

ABSTRAK

PENGARUH SENAM IBU HAMIL TERHADAP PENURUNAN INTENSITAS NYERI PUNGGUNG PADA IBU HAMIL TRIMESTER II

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Pendahuluan: Nyeri punggung seringkali menjadi masalah yang dialami oleh ibu hamil terutama pada trimester 2, nyeri ini muncul karena fisiologis kehamilan. **Tujuan:** Penelitian ini bertujuan untuk mengetahui pengaruh senam hamil terhadap intensitas nyeri punggung pada ibu hamil trimester 2. **Metode:** Penelitian ini menggunakan desain *pra eksperimental*, jumlah populasi sebanyak 30 orang diperoleh sampel dengan teknik *simpel random sampling* yaitu 27 orang menggunakan alat ukur kuesioner dengan analisa data menggunakan uji *wilcoxon*. **Hasil :** Hasil penelitian ini didapatkan sebelum dilakukan senam hamil menunjukkan sebagian besar ibu mengalami nyeri berat sebanyak 16 orang (59,3%), sesudah dilakukan senam hamil menunjukkan sebagian besar ibu mengalami nyeri ringan sebanyak 19 orang (70,4%). Berdasarkan hasil uji *wilcoxon* didapatkan p value 0,000 (<0,05) artinya, ada pengaruh senam ibu hamil terhadap penurunan intensitas nyeri punggung pada ibu hamil trimester 2 di Polindes Ponteh Kecamatan Galis Kabupaten Pamekasan. **Kesimpulan:** Senam hamil efektif dilakukan oleh ibu hamil untuk mengatasi masalah nyeri punggung, senam ini dapat dilakukan selama 30 menit sebanyak 2 kali dalam satu minggu dan dilakukan selama 2 minggu secara berturut-turut.

Kata kunci: senam hamil, nyeri punggung, ibu hamil trimester 2

ABSTRACT

THE INFLUENCE OF PREGNANT WOMEN'S EXERCISE ON REDUCING THE INTENSITY OF BACK PAIN IN PREGNANT WOMEN TRIMESTER II

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Introduction: Back pain is often a problem experienced by pregnant women, especially in the second trimester, this pain arises due to the physiology of pregnancy. **Purpose:** This study aims to determine the effect of pregnancy exercise on the intensity of back pain in pregnant women in the second trimester. **Methods:** This study used a pre-experimental design, a population of 30 people was obtained as a sample using simple random sampling technique, namely 27 people using a questionnaire with analysis data using wilcoxon test. **Results:** The results of this study were obtained before doing pregnancy exercise showing that most of the mothers experienced severe pain as many as 16 people (59.3%), after doing pregnancy exercise it showed that most of the mothers experienced mild pain as many as 19 people (70.4%). Based on the results of the Wilcoxon test, it was obtained a p value of 0.000 (<0.05) meaning that there was an effect of exercise for pregnant women on reducing the intensity of back pain in trimester 2 pregnant women at the Ponteh Polindes, Galis District, Pamekasan Regency. **Conclusion:** Pregnancy exercise is effective for pregnant women to overcome back pain problems. This exercise can be done for 30 minutes 2 times a week and done for 2 weeks in a row.

Keywords: pregnancy exercise, back pain, second trimester pregnant women