

**PROGRAM STUDI SARJANA KEBIDANAN FAKULTAS KESEHATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

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**Pengaruh Senam Hamil Dalam Mengatasi Nyeri Punggung Pada Ibu Hamil
Di Wilayah Kerja Puskesmas Pangkalan Lesung**

Xvi + 57 halaman + 8 Tabel + 9 Gambar + 9 Lampiran

ABSTRAK

Nyeri punggung pada ibu hamil disebabkan oleh perubahan hormonal pada jaringan lunak pendukung dan penghubung, yang mengakibatkan berkurangnya kelenturan otot. Nyeri punggung biasanya dimulai antara kehamilan minggu ke-20 dan minggu ke-28 kehamilan. Penatalaksanaan untuk mengurangi nyeri punggung adalah mempertahankan postur yang baik dengan memperhatikan mekanisme tubuh yang baik, salah satunya melakukan senam hamil. Tujuan dari penelitian ini untuk mengetahui pengaruh senam hamil dalam mengatasi nyeri punggung pada ibu hamil di wilayah kerja puskesmas pangkalan lesung.

Metode penelitian yang digunakan kuantitatif dengan *Quasi Experimental Design* yang berupa metode *one group pretest-posttest* yaitu penelitian yang digunakan *pre test* dan *post test* dimana observasi dilakukan sebanyak 2 kali, sebelum dan sesudah *experimen*. Responden berjumlah 51 ibu hamil dengan usia kehamilan > 24 minggu di Wilayah Kerja Puskesmas Pangkalan Lesung. Teknik pengambilan sampel secara *simple random sampling*. Analisis data menggunakan uji *wilcoxon*.

Hasil penelitian sebelum diberikan intervensi senam hamil sebanyak 28 orang (54.9 %) mengalami nyeri punggung sedang dan sebanyak 23 orang (45.1 %) mengalami nyeri punggung berat. Setelah diberikan intervensi senam hamil sebanyak 31 orang (60.8 %) mengalami nyeri punggung ringan dan sebanyak 20 orang (39.2 %) mengalami nyeri punggung sedang. Hasil uji statistik menggunakan uji *wilcoxon* di peroleh p -value 0.000 sehingga dapat disimpulkan ada pengaruh senam hamil dalam mengatasi nyeri punggung pada ibu hamil di wilayah kerja puskesmas pangkalan lesung.

Disarankan untuk Puskesmas Pangkalan Lesung agar mengimplementasikan program senam hamil yang terstruktur dan terjadwal secara rutin. Hal ini dapat membantu mengurangi nyeri punggung dan meningkatkan kesejahteraan ibu hamil.

Kata kunci : Ibu Hamil, Senam Hamil, Nyeri Punggung
Daftar Bacaan : 30 (2019 – 2023)

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The Effect Of Pregnancy Exercises In Overcoming Back Pain In Pregnant Women In The Working Area Of The Pangkalan Lesung Public Hospital

XVi + 57 pages + 8 Tables + 9 Figures + 9 Appendices

ABSTRACT

Back pain in pregnant women is caused by hormonal changes in the soft tissues caused reduced muscle flexibility. Back pain is common between the 20th week of pregnancy and the 28th week of pregnancy. Management of back pain is to maintain good posture by paying attention to good body mechanics and pregnancy exercises. The purpose of the study in research to determine the effect of pregnancy exercise in treating back pain in pregnant women in the working area of Lesung Public Hospital.

The research method used is quantitative with Quasi Experimental Design in the form of a one group pretest-posttest method, namely research that uses pre-test and post-test where observations are carried out 2 times, before and after the experiment. Respondents were 51 pregnant women with gestational age > 24 weeks in the Pangkalan Lesung Community Health Center Work Area. The sampling technique is simple random sampling. Data analysis used the Wilcoxon test.

The results of the research before being given the pregnancy exercise intervention were 28 people (54.9%) experiencing moderate back pain and 23 people (45.1%) experiencing severe back pain. After being given the pregnancy exercise intervention, 31 people (60.8%) experienced mild back pain and 20 people (39.2%) experienced moderate back pain. The results of statistical tests using the Wilcoxon test obtained a p -value of 0.000 so it can be concluded that there is an influence of pregnancy exercise in overcoming back pain in pregnant women in the working area of the Pangkalan Lesung Public Hospital.

Pangkalan Lesung Public Hospital should implement pregnancy exercise program with structured and and time table. The purpose of pregnancy exercise to reduce back pain and improve the well-being of pregnant women.

Keywords :Pregnant Women, Pregnancy Exercise, Back Pain

Reading List : 30 (2019 – 2023)