

**PENGARUH TERAPI KOMBINASI PRENATAL YOGA DAN
AROMATERAPI LAVENDER TERHADAP NYERI
PUNGGUNG IBU HAMIL TRIMESTER III
DI PMB APPI AMMELIA
YOGYAKARTA**

Ni Wayan Murni Asih¹, Arum Margi Kusumawardani², Dechoni Rahmawati³

INTISARI

Latar belakang: Kehamilan menyebabkan perubahan tubuh yang sering memicu ketidaknyamanan salah satunya nyeri punggung, terutama pada trimester ketiga. Prevalensi ibu hamil trimester ketiga yang menderita nyeri punggung di PMB Appi Ammelia terdapat 70% dari total kunjungan ibu hamil trimester III selama setahun. Nyeri ini meningkat seiring bertambahnya usia kehamilan akibat peregangan otot dan ligamen serta perubahan postur tubuh, jika tidak ditangani dapat berlanjut menjadi masalah kronis serta beresiko meningkatkan komplikasi pasca-persalinan. Penanganan nyeri dapat dilakukan melalui non-farmakologis seperti prenatal yoga dan aromaterapi lavender yang dapat membantu mengurangi ketidaknyamanan nyeri punggung selama kehamilan serta meningkatkan kesejahteraan ibu hamil.

Tujuan: Mengetahui pengaruh terapi kombinasi prenatal yoga dan aromaterapi lavender terhadap nyeri punggung ibu hamil trimester III di PMB Appi Ammelia Yogyakarta

Metode Penelitian: Metode penelitian ini adalah kuantitatif dengan pendekatan *pre-eksperimental* dan rancangan *One Group Pretest and Posttest Design*. Jumlah sampel sebanyak 30 responden, teknik pengambilan sampel menggunakan *total sampling*. Analisis data menggunakan *uji Wilcoxon*.

Hasil: Tingkat nyeri punggung ibu hamil trimester III sebelum diberikan terapi kombinasi prenatal yoga dan aromaterapi lavender terdapat 27 (90%) responden mengalami nyeri sedang, setelah diberikan terapi kombinasi didapatkan hasil 27 (90%) ibu hamil mengalami nyeri ringan. Hasil uji *Wilcoxon* didapatkan nilai p value = $0,000 < 0,05$ artinya terdapat pengaruh sebelum dan sesudah diberikan terapi kombinasi prenatal yoga dan aromaterapi lavender.

Kesimpulan: Terdapat pengaruh terapi kombinasi prenatal yoga dan aromaterapi lavender terhadap nyeri punggung ibu hamil trimester III di PMB Appi Ammelia Yogyakarta

Kata Kunci: *Aromaterapi Lavender, Ibu Hamil Trimester III, Nyeri Punggung, Prenatal Yoga.*

¹ Mahasiswa Program Studi Kebidanan (S-1), Fakultas Kesehatan Universitas Jenderal Achmad Yani Yogyakarta

^{2,3} Dosen Program Studi Kebidanan (S-1), Fakultas Kesehatan Universitas Jenderal Achmad Yani Yogyakarta

**THE EFFECT OF PRENATAL YOGA AND LAVENDER
AROMATHERAPY COMBINATION THERAPY ON
PAIN PREGNANT WOMEN'S BACKS IN THE THIRD
TRIMESTER AT PMB APPI AMMELIA
YOGYAKARTA**

Ni Wayan Murni Asih¹, Arum Margi Kusumawardani², Dechoni Rahmawati³

ABSTRACT

Background: *Pregnancy causes changes in the body that often trigger discomfort, one of which is back pain, especially in the third trimester. The prevalence of third trimester pregnant women suffering from back pain at PMB Appi Ammelia is 70% of the total visits of third trimester pregnant women during the year. This pain increases with gestational age due to stretching of muscles and ligaments and changes in posture, if left untreated it can continue to be a chronic problem and is at risk of increasing postpartum complications. Pain management can be done through non-pharmacological means such as prenatal yoga and lavender aromatherapy which can help reduce the discomfort of back pain during pregnancy and improve the well-being of pregnant women.*

Objective: *Determine the effect of prenatal yoga and lavender aromatherapy combination therapy on back pain of third trimester pregnant women at PMB Appi Ammelia Yogyakarta.*

Methods: *This research method is quantitative with a pre-experimental approach and One Group Pretest and Posttest Design. The number of samples was 30 respondents, the sampling technique used total sampling. Data analysis using the Wilcoxon test.*

Results: *The level of back pain in third trimester pregnant women before being given a combination therapy of prenatal yoga and lavender aromatherapy there were 27 (90%) respondents experiencing moderate pain, after being given a combination therapy the results obtained were 27 (90%) pregnant women experiencing mild pain. The results of the Wilcoxon test obtained a p value = 0.000 < 0.05, meaning that there is an influence before and after being given a combination therapy of prenatal yoga and lavender aromatherapy.*

Conclusion: *There is an effect of prenatal yoga and lavender aromatherapy combination therapy on the back pain of third trimester pregnant women at PMB Appi Ammelia Yogyakarta.*

Keywords: *Lavender Aromatherapy, Third Trimester Pregnant Women, Back Pain, Prenatal Yoga.*

¹Student of the Midwifery Study Program (S-1), Faculty of Health, Jenderal Achmad Yani University, Yogyakarta

^{2,3}Lecturer in Midwifery Study Program (S-1), Faculty of Health, Jenderal Achmad Yani University, Yogyakarta