

# PENGARUH KOMPRES HANGAT TERHADAP PENURUNAN TINGKAT NYERI PUNGGUNG BAWAH PADA IBU HAMIL TRIMESTER III DI PUSKESMAS TOLANGOHULA

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## RINGKASAN

**Latar Belakang :** Nyeri punggung adalah gejala umum kehamilan yang disebabkan peningkatan berat badan, ketidakstabilan sendi, gangguan pada kurva tulang belakang, dan peregangan otot perut. Menurut data yang dikumpulkan dari ibu hamil di beberapa wilayah di Indonesia, 60–80% wanita menderita nyeri punggung saat hamil dan trimester ketiga menjadi waktu yang paling sering timbulnya nyeri pada punggung. Hasil studi pendahuluan awal di Puskesmas Tolangohula 8 dari 15 ibu hamil mengalami nyeri punggung bawah.

**Tujuan :** Untuk Mengetahui Pengaruh Kompres Hangat Terhadap Penurunan Tingkat Nyeri Punggung Bawah pada Ibu Hamil Trimester III di Puskesmas Tolangohula Tahun 2023.

**Metode :** Penelitian *pre eksperimental* dengan desain *one group pretest posttest*. Waktu penelitian sejak 28 Mei 2023-16 Juni 2023 dengan jumlah responden 15 ibu hamil trimester III. Teknik sampling menggunakan *purposive sampling*. Variabel nyeri punggung bawah diukur menggunakan *Numeric Rating Scale (NRS)*. Analisis univariat menggunakan distribusi frekuensi untuk mengetahui karakteristik responden dan analisis bivariat menggunakan *wilcoxon* untuk mengetahui pengaruh antara dua variabel.

**Hasil :** Hasil uji statistik menunjukkan ada perbedaan yang signifikan sebelum diberikan intervensi kompres hangat dengan nilai *p value* 0,001. Rata-rata nyeri sebelum diberikan intervensi adalah 3,47 dan setelah diberikan intervensi menjadi 1,87 yang berarti mengalami penurunan rata-rata sebesar 1,6.

**Kesimpulan :** Terdapat pengaruh pemberian kompres hangat terhadap penurunan tingkat nyeri punggung bawah pada ibu hamil trimester III di Puskesmas Tolangohula.

**Kata Kunci :** Nyeri punggung, Kompres hangat

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**THE EFFECT OF WARM COMPRESS ON REDUCING LEVELS OF  
LOW BACK PAIN IN TRIMESTER III PREGNANT WOMEN  
AT THE TOLANGOHULA HEALTH CENTER**

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**ABSTRACT**

**Background :** Back pain is a common symptom of pregnancy caused by weight gain, joint instability, disturbances in spinal curvature, and stretching of the abdominal muscles. According to data collected from pregnant women in several regions in Indonesia, 60–80% of women suffer from back pain during pregnancy and the third trimester is the most common time for back pain. The results of an initial preliminary study at the Tolangohula Health Center 8 out of 15 pregnant women experience lower back pain.

**Objective :** To find out the effect of warm compresses on reducing lower back pain levels in third trimester pregnant women at the Tolangohula Health Center in 2023.

**Methods:** Pre-experimental research with a one group pretest posttest design. The time of research was from 28 May 2023 to 16 June 2023 with 15 respondents in the third trimester of pregnancy. The sampling technique uses purposive sampling. Low back pain variable was measured using the Numeric Rating Scale (NRS). Univariate analysis uses the frequency distribution to determine the characteristics of the respondents and bivariate analysis uses Wilcoxon to determine the effect between the two variables.

**Results :** The results of the statistical test showed that there was a significant difference before being given the warm compress intervention with a p value of 0.001. The average pain before the intervention was given was 3.47 and after the intervention was given it was 1.87, which means that the average decrease was 1,6.

**Conclusion :** There is an effect of giving warm compresses to reducing the level of low back pain in third trimester pregnant women at the Tolangohula Health Center.

**Keywords:** Back pain, warm compresses

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