

**PROGRAM STUDI PROFESI BIDAN FAKULTAS KESEHATAN DAN
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**Asuhan Kebidanan Berkesinambungan Pada Ny. A Dengan Penerapan
Pregnancy Massage Terhadap Nyeri Punggung Pada Masa Kehamilan
Trimester III Di PMB Dince Safrina Kota Pekanbaru
xii + 67 Halaman + 1 Tabel + 4 Gambar + 14 Lampiran**

ABSTRAK

Nyeri punggung merupakan keluhan umum yang dialami ibu hamil, terutama pada trimester III, akibat perubahan fisiologis seperti pembesaran uterus, lonjakan hormon relaksin, dan perubahan postur tubuh. Keluhan ini dapat mengganggu kenyamanan, kualitas tidur, serta aktivitas sehari-hari ibu hamil. Salah satu intervensi non-farmakologis yang terbukti efektif dalam mengurangi nyeri punggung adalah *pregnancy massage*. Tujuannya yaitu memberikan asuhan kebidanan berkesinambungan pada Ny. A dengan penerapan *pregnancy massage* sebagai upaya mengurangi nyeri punggung selama kehamilan trimester III. Studi ini merupakan karya ilmiah berbasis *evidence-based practice* (EBP) dalam bentuk studi kasus pada Ny. A, G2P1A0H1, usia kehamilan 33–34 minggu. Intervensi *pregnancy massage* dilakukan selama 30 menit per sesi, dua kali seminggu selama dua minggu (4 kali tindakan), dengan evaluasi nyeri menggunakan skala *Numeric Rating Scale* (NRS) sebelum dan sesudah intervensi. Hasil pengukuran menunjukkan penurunan skala nyeri secara signifikan setelah penerapan *pregnancy massage*. Nyeri punggung yang awalnya berada pada skala 6 menurun menjadi skala 2 setelah intervensi terakhir. Penerapan *pregnancy massage* terbukti efektif dalam mengurangi nyeri punggung pada ibu hamil trimester III. Intervensi ini dapat diterapkan oleh bidan dalam pelayanan *antenatal care* (ANC) sebagai bagian dari upaya peningkatan kualitas hidup ibu hamil.

Kata Kunci: *Pregnancy massage*, nyeri punggung, kehamilan trimester III, asuhan kebidanan berkesinambungan, non-farmakologis

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***Continuous Midwifery Care for Mrs. A with the Application of Pregnancy
Massage for Back Pain During the Third Trimester of Pregnancy at PMB Dince
Safrina, Pekanbaru City***

xii + 67 Pages + 1 Tables + 4 Figure + 14 Attachments

ABSTRACT

Back pain is a common complaint experienced by pregnant women, particularly in the third trimester, due to physiological changes such as uterine enlargement, increased levels of the hormone relaxin, and changes in body posture. This complaint can disrupt comfort, sleep quality, and daily activities of pregnant women. One non-pharmacological intervention proven effective in reducing back pain is pregnancy massage. The objective is to provide continuous midwifery care to Mrs. A through the application of pregnancy massage as an effort to reduce back pain during the third trimester of pregnancy. This study is evidence-based practice (EBP) research in the form of a case study on Mrs. A, G2P1A0H1, at 33–34 weeks of pregnancy. The pregnancy massage intervention was conducted for 30 minutes per session, twice a week for two weeks (4 sessions), with pain assessment using the Numeric Rating Scale (NRS) before and after the intervention. The measurement results showed a significant reduction in pain levels after the application of pregnancy massage. Back pain, which initially scored 6 on the scale, decreased to 2 after the final intervention. The application of pregnancy massage was proven effective in reducing back pain in third-trimester pregnant women. This intervention can be implemented by midwives in antenatal care (ANC) services as part of efforts to improve the quality of life for pregnant women.

Keywords: *Pregnancy massage, back pain, third trimester pregnancy, continuous midwifery care, non-pharmacological*