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| ***THE EFFECT OF DIET, ANXIETY AND SMELL SENSITIVITY ON PREGNANT WOMEN TOWARD THE INCIDENCE OF******NAUSEA TRIMESTER I****(Study at the Sepulu Health Center, Sepulu District, Bangkalan Regency)* |

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***ABSTRAK***

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| *Nausea vomiting is one of the earliest, most common and most stressful symptoms related pregnancy based on.The results of the preliminary study at the Sepulu Health Center mothers who experienced nause vomiting as many as 19 pregnant woman (23.75%). The purpose of this study is to analyze the effect of diet, anxiety and smell sensitivity on pregnant women toward the incidence of neusea trimester I.**This study used Analytic with Indepent Variable were Cross Sectional approach, namely diet, anxiety, smell sensitivity and the dependent variable was nausea vomiting in pregnant women in the trimester I. The study population was all 33 trimester pregnant women. With a sample of 30 respondents using probablity sampling with simple techniques random sampling. The instrument used was a questionnaire, using the Lamda statistical test. This research has been carried our ethical clearance test by KEPK of STIKes Ngudia Husada Madura, Number: 243/KEPK/STIKES-NHM/EC/VII/2019.**The results showed that the mother's diet was less (73.3%), on the anxiety of mothers experiencing moderate anxiety (70%) and the number of mothers who experienced odor sensitivity (86.7%) Based on the results of the statistical test Lamda p value (0,000) <a (0.05) so that H0 was accepted. This showd that there was an influence of dietary patterns, anxiety and odor sensitivity in pregnant women on the incidence of trimester I nausea.**It is expected that the medical staff can improve services both in health promotion such as socialization and counseling about pregnancy preparations and signs of pregnancy changes so that pregnant women can prepare mentally to face pregnancy.* |
| ***Keywords : Diet, Anxiety, Smell Sensitivity, Nausea Vomiting, Pregnant Woman*** |