rata-rata 29,99 tahun, berpendidikan Sekolah Menengah Atas, dan sebagian besar sebagai ibu rumah tangga. Sebanyak 51,5% responden memiliki perilaku positif dalam penanganan emesis gravidarum. Namun, masih ditemukan perilaku negatif yang belum sesuai dengan anjuran kesehatan.

**Simpulan:** Mayoritas ibu hamil trimester pertama telah memiliki perilaku positif dalam penanganan emesis gravidarum, meskipun masih diperlukan peningkatan edukasi Kesehatan terkait penanganan yang tepat.

**Saran:** Perawat di puskesmas diharapkan memberikan edukasi ibu hamil trimester 1 mengenai penanganan emesis gravidarum yang tepat.

**Kata Kunci:** *Emesis Gravidarum, Perilaku Ibu Hamil, Penanganan, Trimester 1*

**Daftar Pustaka:** 70 (2015-2026)

## **ABSTRACT**

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### **Overview of Pregnant Women's Behaviour in Managing Emesis Gravidarum in the Work Area of Tirto Primary Health Centre I, Pekalongan Regency**

**Introduction:** Emesis gravidarum, commonly known as morning sickness, is a condition of nausea and vomiting commonly experienced during the first trimester of pregnancy. If not managed properly, this condition may develop into hyperemesis gravidarum, increasing the risk of dehydration, electrolyte imbalance, and impaired foetal growth and safety. The behaviour of pregnant women in managing emesis gravidarum is an important factor in preventing complications. This study aims to describe the behaviour of pregnant women in managing emesis gravidarum.

**Methods:** This study employed a quantitative descriptive design. The study population consisted of all first-trimester pregnant women in the work area of Tirto Primary Health Center I, Pekalongan Regency, with a total of 81 respondents. The sampling technique used was stratified random sampling, with a sample of 68 respondents. The research instruments were the PUQE-24 screening questionnaire and a behavioural questionnaire on the management of emesis gravidarum. The collected data were analysed by using univariate analysis.

**Results:** The majority of respondents had an average age of 29.99 years, had completed senior high school, and were mostly housewives. A total of 51.5% of respondents had positive behaviour in managing emesis gravidarum. However, negative behaviours that were not in accordance with health recommendations were still identified.

**Conclusion:** The majority of first-trimester pregnant women had positive behaviour in managing emesis gravidarum, although improvement in health education related to proper management is still needed.

**Suggestion:** Nurses at primary health centres are expected to provide health education for first-trimester pregnant women regarding the proper management of emesis gravidarum.

**Keywords** : *Emesis Gravidarum, management, pregnant women's behaviour, first trimester*

**References** : 70 (2015-2026)