

**PENGARUH *ENDORPHIN MASSAGE* TERHADAP NYERI
PUNGGUNG IBU HAMIL TRIMESTER III DI TPMB ANISA
MAULIDDINA SLEMAN YOGYAKARTA
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INTISARI

Latar Belakang: Menurut Organisasi Kesehatan Dunia, prevalensi nyeri punggung selama kehamilan di Australia adalah 70%. Di Malaysia, pada ibu hamil yang usia kehamilannya telah berusia lebih dari 21 minggu, prevalensi nyeri pinggang adalah 36,5% nyeri ringan, 46% nyeri sedang, dan 17,5% nyeri berat. Di berbagai daerah di Indonesia, prevalensi nyeri pinggang pada ibu hamil berkisar antara 60-80%.

Tujuan: Penelitian ini bertujuan untuk mengetahui pengaruh *endorphin massage* terhadap nyeri punggung ibu hamil trimester III di TPMB Anisa Mauliddina Sleman Yogyakarta.

Metode: Penelitian ini menggunakan metode kuantitatif dengan rancangan desain *quasi-eksperiment* dengan metode *nonequivalent control group design*. Sampel diambil dengan menggunakan teknik *purposive sampling* dengan jumlah 30 ibu hamil trimester III, kriteria inklusi antara lain Ibu hamil trimester III yang bersedia menjadi responden dengan menandatangani persetujuan tertulis (*informed consent*), Ibu hamil trimester III mengeluh nyeri punggung. Instrumen penelitian ini berupa kuesioner NRS (*Numeric Rating Scale*). Analisis data menggunakan uji *Wilcoxon*.

Hasil: Tingkat nyeri punggung ibu hamil trimester III sebelum diberikan *endorphin massage* terdapat 4 (26,7%) responden nyeri ringan, 10 (66,7%) responden nyeri sedang, dan 1 (6,7%) responden nyeri berat. Setelah diberikan *endorphin massage* didapatkan hasil 4 (26,7%) responden tidak nyeri, 10 (66,7%) responden nyeri ringan, dan 1 (6,7%) responden nyeri sedang. Hasil uji *Wilcoxon* didapatkan nilai $p\text{ value} = 0,001 < 0,05$, artinya terdapat pengaruh sebelum dan sesudah diberikan *endorphin massage*.

Kesimpulan: Terdapat pengaruh *endorphin massage* terhadap nyeri punggung ibu hamil trimester III di TPMB Anisa Mauliddina Sleman Yogyakarta.

Kata Kunci: *Endorphin Massage*, Ibu Hamil Trimester III, Nyeri Punggung

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**THE EFFECT OF ENDORPHIN MASSAGE ON BACK PAIN IN
THIRD-TRIMESTER PREGNANT WOMEN AT TPMB ANISA
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ABSTRACT

Background: According to the World Health Organization, the prevalence of back pain during pregnancy in Australia is 70%. In Malaysia, among pregnant women over 21 weeks, 36.5% reported experiencing mild back pain, 46% moderate pain, and 17.5% severe pain. In addition, the prevalence of back pain during pregnancy in various regions of Indonesia ranges from 60% to 80%.

Objective: This study aims to determine endorphin massage's effect on the back pain of third-trimester pregnant women at TPMB Anisa Mauliddina in Sleman Yogyakarta.

Method: This study employed a quantitative research method using a quasi-experimental design, specifically a nonequivalent control group design. Purposive sampling was used to select a sample of 30 third-trimester pregnant women who met the inclusion criteria, including willingness to participate, agreeing to sign informed consent, and experiencing back pain. This study used the NRS (Numeric Rating Scale) questionnaire as the research instrument. In addition, the data analysis was conducted using the Wilcoxon test.

Results: The level of back pain in third-trimester pregnant women before receiving an endorphin massage was reported as follows: 4 women (26.7%) experienced mild pain, 10 women (66.7%) experienced moderate pain, and 1 woman (6.7%) experienced severe pain. After receiving endorphin massage, the results revealed that 4 (26.7%) had no pain, 10 (66.7%) had mild pain, and 1 (6.7%) had moderate pain. The results of the Wilcoxon test obtained a p-value of $0.001 < 0.05$, indicating an effect of the endorphin massage before and after treatment.

Conclusion: Endorphin massage affects the back pain of third-trimester pregnant women at TPMB (Midwife Independent Practice) Anisa Mauliddina Sleman Yogyakarta.

Keywords: Endorphin Massage, Third-trimester Pregnant Women, Back Pain

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