

# **PENGARUH *PRENATAL MASSAGE* TERHADAP NYERI PUNGGUNG BAWAH IBU HAMIL TRIMESTER III DI PMB NURUL APRI YOGYAKARTA TAHUN 2023**

**Najla Rinata Putri<sup>1</sup>, Alfie Ardiana Sari<sup>2</sup>**

Program Studi Sarjana Kebidanan, Universitas Jenderal Achmad Yani Yogyakarta

Email : [najlarinata08@gmail.com](mailto:najlarinata08@gmail.com)

## **INTISARI**

**Latar belakang :** Nyeri punggung bawah merupakan salah satu ketidaknyamanan paling umum pada ibu hamil trimester ketiga. Perubahan sistem muskuloskeletal berdampak ibu hamil sering mengalami sakit punggung karena besarnya perut akibat kehadiran janin. Jika nyeri punggung tidak segera diobati, nyeri ini dapat berlangsung lebih lama, meningkatkan kemungkinan terjadinya nyeri punggung pasca melahirkan. Metode non – farmakologi untuk mengurangi ketidaknyamanan pada ibu hamil salah satunya yaitu *prenatal massage*. Pijat *prenatal* merupakan gerakan pemijatan pada ibu hamil yang berupa gesekan dan tekanan yang tidak merangsang kontraksi untuk mengurangi nyeri. **Tujuan :** Untuk mengetahui Pengaruh *Prenatal Massage* Terhadap nyeri punggung bawah Ibu Hamil Trimester III. **Metode :** penelitian ini menggunakan *pre – eksperimen* dengan *pretest – posttest one group design*. Populasi penelitian ini seluruh ibu hamil trimester III di PMB Nurul Apri Yogyakarta. Sample yang digunakan secara *accidental sampling* sebanyak 19 ibu hamil trimester III. Teknik analisis menggunakan analisis univariat dan bivariat, analisis bivariat menggunakan uji *Wilcoxon*. **Hasil penelitian :** didapatkan nilai *Asymp. Sig.* 0,000 yang menunjukkan  $<0,05$ . Bahwa adanya Pengaruh *Prenatal Massage* Terhadap Nyeri Punggung Bawah Ibu Hamil Trimester III. **Kesimpulan :** ada Pengaruh *Prenatal Massage* Terhadap nyeri punggung bawah Ibu Hamil Trimester III di PMB Nurul Apri Yogyakarta.

**Kata kunci :** *Prenatal Massage, Ibu hamil Trimester III, Nyeri punggung*

Keterangan :

1. Mahasiswa program studi S1 Kebidanan UNJAYA
2. Dosen program studi S1 Kebidanan UNJAYA

# THE EFFECT OF PRENATAL MASSAGE ON LOWER BACK PAIN OF PREGNANT WOMEN IN THE III TRIMESTER AT PMB NURUL APRI YOGYAKARTA, 2023

Najla Rinata Putri<sup>1</sup>, Alfie Ardiana Sari<sup>2</sup>

Undergraduate Midwifery Study Program, Jenderal Achmad Yani University  
Yogyakarta

Email : [najlarinata08@gmail.com](mailto:najlarinata08@gmail.com)

## ABSTRACT

**Background :** Lower back pain is one of the most common discomforts in third trimester pregnant women. Changes in the musculoskeletal system result in pregnant women often experiencing back pain due to the large stomach due to the presence of the fetus. If back pain is not treated immediately, it can last longer, increasing the likelihood of postpartum back pain. One of the non-pharmacological methods to reduce discomfort in pregnant women is prenatal massage. Prenatal massage is a massage movement for pregnant women in the form of friction and pressure that does not stimulate contractions to reduce pain. **Objective:** To determine the effect of prenatal massage on lower back pain in third trimester pregnant women. **Method:** This research uses pre-experiment with pretest-posttest one group design. The population of this study were all third trimester pregnant women at PMB Nurul Apri Yogyakarta. The sample used by accidental sampling was 19 third trimester pregnant women. The analysis technique uses univariate and bivariate analysis, bivariate analysis uses the Wilcoxon test. **Research results:** Asymp value was obtained. Sig. 0.000 which indicates  $<0.05$ . That there is an influence of prenatal massage on lower back pain in third trimester pregnant women. **Conclusion:** There is an effect of prenatal massage on lower back pain in third trimester pregnant women at PMB Nurul Apri Yogyakarta.

**Keywords:** Prenatal Massage, Third Trimester Pregnant Women, Back pain

Information :

1. Students of the UNJAYA Midwifery Bachelor's study program
2. Lecturer at the UNJAYA Midwifery Bachelor's study program