

## ABSTRACT

**Halik, Nur Rizka Mardhatillah. 2024. The Effect of Self Therapy Acupressure Pericardium 6 (PC 6) by Pregnant Women on Nausea and Vomiting of Pregnancy (NVP) at TPMB Yulis Indriana Malang City. Thesis Bachelor of Applied Midwifery Study Program Malang. Main Supervisor: Tavip Dwi Wahyuni, S.Kep., Ns., M.Kes. Co-advisor: Asworoningrum Yulindahwati, SSiT., M.Keb**

The discomfort of nausea and vomiting in early pregnancy is normal, but if left untreated it can lead to complications such as hyperemesis gravidarum, which results in nutritional deficiencies and stunted fetal growth (IUGR). Non-pharmacological treatments such as acupressure at Pericardium point 6 (Neiguan) effectively reduce nausea and vomiting. This study aims to determine the effect of self-acupressure therapy pericardium 6 by pregnant women on Nausea and Vomiting of Pregnancy (NVP). The research design used a pre-experiment with a one group pretest-posttest design without control group. The sampling technique used simple random sampling with a sample of 38 pregnant women Trimester I K1 who experienced nausea and vomiting, no history of gastritis. Data collection using the Pregnancy-Unique Quantification of Emesis and Nausea (PUQE-24) observation sheet. The results of statistical tests using the Wilcoxon Signed Rank Test showed that there was an effect of self-acupressure therapy pericardium 6 (PC 6) by pregnant women on Nausea and Vomiting of Pregnancy (NVP) at TPMB Yulis Indriana Malang City. Acupressure Pericardium 6 is proven to be efficacious and does not pose a risk to pregnant women.

***Keywords:*** *Nausea and vomiting, pregnancy, self, acupressure, pericardium 6*