

**PENGARUH KOMPRES HANGAT TERHADAP NYERI PUNGGUNG  
PADA IBU HAMIL TRIMESR III DI KLINIK ZAM ZAM MEDICA  
KABUPATEN BANTUL YOGYAKARTA**

**Melati <sup>1</sup> Nur Rahmawati Sholihah <sup>2</sup>**  
**Email: melatimelati52628@gmail.com**

**INTISARI**

**Latar Belakang:** Selama kehamilan, ibu hamil mengalami perubahan muskuloskeletal yang dapat memicu nyeri punggung. Di Indonesia, 68% ibu hamil mengalami nyeri sedang dan 32% nyeri ringan (Elkhapi et al., 2023). Di DIY, sekitar 65% ibu hamil mengalami nyeri punggung bawah (Mafikasari, 2020). Nyeri ini mengganggu aktivitas harian, dan jika tidak ditangani dapat menjadi kronis, bahkan menyebar ke pelvis hingga menyebabkan kesulitan berjalan (Mufdlilal, 2019). Salah satu penanganan nonfarmakologis yang efektif adalah kompres hangat, karena membantu melunakkan jaringan, merilekskan otot, meredakan nyeri, dan melancarkan aliran darah

**Tujuan:** Penelitian ini bertujuan untuk mengetahui pengaruh kompres hangat terhadap nyeri punggung pada ibu hamil trimester III di klinik zam zam medica kabupaten bantul yogyakarta.

**Metode:** penelitian ini merupakan *Pre-eksperiment* yang menggunakan desain *one group pretest and posttest*. Dengan populasi 48 ibu hami trimester III dan menggunakan *Accidental Sampling* yang diperoleh jumlah sampel 21 ibu hamil trimester III.

**Hasil:** Hasil penelitian ini diketahui nilai p-value sebesar 0,000 ( $< 0,05$ ), sebelum diberikan intervensi nilai mean 1,67 dengan standar deviasi 0,658 dan nilai mean menurun setelah diberikan intervensi 1,24 dengan standar deviasi 0,432. Hal ini menunjukkan  $H_a$  diterima dan  $H_o$  ditolak yang artinya ada pengaruh kompres hangat terhadap nyeri punggung pada ibu hamil trimester III di Klinik Zam Zam Medica Kabupaten Bantul Yogyakarta.

**Kesimpulan:** Terdapat pengaruh kompres hangat terhadap nyeri punggung pada ibu hamil trimester III.

Kata kunci: *Ibu Hamil Trimester III, Kompres Hangat, Nyeri Punggung*

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<sup>1</sup>Mahasiswa S1 Kebidanan Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup>Dosen S1 Kebidanan Universitas Jenderal Achmad Yani Yogyakarta

**EFFECT OF WARM COMPRESS ON BACK PAIN IN THIRD TRIMESTER  
PREGNANT WOMEN AT ZAM ZAM MEDICA CLINIC  
BANTUL DISTRICT YOGYAKARTA**

**Melati <sup>1</sup> Nur Rahmawati Sholihah <sup>2</sup>**  
**Email: melatimelati52628@gmail.com**

**ABSTRACT**

**Background:** During pregnancy, women experience musculoskeletal changes that may trigger back pain. In Indonesia, 68% of pregnant women experience moderate pain, and 32% experience mild pain (Elkhapi et al., 2023). In the Special Region of Yogyakarta, about 65% of pregnant women suffer from lower back pain (Mafikasari, 2020). This pain disrupts daily activities and, if untreated, may become chronic and spread to the pelvic area, even causing difficulty in walking (Mufdlilal, 2019). One effective non-pharmacological treatment is a warm compress, which softens tissues, relaxes muscles, alleviates pain, and improves blood circulation.

**Objective:** This study aims to determine the effect of warm compress therapy on back pain in third trimester pregnant women at Zam Zam Medica Clinic, Bantul District, Yogyakarta.

**Method:** This study is a pre-experimental research using a one-group pretest-posttest design. The population consisted of 48 third-trimester pregnant women, and the sample of 21 third-trimester pregnant women was obtained using accidental sampling.

**Results:** The results of this study showed a p-value of 0.000 ( $< 0.05$ ). Before the intervention, the mean value was 1.67 with a standard deviation of 0,658, and the mean value decreased to 1.24 with a standard deviation of 0,432 after the intervention. This indicates that  $H_a$  is accepted and  $H_o$  is rejected, meaning that warm compresses have an effect on back pain among third-trimester pregnant women at Zam Zam Medica Clinic, Bantul Regency, Yogyakarta.

**Conclusion:** There is an effect of warm compress therapy on back pain in third-trimester pregnant women.

**Keywords:** *Third Trimester Pregnancy, Warm Compress, Back Pain*

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<sup>1</sup> S1 Midwifery Student of General Achmad Yani University Yogyakarta

<sup>2</sup> S1 Lecturer in Midwifery General Achmad Yani University Yogyakarta