

**PENGARUH *ENDORPHIN MASSAGE* TERHADAP  
PENURUNAN INTENSITAS NYERI PUNGGUNG  
IBU HAMIL TRIMESTER III  
DI WILAYAH KERJA PUSKESMAS KELIR**

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**RINGKASAN**

**Latar Belakang:** Nyeri punggung adalah salah satu keluhan paling umum di kalangan wanita trimester ketiga. Enam dari sepuluh wanita hamil di seluruh dunia memiliki rasa tidak nyaman pada punggung bagian bawah, menjadikan kontributor signifikan terhadap gangguan jangka panjang. Menurut studi pendahuluan, nyeri punggung mempengaruhi rata-rata 60% selama trimester ketiga. Wanita hamil yang mengalami nyeri punggung dapat memperoleh manfaat dari pendekatan farmakologi dan nonfarmakologi untuk pengendalian nyeri. Salah satu teknik nonfarmakologis yang menjanjikan adalah pijat khususnya Terapi Endorfin.

**Tujuan:** Untuk mengetahui pengaruh *Endorfin Massage* terhadap penurunan intensitas nyeri punggung ibu hamil trimester ketiga.

**Metode:** Jenis penelitian ini adalah *Pre Eksperimental*, dengan rancangan One Group pre-test dan post-test desain. Populasi penelitian ini sekitar 62 ibu hamil trimester III di Wilayah Kerja Puskesmas Kelir. Sampel berjumlah 22 ibu hamil yang diambil dengan metode *Purposive Sampling*. Variabel independent adalah *Endorfin Massage* dan variabel dependen adalah nyeri punggung. Instrumen penelitian menggunakan kuesioner. Pengolahan data menggunakan *editing, coding, scoring, tabulating dan entry data* dengan analisa data *Paired Sample T-test*.

**Hasil:** Hasil penelitian menunjukkan sebelum dilakukan *Endorfin Massage* sebagian besar responden mengalami nyeri sedang dengan skala 4-6 sebanyak 17 responden (77,3%) dan nyeri berat (7-9) sebanyak 5 responden (22,7%) kemudian setelah terapi nyeri menjadi ringan sebesar 86,4% (19 responden) dan tidak nyeri sebesar 13,6%. Uji statistik *Paired Sample T-test* menunjukkan bahwa  $p \text{ value} = 0,000 < \alpha (0,05)$  sehingga H1 diterima.

**Kesimpulan:** Terdapat pengaruh *Endorfin Massage* terhadap penurunan intensitas nyeri punggung ibu hamil trimester III di Wilayah Kerja Puskesmas Kelir.

**Kata Kunci:** *Endorfin Massage*, Ibu Hamil, Nyeri Punggung

**THE EFFECT OF *ENDORPHIN* MASSAGE ON REDUCING BACK PAIN  
INTENSITY IN THE THIRD TRIMESTER OF PREGNANT WOMEN  
IN THE WORKING AREA OF THE KELIR HEALTH CENTER**

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***ABSTRACT***

**Background:** Back pain is one of the most common complaints among third trimester women. Six out of ten pregnant women worldwide have lower back discomfort, making it a significant contributor to long-term impairment. According to preliminary studies, back pain affects an average of 60% during the third trimester. Pregnant women who experience back pain may benefit from pharmacological and nonpharmacological approaches to pain control. One of the promising non-pharmacological techniques is massage, especially *Endorphin Therapy*.

**Objective:** To find out the effect *Endorphin Massage* on reducing the intensity of back pain in third trimester pregnant women.

**Methods:** This type of research is *Pre-Experimental*, with the One Group pre-test and post-test designs. The population of this study was around 62 third trimester pregnant women in the Working Area of the Kelir Health Center. The sample is 22 pregnant women taken by the method *Purposive Sampling*. The independent variable is *Endorphin Massage* and the dependent variable is back pain. The research instrument used a questionnaire. Data processing using *editing, coding, scoring, tabulating dan entry data* with data analysis *Paired Sample T-test*.

**Results:** The results of the research show before it is done *Endorphin Massage* the majority of respondents experienced moderate pain with a scale of 4-6 as many as 17 respondents (77.3%) and severe pain (7-9) as many as 5 respondents (22.7%) then after therapy the pain became mild by 86.4% (19 respondents) and no pain by 13.6%. Statistic test *Paired Sample T-test* shows that  $p\ value = 0.000 < \alpha (0.05)$  so that H1 is accepted.

**Conclusion:** There is influence *Endorphin Massage* on reducing the intensity of back pain in the third trimester of pregnant women in the Working Area of the Kelir Health Center.

**Keywords:** *Endorphin Massage, Pregnant Women, Back Pain*