

PROGRAM STUDI SARJANA KEBIDANAN
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Karakteristik Ibu Yang Mengalami Ketidaknyamanan Nyeri Pinggang Selama
Kehamilan Di Wilayah Kerja Puskesmas Payung Sekaki Pekanbaru

xiv+ 66 halaman + 2 tabel + 3 gambar + 4 lampiran

ABSTRAK

**KARAKTERISTIK IBU YANG MENGALAMI KETIDAKNYAMANAN
NYERI PINGGANG SELAMA KEHAMILAN DI WILAYAH
KERJA PUSKESMAS PAYUNG SEKAKI
PEKANBARU**

Fenomena nyeri pinggang merupakan keluhan yang paling sering dilaporkan dikalangan ibu hamil, terjadi pada 60% sampai 90% ibu hamil berdasarkan penelitian di berbagai negara sebelumnya. Tujuan penelitian ini adalah untuk mengetahui Karakteristik Ibu Yang Mengalami Nyeri Pinggang. Penelitian ini adalah penelitian kuantitatif. Teknik pengambilan sampel yang digunakan dalam penelitian ini adalah Simple Random Sampling. Berdasarkan hasil penelitian Karakteristik ibu hamil mengalami nyeri pinggang dalam frekuensi tingkat nyeri sebanyak 28 orang (60%). Sedangkan nyeri ringan sebanyak 18 orang (40%). Dapat disimpulkan bahwa karakteristik ibu hamil mengalami nyeri pinggang berdasarkan pengetahuan ibu hamil dalam kategori baik.

Kata Kunci: Nyeri Pinggang, Ibu Hamil

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*Characteristics Of Mothers Who Experience Low Back Pain Discomfort During
Pregnancy The Working Area Of The Sekaki Umbrella Health Center Pekanbaru*

xiv+ 66 pages + 2 tables + 3 schemes + 4 appendices

ABSTRACT

**CHARACTERISTICS OF MOTHERS WHO EXPERIENCE LOW BACK PAIN
DISCOMFORT DURING PREGNANCY IN THE WORKING AREA OF
THE SEKAKI UMBRELLA HEALTH CENTER
PEKANBARU**

The phenomenon of low back pain is the most commonly reported complaint among pregnant women, occurring in 60% to 90% of pregnant women based on previous studies in various countries. The purpose of this study is to find out the characteristics of mothers who experience low back pain. This research is a quantitative research. The sampling technique used in this study is Simple Random Sampling. Based on the results of the study, the characteristics of pregnant women experiencing low back pain in the frequency of pain levels were 28 people (60%). Meanwhile, 18 people (40%) had mild pain. It can be concluded that the characteristics of pregnant women experiencing low back pain based on the knowledge of pregnant women are in the good category.

Keywords: *Low Back Pain, Pregnant Women*