

**Program Studi Diploma Tiga Keperawatan
Fakultas Ilmu
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Pekajangan Pekalongan**

ABSTRAK

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Penerapan Senam Hamil Untuk Menurunkan Nyeri Punggung Pada Ibu Hamil Trimester II dan III

Nyeri punggung merupakan ketidaknyamanan yang sering dirasakan oleh ibu hamil trimester II dan III akibat perubahan fisiologis, postur tubuh, dan hormonal saat kehamilan yang dapat diatasi melalui senam hamil. Karya tulis ilmiah bertujuan untuk menggambarkan penerapan senam hamil dalam menurunkan nyeri punggung pada ibu hamil trimester II dan III. Metode yang digunakan adalah studi kasus pada ibu hamil yang mengalami nyeri punggung. Pengukuran nyeri dilakukan sebelum dan 1 jam sesudah senam hamil menggunakan Numeric Rating Scale (NRS). Senam hamil dilakukan dalam 2 minggu (4 kali kunjungan). Hasil studi menunjukkan kedua klien mengalami adanya penurunan antara 1-2 skala nyeri, dengan penurunan 1 skala nyeri pada tiap kunjungan. Berdasarkan hasil tersebut, disimpulkan bahwa senam hamil mampu menurunkan nyeri punggung. Tenaga kesehatan diharapkan dapat menerapkan senam hamil secara rutin pada ibu hamil trimester II dan III, serta memonitor pelaksanaannya.

Kata Kunci: *senam hamil, nyeri punggung, ibu hamil trimester II dan III*

ABSTRACT

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The Implementation of Pregnancy Exercise to Reduce Back Pain in Pregnant Women in the Second and Third Trimesters

Back pain is a common discomfort experienced by pregnant women in the second and third trimesters due to physiological, postural, and hormonal changes during pregnancy, which can be managed through pregnancy exercise. This study aims to describe the application of pregnancy exercise in reducing back pain among pregnant women in the second and third trimesters. It was a case study on two pregnant women experiencing back pain. Pain measurement was carried out before and one hour after pregnancy exercise using the Numeric Rating Scale (NRS). Pregnancy exercise was conducted over two weeks with four visits. The results of the study showed that both clients experienced a reduction of 1–2 pain scales, with a decrease of 1 pain scale at each visit. Based on these findings, it can be concluded that pregnancy exercise was able to reduce back pain. Health workers are expected to implement pregnancy exercise routinely for pregnant women in the second and third trimesters and monitor its implementation

Keywords: *back pain, pregnancy exercise, pregnant women in the second and third trimesters*