

**PENGARUH SENAM HAMIL TERHADAP PENGURANGAN  
NYERI PUNGGUNG IBU HAMIL TRIMESTER III  
DI DESA SUKARAJA KECAMATAN  
CIAWIGEBANG KABUPATEN  
KUNINGAN TAHUN 2023**

Iim Himatul Aliah F<sup>1</sup>, Ratih Kumoro Jati<sup>2</sup>, Dwi Yulinda<sup>3</sup>

**INTISARI**

**Latar belakang:** Nyeri pada punggung merupakan masalah muskuloskeletal yang umum selama kehamilan dengan prevalensi sekitar 76,92% ibu hamil trimester III yang mengeluhkan nyeri pada punggung di desa Sukaraja. Salah satu cara meningkatkan kesehatan selama kehamilan adalah dengan melakukan olahraga ringan seperti senam hamil. Senam hamil dapat meringankan nyeri punggung yang dirasakan ibu hamil karena di dalam senam hamil terdapat gerakan yang dapat memperkuat otot abdomen, membuat elastisitas otot dan ligamen yang ada di punggung dan relaksasi, sehingga senam hamil dapat menurunkan nyeri punggung.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui tingkat efektivitas senam hamil terhadap nyeri punggung ibu hamil trimester III di desa Sukaraja.

**Metode:** Penelitian pre eksperimen ini menggunakan rancangan *one group pretest dan posttest*. Populasi berjumlah 25 ibu hamil trimester III periode bulan Mei-Juni 2023. Teknik sampel yaitu *purposive sampling*.

**Hasil:** Dari Hasil penelitian diperoleh nilai signifikan uji *wilcoxon p-value*  $0.000 < 0.05$ , artinya terdapat pengaruh senam hamil terhadap pengurangan nyeri punggung ibu hamil trimester III di Desa Sukaraja.

**Kesimpulan:** Terdapat pengaruh penerapan senam hamil terhadap pengurangan nyeri punggung ibu hamil trimester III.

**Kata kunci:** Ibu hamil trimester III, nyeri punggung, senam hamil

---

<sup>1</sup>Mahasiswa Program Studi S-1 Kebidanan Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup>Dosen Program Studi S-1 Kebidanan Universitas Jenderal Achmad Yani Yogyakarta

<sup>3</sup>Dosen Program Studi Profesi Bidan Universitas Jenderal Achmad Yani Yogyakarta

# THE EFFECT OF PREGNANCY EXERCISE ON REDUCING BACK PAIN IN TRIMESTER III PREGNANT WOMEN IN SUKARAJA VILLAGE, CIAWIGEBANGSUB-DISTRICT, KUNINGAN DISTRICT, 2023

Iim Himatul Aliah F<sup>1</sup>, Ratih Kumoro Jati<sup>2</sup>, Dwi Yulinda<sup>3</sup>

## ABSTRACT

**Background:** Back pain is a common musculoskeletal problem during pregnancy with a prevalence of around 76.92% of third trimester pregnant women complaining of back pain in Sukaraja village. One way to improve health during pregnancy is to do light exercise such as pregnancy exercises. Pregnant gymnastics can relieve back pain felt by pregnant women because in pregnant gymnastics there are movements that can strengthen abdominal muscles, make the elasticity of muscles and ligaments in the back and relaxation, so that pregnant gymnastics can reduce back pain.

**Objective:** This study aims to determine the effectiveness of pregnant gymnastics on back pain of third trimester pregnant women in Sukaraja village.

**Methods:** This pre-experimental study used a one group pretest and posttest design. The population amounted to 25 third trimester pregnant women in the period May-June 2023. The sample technique is purposive sampling.

**Results:** From the results of the study obtained a significant value of the Wilcoxon test p-value  $0.000 < 0.05$ , meaning that there is an effect of pregnant gymnastics on reducing back pain in third trimester pregnant women in Sukaraja Village.

**Conclusion:** There is an effect of the application of pregnant gymnastics on the reduction of back pain in third trimester pregnant women.

**Keywords:** *Third trimester pregnant women, back pain, pregnant gymnastics*

---

<sup>1</sup>Student of Midwifery Study Program, Jenderal Achmad Yani University, Yogyakarta

<sup>2</sup>Lecturer of Midwifery Study Program, Jenderal Achmad Yani University, Yogyakarta

<sup>3</sup>Lecturer of Midwife Professional Study Program, Jenderal Achmad Yani University, Yogyakarta