

**PROGRAM STUDI DIPLOMA III KEBIDANAN
FAKULTAS KESEHATAN DAN INFORMATIKA
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**Asuhan Kebidanan Pada Ny. H Dengan Penerapan Pijat *Effeularge*
di PMB Bdn. Silvi Ayu S.keb**

Vii + 22 Halaman + 2 Gambar + 10 Lampiran

ABSTRSAK

Asuhan kebidanan pada ibu hamil dengan keluhan nyeri punggung trimester I merupakan salah satu bentuk intervensi untuk mengurangi ketidaknyamanan selama kehamilan. Nyeri punggung terjadi akibat perubahan hormonal, peningkatan berat badan, serta perubahan postur tubuh ibu hamil. Studi kasus ini dilakukan pada Ny. H G3P2A0H2 usia kehamilan 10 minggu di PMB Bd. Silvi Ayu S.Keb. Intervensi yang diberikan adalah penerapan pijat *effleurage* sebagai metode non-farmakologis untuk mengurangi nyeri punggung. Asuhan dilakukan dengan pendekatan SOAP yang meliputi pengkajian, penegakan diagnosa, intervensi, implementasi, dan evaluasi. Terapi diberikan selama 6 hari berturut-turut dengan durasi 10 menit setiap hari. Hasil menunjukkan penurunan skala nyeri ibu dari skala 6 menjadi skala 1. Selain itu, terdapat peningkatan pengetahuan ibu mengenai pijat *effleurage* dari kategori “kurang” (40) menjadi “baik” (100), dan ibu beserta suami mampu melakukan pijat *effleurage* secara mandiri di rumah. Pijat *effleurage* terbukti aman, sederhana, dan efektif dalam mengurangi nyeri punggung, sehingga dapat dijadikan alternatif dalam praktik kebidanan. Keterbatasan penelitian ini adalah durasi pengamatan yang singkat dan tidak adanya kelompok pembandingan. Meskipun demikian, hasil menunjukkan pijat *effleurage* layak direkomendasikan sebagai intervensi non-farmakologis pada ibu hamil dengan nyeri punggung trimester I.

Kata kunci: nyeri punggung, kehamilan trimester I, pijat *effleurage*

Daftar bacaan: 19 Referensi (2019-2025)

**PROGRAM OF DIPLOMA III IN MIDWIFERY
FACULTY OF HEALT AND INFORMATIC
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Case Study, July 2025**

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**Midwifery Care for Mrs. H with the Application of Effleurage Massage
at PMB Bd. Silvi Ayu, S.Keb**

vii + 22 Pages + 2 Figures + 10 Appendices

ABSTRACT

Midwifery care for pregnant women experiencing lower back pain in the first trimester is an intervention aimed at reducing discomfort during pregnancy. Back pain occurs due to hormonal changes, increased body weight, and postural changes in pregnant women. This case study was conducted on Mrs. H, G3P2A0H2, at 10 weeks of gestation at PMB Bd. Silvi Ayu, S.Keb. The intervention provided was the application of effleurage massage as a non-pharmacological method to reduce back pain. The care was carried out using the SOAP approach, including assessment, diagnosis, intervention, implementation, and evaluation. Therapy was given for six consecutive days with a duration of 10 minutes each day. The results showed a decrease in the mother's pain scale from 6 to 1. Additionally, there was an increase in the mother's knowledge about effleurage massage from the "poor" category (40) to "good" (100), and both the mother and her husband were able to perform effleurage massage independently at home. Effleurage massage proved to be safe, simple, and effective in reducing back pain, making it a viable alternative in midwifery practice. The limitation of this study is the short observation period and the absence of a comparison group. Nevertheless, the results indicate that effleurage massage is recommended as a non-pharmacological intervention for pregnant women experiencing back pain in the first trimester.

Keywords: back pain, first trimester pregnancy, effleurage massage

References: 19 references (2019–2025)