

## **ABSTRAK**

**Penerapan Senam Hamil untuk Menurunkan Nyeri Punggung Bagian Bawah pada Ibu Hamil Trimester III**

Mudrikahtul Khasanah, Isyti'aroh

Diploma III Keperawatan Fakultas Ilmu Kesehatan  
Univesitas Muhammadiyah Pekajangan Pekalongan

Ibu hamil mengalami perubahan fisiologis yang menyebabkan ketidaknyamanan, karena proses kehamilan, salah satunya nyeri punggung bagian bawah. Studi kasus ini bertujuan menggambarkan penerapan senam hamil dalam menurunkan nyeri punggung bagian bawah pada ibu hamil trimester III. Desain penelitian berupa studi kasus pada dua ibu hamil trimester III yang mengalami masalah nyeri punggung bagian bawah. Instrumen studi kasus menggunakan lembar pengukuran intensitas nyeri dengan alat pengukur skala nyeri *Numeric Rate Scale* (NRS). Studi kasus dilakukan dari tanggal 15-27 Mei 2023. Intervensi studi kasus ini difokuskan pada penerapan senam hamil. Evaluasi dengan cara membandingkan skala nyeri sebelum dan sesudah dilakukan senam hamil. Hasil dari studi kasus pada kedua klien yaitu klien 1 sebelum dilakukan senam hamil, skala nyeri 6 dan setelah dilakukan senam hamil skala nyeri menjadi 2. Klien 2 sebelum dilakukan senam hamil, didapatkan skala nyeri 4 dan setelah dilakukan senam hamil skala nyeri menjadi 1. Kesimpulannya adalah penerapan senam hamil dapat menurunkan nyeri punggung bagian bawah terhadap ibu hamil trimester III. Saran untuk ibu hamil trimester III untuk melakukan senam hamil sehingga dapat menurunkan nyeri punggung bagian bawah.

Kata kunci : nyeri punggung, senam hamil, trimester III

## **ABSTRACT**

Mudrikahtul Khasanah, Isyti'aroh  
The Pregnancy Exercise Application to Reduce Lower Back Pain on the Third-  
Trimester Pregnant Women

Mudrikahtul Khasanah, Isyti'aroh  
Vocational Program in Nursing Faculty of Health Sciences  
University of Muhammadiyah Pekajangan Pekalongan

Pregnant women experience physiological changes that cause discomfort, due to the pregnancy process, one of which is lower back pain. This case study aims to describe the application of pregnancy exercise in reducing lower back pain in third-trimester pregnant women. The research design was a case study on two third-trimester pregnant women who experienced lower back pain problems. The case study instrument used was a pain intensity measurement sheet with a Numeric Rate Scale (NRS) pain scale measuring device. The case study was conducted from 15-27 May 2023. This case study intervention focused on the application of pregnancy exercise. The evaluation was conducted by comparing the pain scale before and after the pregnancy exercise. The results of the case studies on both clients showed that, for client 1, before doing pregnancy exercise, the pain scale was 6, and after doing pregnancy exercise the pain scale was 2. Client 2, before doing pregnancy exercise, got a pain scale of 4 and after doing pregnancy exercise the pain scale was 1. It can be concluded that the application of pregnancy exercise can reduce lower back pain in third-trimester pregnant women. The third-trimester pregnant women are suggested to do pregnancy exercises so they can reduce lower back pain.

Keywords: back pain, pregnancy exercise, third trimester