**SHEET APPROVAL FOLLOWING THE RESEARCH**

I, the undersigned below:

Name:  
Age:  
Work:  
Address:  
Phone/ Cellphone:

Stating with the current reality in conscious and have gotten an explanation of the research and information provided by Citra Indah Fitriwati, without force, then I hereby voluntarily need respondents in a study entitled “The Effect of Giving Ginger and Honey Biscuits on the Frecuency of Nausea and Vomiting in Pregnant Adolescents”.

I have understood the objectives, procedures, benefits, and risks of this research as well. Every question I have to answer and the question is still asking, I will get an answer from Citra Indah Fitriwati. I have also received information sheets for research participants. I will discuss in earnest and be pleasant according to the procedure. Thus I make this confession to be true and full of awareness without coercion from the conversation.

Depok, Maret 2017

That states,

Respondent

**INTERVENTION PROTOCOL**

**PROCESS OF IMPLEMENTATION OF GIVING INTERVENTIONS  
GINGER HONEY BISCUITS IN PREGNANT ADOLESCENTS**

1. Preparation for the intervention
2. Making ginger and honey biscuits

Ginger biscuits and honey are one of the non-pharmacological treatments to treat nausea and vomiting during pregnancy. This biscuit is made by combining ginger with honey that given to pregnant adolcents. Making these biscuits in collaboration with nutritionists.

1. Gather clients (pregnant teenagers) for the provision of honey ginger biscuits.

2. Implementation of the intervention

1. The intervention was the provision of 20 ginger biscuits and honey for four days (five biscuits were eaten in one day).
2. The target of intervention is pregnant adolescents.
3. The intervention takes four days and the client can eat ginger biscuits and honey at times when the client often feels nausea and wants to vomit. The client is given an observation sheet to monitor biscuit consumption for four days and asks her husband / family to support the client in implementing the intervention.
4. The intervention of giving ginger biscuits and honey was given during the pregnancy check-up visit at the Health Center. The information provider is the researcher himself so that the consistency of the intervention can be maintained. Researcher sit in front of respondents and explain information related to ginger biscuits and honey.
5. Give informed consent to become a respondent if a pregnant adolescents want to become an intervention group giving ginger biscuits and honey.
6. Make a contract with the respondent in four days from the time of giving ginger and honey biscuits.

3. Evaluation

a. Pregnant adolescents fill out observation sheets on the implementation of interventions for giving ginger and honey biscuits which they have done for four days from the time they are given.

b. Monitor the implementation of the intervention via sms / telephone every day to respondents to remind them to eat the ginger biscuits and honey.

c. Check the pregnant adolescents 's observation sheet after eating ginger biscuits and honey for four days of intervention.

|  |  |
| --- | --- |
| No Questionnaire |  |

**RESEARCH QUESTIONNAIRE**

Instructions on filling out the questionnaire

1. Please fill in the questionnaire in accordance with reality, the respondent does not need to discuss with others.

2. If you do not understand the question or doubt, ask the researcher  
3. For answer choices, put a cross (X) or circle the available answers.  
4. Information will be kept confidential.

**QUESTIONNAIRE A (DEMOGRAPHIC DATA: PREGNANT MOTHER)**

The first part of the questionnaire is the respondent's identity, please fill in according to the mother's condition by putting a check mark (√) in the column provided

**1**. **Age**: .............................. year

**2.** **Education**:

Elementary school Middle high

**3. Marital Status**

Married Single

**5. Age of marrital ………. year**

**6. Total visits to check up for your pregnancy until now?**

Gestational age 1-3 months .......................... times visits  
    Gestational Age 4 - 6 months .........................times visits  
    Gestational Age 7-9 months ......................... times visits

**7. Gestational Age**

Gestational Age:.........................weeks or ..........................month

**8. Gestational**

Primigravida (the first pregnancy)

Multigravida (the second or more pregnant)

**9. Pregnancy Planning**

Planned pregnancy

Unplanned pregnancy

**10. History of nausea and vomiting in previous pregnancy**

Yes No

**11. Smoking habits before or during pregnancy**

Yes No

**12. Does the husband / family provide support in the current pregnancy?**

Yes No

**QUESTIONNAIRE B: NAUSEA AND VOMITING**

Choose one of the answers in the column provided by checking (√) in the box. There are no right or wrong answers to all of these questions.

1. How long does the mother feel nauseous in a day?

>6 hours

55

4-6 hours

2-3 hours

≤1 hours

Not at all

1. How long does the mother experience vomiting in a day?

≥7 times in a day

5-6 times in a day

3-4 times in a day

1-2 times in a day

Not at all

1. How many times a day does a mother experience vomiting or shortness of breath when not doing something?

≥7 times in a day

5-6 times in a day

3-4 times in a day

1-2 times in a day

Not at all

**Observation Sheet for Intervention Group in Pregnant Adolcents**

**(Consume Ginger and Honey Biscuits)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| No. | Name | Age  (year) | Primi/  Multi | Day 1  Five biscuits | | | | | Day 2  Five biscuits | | | | | | | | Day 3  Five biscuits | | | | | Day 4  Five biscuits | | | | |
| 1 | 2 | 3 | 4 | 5 | 1 | | 2 | 3 | | 4 | 5 | | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| 1 |  |  |  |  |  |  |  |  |  | |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |  |  | |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |  | |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |  |  | |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |  |  | |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |  |  | |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |  |  | |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |
| 8 |  |  |  |  |  |  |  |  |  | |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |
| 9 |  |  |  |  |  |  |  |  |  | |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |
| 10 |  |  |  |  |  |  |  |  |  | |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |
| 11 |  |  |  |  |  |  |  |  |  | |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |
| 12 |  |  |  |  |  |  |  |  |  | |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |
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| 20 |  |  |  |  |  |  |  |  |  | |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |
| 21 |  |  |  |  |  |  |  |  |  | |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |
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| 24 |  |  |  |  |  |  |  |  |  | |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |
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| 29 |  |  |  |  |  |  |  |  |  |  | | |  |  | |  |  |  |  |  |  |  |  |  |  |  |
| 30 |  |  |  |  |  |  |  |  |  |  | | |  |  | |  |  |  |  |  |  |  |  |  |  |  |

**Information :**  
1. Consume ginger and honey biscuits is done for 4 days as much as 5 biscuits per day, after which count the frequency of nausea and vomiting that occurs in 1 day  
2. Final evaluation is carried out on the 4th day and the average frequency of nausea is calculated within a period of 4 days

**Thanks....**