

PENGARUH PEMBERIAN *MASSAGE EFFLEURAGE* TERHADAP NYERI PUNGGUNG PADA IBU HAMIL TRIMESTER III DI PMB WATI SUBAGYA KABUPATEN SLEMAN YOGYAKARTA

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INTISARI

Latar Belakang: Nyeri punggung merupakan keluhan umum pada ibu hamil trimester III akibat perubahan fisiologis tubuh. Besaran masalah nyeri punggung ibu hamil di Indonesia sebesar 60-80%, serta besaran masalah nyeri punggung ibu hamil di DIY sebesar 65%. Masalah nyeri punggung pada ibu hamil dapat dirasakan seiring dengan meningkatnya usia kehamilan. Jika tidak ditangani, nyeri ini dapat mengganggu aktivitas dan meningkatkan risiko komplikasi.

Tujuan: Mengetahui pengaruh pemberian *massage effleurage* terhadap nyeri punggung pada ibu hamil trimester III di PMB Wati Subagya Kabupaten Sleman.

Metode: Penelitian ini menggunakan *desain pre-eksperimental* dengan pendekatan *one group pretest-posttest*. Sampel berjumlah 30 ibu hamil trimester III yang dipilih menggunakan teknik *purposive sampling*. Intervensi *massage effleurage* dilakukan sebanyak 4 kali dalam 2 minggu, masing-masing selama 15 menit. Tingkat nyeri diukur menggunakan *Verbal Rating Scale (VRS)*. Analisis data menggunakan uji Wilcoxon.

Hasil: Sebelum intervensi, mayoritas responden mengalami nyeri sedang (56,7%). Setelah intervensi, 50% responden tidak lagi merasakan nyeri, dan 46,7% mengalami nyeri ringan. Hasil uji Wilcoxon menunjukkan nilai $p = 0,000$ ($p < 0,05$), yang berarti terdapat pengaruh signifikan antara pemberian *massage effleurage* terhadap penurunan nyeri punggung.

Kesimpulan: *Massage effleurage* efektif dalam menurunkan intensitas nyeri punggung pada ibu hamil trimester III dan dapat dijadikan sebagai terapi komplementer non-farmakologis dalam pelayanan kebidanan. Berdasarkan hasil penelitian *massage effleurage* memiliki pengaruh untuk mengatasi keluhan nyeri punggung sebesar 39,16%

Kata kunci: Nyeri punggung, ibu hamil, trimester III, *massage effleurage*

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**THE EFFECT OF EFFLEURAGE MASSAGE ON BACK PAIN IN
PREGNANT WOMEN IN THE 3RD TRIMESTER AT PMB WATI
SUBAGYA, SLEMAN REGENCY, YOGYAKARTA**

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ABSTRACT

Background: Back pain is a common complaint in pregnant women in the third trimester due to physiological changes in the body. The magnitude of back pain problems in pregnant women in Indonesia is 60-80%, and the magnitude of back pain problems in pregnant women in DIY is 65%. Back pain problems in pregnant women can be felt along with increasing gestational age. If left untreated, this pain can interfere with activities and increase the risk of complications.

Objective: To determine the effect of effleurage massage on back pain in pregnant women in the third trimester at PMB Wati Subagya, Sleman Regency.

Method: This study used a pre-experimental design with a one group pretest-posttest approach. The sample consisted of 30 pregnant women in the third trimester who were selected using a purposive sampling technique. The effleurage massage intervention was carried out 4 times in 2 weeks, each for 15 minutes. The level of pain was measured using the *Verbal Rating Scale (VRS)*. Data analysis used the Wilcoxon test.

Results: Before the intervention, the majority of respondents experienced moderate pain (56.7%). After the intervention, 50% of respondents no longer felt pain, and 46.7% experienced mild pain. The Wilcoxon test results showed a p value = 0.001 (p <0.05), which means there is a significant effect between the provision of effleurage massage and reducing back pain.

Conclusion: Effleurage massage is effective in reducing the intensity of back pain in pregnant women in the third trimester and can be used as a non-pharmacological complementary therapy in obstetric services. Based on the results of the study, effleurage massage has an effect on overcoming complaints of back pain by 39.16%

Keywords: Back pain, pregnant women, third trimester

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