

PENGARUH KOMPRES DINGIN DALAM MENGURANGI NYERI PUNGGUNG BAWAH PADA IBU HAMIL TRIMESTER III DI PUSKESMAS DUMBO RAYA KOTA GORONTALO

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RINGKASAN

Latar Belakang : Nyeri punggung pada kehamilan dapat terjadi akibat pertumbuhan uterus yang menyebabkan perubahan postur tubuh dan juga akibat pengaruh hormon relaksin terhadap ligament. Kejadian nyeri punggung bervariasi sekitar 35-60%, diantara semua wanita hamil, ternyata 47-60% melaporkan bahwa nyeri punggung terjadi pada kehamilan lima sampai 5-7 bulan. Hasil studi pendahuluan awal di Puskesmas Dumbo Raya 8 dari 15 ibu hamil mengeluh nyeri punggung bawah selama masa kehamilan.

Tujuan : Untuk Mengetahui Pengaruh Kompres Dingin Dalam Mengurangi Nyeri Punggung Bawah pada Ibu Hamil Trimester III di Puskesmas Dumbo Raya Kota Gorontalo Tahun 2023.

Metode : Penelitian *pre eksperimental* dengan desain *one group pretest posttest*. Waktu penelitian sejak Juli 2023-Agustus 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 Dingin 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 kompres Dingin Dalam Mengurangi Nyeri Punggung Bawah Pada Ibu Hamil Trimester III di Puskesmas Dumbo Raya.

Kata Kunci : Nyeri punggung, Kompres dingin.

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THE EFFECT OF COLD COMPRESSES IN REDUCING LOWER BACK PAIN IN III TRIMESTER PREGNANT WOMEN AT HEALTH CENTER DUMBO RAYA GORONTALO CITY

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ABSTRACT

Background : Back pain in pregnancy can occur due to the growth of the uterus which causes changes in body posture and also due to the influence of the relaxin hormone on the ligaments. The incidence of back pain varies around 35-60%, among all pregnant women, it turns out 47-60% report that back pain occurs at five to 5-7 months of pregnancy. The results of an initial preliminary study at the Dumbo Raya Community Health Center showed that 8 out of 15 pregnant women complained of lower back pain during pregnancy.

Objective : To determine the effect of cold compresses in reducing lower back pain in pregnant women in the third trimester at the Dumbo Raya Community Health Center, Gorontalo City in 2023.

Methods: Pre-experimental research with a one group pretest posttest design. The research period was from July 2023-August 2023 with the number of respondents being 15 pregnant women in the third trimester. The sampling technique uses purposive sampling. Low back pain variables were measured using the Numeric Rating Scale (NRS). Univariate analysis uses frequency distribution to determine the characteristics of respondents and bivariate analysis uses Wilcoxon to determine the influence between two variables.

Results : The statistical test results showed that there was a significant difference before the cold compress intervention was given 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 there was an average decrease of 1.6.

Conclusion : There is an effect of cold compresses in reducing lower back pain in third trimester pregnant women at the Dumbo Raya Community Health Center.

Keywords: Back pain, cold compress.

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