

EFEKTIVITAS TEKNIK MASSAGE EFFLEURAGE TERHADAP NYERI PUNGGUNG PADA IBU HAMIL TRIMESTER III DI BIDAN PRAKTEK MANDIRI MARIAM PONTIANAK

Oktavia Devi Permatahati¹, Ratih Kumoro Jati², Lily Yulaikhah³

INTISARI

Latar Belakang : Data ibu hamil di Kalimantan Barat sebesar 109.316. Prevelensi ibu hamil dengan keluhan nyeri punggung sebesar 60-80%, dari 68% ibu hamil menderita nyeri punggung sedang kemudian 32% ibu hamil menderita nyeri punggung ringan.

Tujuan : Penelitian ini untuk mengetahui Efektivitas Teknik Massage Effleurage Terhadap Nyeri Punggung Pada Ibu Hamil Trimester III di Bidan Praktek Mandiri Mariam Pontianak.

Metode : Penelitian ini menggunakan *quasi experiment* dengan desain *two group posttest with control group design*. Teknik sampling yang digunakan *Total Sampling* sehingga responden penelitian ini semua ibu hamil trimester III yang mengalami nyeri punggung berjumlah 24 orang.

Hasil : Penelitian menunjukkan *massage effleurage* berpengaruh dalam mengurangi rasa nyeri punggung dengan P Value 0,000. Kesimpulan kejadian nyeri punggung setelah diberikan *massage effleurage* selama 5 hari di Bidan Praktek Mandiri Mariam Pontianak pada kelompok intervensi seluruhnya mengalami penurunan nyeri punggung menjadi nyeri ringan, sedangkan pada kelompok kontrol yang mengalami nyeri ringan 8,3%, nyeri sedang 91,7%.

Kesimpulan : Disimpulkan bahwa teknik *Massage Effleurage* efektif dalam menurunkan rasa nyeri punggung di Bidan Praktek Mandiri Mariam Pontianak. Saran dari penelitian ini untuk penelitian berikutnya yaitu untuk menggali hubungan paritas primipara dan multipara serta menganalisis hubungan nyeri punggung dengan karakteristik responden.

Kata Kunci : Massage Effleurage, Nyeri Punggung

**THE EFFECTIVENESS OF EFFLEURAGE MASSAGE TECHNIQUES ON
BACK PAIN IN THIRD TRIMESTER PREGNANT WOMEN IN
INDEPENDENT PRACTICE MIDWIVES MARIAM PONTIANAK**

Oktavia Devi Permatahati¹, Ratih Kumoro Jati², Lily Yulaikhah³

ABSTRAK

Background : The data on pregnant women in West Kalimantan amounts to 109,316. The prevalence of pregnant women experiencing back pain is 60-80%, with 68% suffering from moderate back pain and 32% from mild back pain.

Objective : This study aims to determine the effectiveness of the Effleurage Massage Technique on back pain in third-trimester pregnant women at Mariam Pontianak Independent Midwife Practice.

Methods : This research uses a quasi-experimental design with a two-group posttest with control group design. The sampling technique used is Total Sampling, so all third-trimester pregnant women experiencing back pain, totaling 24 people, were included as respondents.

Result : The results showed that Effleurage Massage has an effect on reducing back pain with a P Value of 0.000. The conclusion is that after 5 days of Effleurage Massage at the Mariam Pontianak Independent Midwife Practice, the intervention group experienced a decrease in back pain to mild pain, while in the control group, 8.3% experienced mild pain, and 91.7% experienced moderate pain.

Conclusion : It is concluded that the Effleurage Massage technique is effective in reducing back pain at the Mariam Pontianak Independent Midwife Practice. The suggestion for future research is to explore the relationship between primipara and multipara parity and analyze the relationship between back pain and respondent characteristics.

Keywords : Massage effleurage, back pain