

SEKOLAH TINGGI ILMU KESEHATAN PANCA BHAKTI PONTIANAK
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KARYA TULIS ILMIAH, JULI 2025

**Efektivitas Senam Hamil Terhadap Penurunan Nyeri Punggung Pada Ibu Hamil Trimester 3 Di Wilayah Kerja Puskesmas Sungai Kakap Tahun 2025
XIII + 53 Halaman + 6 Tabel + 6 gambar + 11 Lampiran**

ABSTRAK

Latar Belakang : Nyeri punggung merupakan ketidaknyamanan yang sering dialami pada ibu hamil trimester III (60-80%) dan berisiko menimbulkan komplikasi seperti partus lama. Senam hamil merupakan terapi latihan fisik yang dapat mengatasi nyeri punggung selama hamil. Hasil studi pendahuluan di Posyandu Lestari dan Muara Hati Merpati ditemukan sebanyak 24 orang mengalami nyeri punggung dan belum pernah melakukan senam hamil.

Tujuan : Penelitian ini bertujuan untuk mengetahui Efektivitas Senam Hamil Terhadap Penurunan Nyeri Punggung pada Ibu Hamil Trimester 3 di Wilayah Kerja Sungai Kakap tahun 2025.

Metode : Desain penelitian yang digunakan *quasi-ekspremen pre-post test two-group*. Populasi sebanyak 24 ibu hamil dibagi menjadi dua kelompok, yaitu kelompok intervensi 12 ibu hamil yang diberi perlakuan senam hamil dan kelompok kontrol 12 ibu hamil, tidak diberi perlakuan.

Hasil : Skala nyeri sebelum diberikan perlakuan (senam hamil) pada kelompok *eksperimen* yaitu sebagian dari responden 5 orang (41,7%) mengalami nyeri sedang dan 5 orang (41,7%) mengalami ringan. Pada kelompok Kontrol sebagian dari responden 7 orang (58,3 %) mengalami nyeri ringan. Yaitu skala nyeri ibu hamil pada kelompok *eksperimen* sesudah melakukan senam hamil seluruh responden 12 orang (100%) mengalami nyeri ringan. Pada kelompok Kontrol setelah melakukan perlakuan kecil seperti pijat dan kompres hangat didapatkan sebagian besar dari responden 8 orang (66,7%), mengalami nyeri ringan. Hasil *Uji Wilcoxon* didapatkan *p-value* 0,003 ($p < 0,05$) menunjukkan bahwa senam hamil efektif dalam menurunkan nyeri punggung.

Kesimpulan : Perlakuan senam hamil efektif menurunkan intensitas atau skala nyeri pada ibu hamil dengan nyeri punggung dengan P value 0,003.

Saran : Disarankan agar tenaga kesehatan memberikan edukasi tentang manfaat latihan kehamilan dan memfasilitasi pelaksanaannya secara rutin untuk ibu hamil pada trimester ke-3, sehingga dapat menjadi alternatif non-farmakologis dalam mengurangi nyeri punggung.

Kata kunci : Ibu hamil, Senam hamil, nyeri punggung
Daftar Bacaan : 25 (2021-2025)

SCIENTIFIC PAPERS, JULY 2025

The Effectiveness of Pregnancy Gymnastics in Reducing Back Pain in Pregnant Women in the 3rd Trimester in the Working Area of the Sungai Kakap Health Center in 2025

XIII + 53 Pages + 6 Tables + 6 Pictures + 11 Appendices

ABSTRACT

Background : Back pain is an discomfort that is often experienced in pregnant women in the third trimester (60-80%) and is at risk of causing complications such as long partus. Pregnancy gymnastics is a physical exercise therapy that can overcome back pain during pregnancy. The results of the preliminary study at Posyandu Lestari and Muara Hati Merpati found that as many as 24 people had back pain and had never done pregnancy gymnastics.

Objective : This study aims to determine the Effectiveness of Pregnancy Gymnastics on Reducing Back Pain in Pregnant Women in the 3rd Trimester in the Sungai Kakap Working Area in 2025.

Method : The research design used a *quasi-expression pre-post test two-group*. The population of 24 pregnant women was divided into two groups, namely the intervention group of 12 pregnant women who were given pregnancy exercises treatment and the control group of 12 pregnant women, who were not given treatment.

Results: The pain scale before being given treatment (pregnancy exercises) in the *experimental group* was that some of the respondents 5 people (41.7%) experienced moderate pain and 5 people (41.7%) experienced mild pain. In the Control group, a portion of the 7 respondents (58.3%) experienced mild pain. That is the pain scale of pregnant women in the *experimental* group after doing pregnancy exercises, all 12 respondents (100%) experienced mild pain. In the control group, after doing small treatments such as massage and warm compresses, most of the 8 respondents (66.7%) experienced mild pain. The results of the *Wilcoxon Test* obtained a *p-value* of 0.003 ($p < 0.05$) indicating that pregnancy exercises are effective in reducing back pain.

Conclusion : Pregnancy exercise treatment was effective in reducing the intensity or scale of pain in pregnant women with back pain with a P value of 0.003.

Suggestion : It is recommended that health workers provide education on the benefits of pregnancy exercises and facilitate their implementation regularly for pregnant women in the 3rd trimester, so that it can be a non-pharmacological alternative in reducing back pain.

Keywords : Pregnant women, Pregnant exercises, back pain

Reading List : 25 (2021-2025)