

**PERBEDAAN TINGKAT NYERI PUNGGUNG PADA IBU HAMIL
TRIMESTER III SEBELUM DAN SESUDAH SENAM HAMIL DI
PUSKESMAS PANGANDARAN KABUPATEN PANGANDARAN
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ABSTRAK

Latar Belakang: Nyeri punggung merupakan keluhan yang sering dialami ibu hamil trimester III akibat perubahan fisiologis, hormonal, dan biomekanik selama kehamilan. Kondisi ini dapat mengganggu aktivitas, kualitas tidur, dan kenyamanan ibu. Senam hamil merupakan tindakan nonfarmakologis yang aman untuk mengurangi nyeri punggung. Tujuan penelitian adalah untuk menganalisis perbedaan tingkat nyeri punggung pada ibu hamil trimester III sebelum dan sesudah senam hamil di Puskesmas Pangandaran Kabupaten Pangandaran tahun 2026. **Metode:** Jenis penelitian kuantitatif dengan desain *pre-experimental one-group pretest-posttest*. Sampel 40 responden, dipilih dengan teknik total sampling. Tingkat nyeri punggung diukur menggunakan *Numeric Rating Scale* (NRS). Analisis data secara univariat dan bivariat menggunakan *Wilcoxon Signed Rank Test*. **Hasil:** Sebelum senam hamil sebagian besar responden mengalami tingkat nyeri ringan yaitu sebanyak 23 responden (57,5%) sedangkan sesudah senam hamil sebagian besar responden mengalami penurunan nyeri menjadi tidak nyeri yaitu sebanyak 39 responden (97,5%). Hasil uji *Wilcoxon Signed Rank Test* menunjukkan nilai $Z = -5,534$ dan $p \text{ value} < 0,001$ ($p < 0,05$). **Kesimpulan dan Saran:** Terdapat perbedaan yang signifikan antara tingkat nyeri punggung pada ibu hamil trimester III sebelum dan sesudah senam hamil di Puskesmas Pangandaran Kabupaten Pangandaran tahun 2026. Diharapkan bidan dapat mengoptimalkan pelaksanaan senam hamil sebagai upaya nonfarmakologis untuk membantu mengurangi nyeri punggung pada ibu hamil trimester III.

Kata kunci: Ibu hamil trimester III, nyeri punggung, senam hamil.

**DIFFERENCES IN THE LEVEL OF BACK PAIN AMONG THIRD
TRIMESTER PREGNANT WOMEN BEFORE AND AFTER PREGNANCY
EXERCISES AT PANGANDARAN PUBLIC HEALTH CENTER
PANGANDARAN REGENCY 2026**

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ABSTRACT

Background: Back pain is a common complaint experienced by third-trimester pregnant women due to physiological, hormonal, and biomechanical changes during pregnancy. This condition can interfere with daily activities, sleep quality, and maternal comfort. Pregnancy exercise is a safe non-pharmacological intervention that may help reduce back pain. This study aimed to analyze the difference in back pain levels among third-trimester pregnant women before and after pregnancy exercise at Pangandaran Public Health Center, Pangandaran Regency, in 2026. **Methods:** This study used a quantitative approach with a pre-experimental one-group pretest-posttest design. The sample consisted of 40 respondents selected using total sampling. Back pain levels were measured using the Numeric Rating Scale (NRS). Data were analyzed using univariate analysis and bivariate analysis with the Wilcoxon Signed Rank Test. **Results:** Before pregnancy exercise, the majority of respondents experienced mild pain, with 23 respondents (57.5%), whereas after pregnancy exercise, the majority of respondents reported no pain, with 39 respondents (97.5%). The Wilcoxon Signed Rank Test showed a Z value of -5.534 and a p-value < 0.001 ($p < 0.05$). **Conclusion and Recommendation:** There was a significant difference in back pain levels among third-trimester pregnant women before and after pregnancy exercise at Pangandaran Public Health Center, Pangandaran Regency, in 2026. Midwives are expected to optimize the implementation of pregnancy exercise as a non-pharmacological effort to help reduce back pain in third-trimester pregnant women.

Keywords: Third-trimester pregnant women, back pain, pregnancy exercise.