

**HUBUNGAN KEIKUTSERTAAN SENAM HAMIL DENGAN
INTENSITAS NYERI PUNGGUNG PADA IBU HAMIL TRIMESTER III
DI WILAYAH PUSKESMAS KARANGPUCUNG II KABUPATEN
CILACAP**

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ABSTRAK

Latar Belakang: Perubahan tubuh selama masa kehamilan sering menyebabkan ibu hamil trimester ketiga mengalami nyeri punggung. Senam hamil hadir sebagai salah satu terapi nonfarmakologis untuk meredakannya, tetapi tingkat partisipasi ibu hamil masih beragam sehingga keterkaitannya dengan tingkat nyeri perlu diteliti lebih lanjut. **Tujuan:** Kajian ini menganalisis pengaruh atau hubungan keikutsertaan dalam senam hamil terhadap derajat rasa sakit pada area punggung ibu hamil trimester akhir di kawasan Puskesmas Karangpucung II Kabupaten Cilacap. **Metode:** Studi ini mengaplikasikan desain analitik korelasional melalui pendekatan *cross-sectional*. Dari populasi sebanyak 338 ibu hamil trimester ketiga, diambil 77 responden sebagai sampel menggunakan teknik *simple random sampling (probability sampling)*. Pengumpulan data dilakukan lewat kuesioner, lalu dianalisis secara univariat dan bivariat memakai uji *Chi-Square* pada tingkat signifikansi 5%. **Hasil:** Hasil penelitian menunjukkan bahwa sebagian besar ibu hamil trimester III berpartisipasi dalam senam hamil (62,3%) serta mengalami nyeri punggung kategori ringan (62,3%). Secara bivariat, terdapat hubungan yang bermakna antara keikutsertaan senam hamil dan derajat nyeri punggung yang dirasakan ($p < 0,05$). **Kesimpulan:** Partisipasi dalam senam hamil terbukti berkaitan dengan tingkat nyeri punggung pada ibu hamil trimester III, di mana mereka yang rutin ikut cenderung merasakan nyeri yang lebih ringan. Oleh karena itu, pihak puskesmas disarankan untuk memperluas jangkauan senam hamil melalui kegiatan edukasi, meningkatkan peran Kelas Ibu Hamil, serta dukungan dari keluarga.

Kata kunci: senam hamil, nyeri punggung, ibu hamil trimester III, keikutsertaan

**THE RELATIONSHIP BETWEEN PARTICIPATION IN PREGNANCY
EXERCISE AND BACK PAIN INTENSITY AMONG THIRD-TRIMESTER
PREGNANT WOMEN AT THE KARANGPUCUNG II COMMUNITY
HEALTH CENTER, CILACAP REGENCY**

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ABSTRACT

Background: Bodily changes during pregnancy often lead third-trimester pregnant women to experience back pain. Pregnancy exercise serves as a non-pharmacological therapy to alleviate it, yet the participation rate among pregnant women remains varied, necessitating further investigation into its association with pain levels. **Objective:** This study analyzed the effect or correlation of participation in pregnancy exercise on the degree of back pain among late-trimester pregnant women in the Karangpucung II Public Health Center area, Cilacap Regency. **Methods:** This study applied a correlational analytical design with a cross-sectional approach. From a population of 338 third-trimester pregnant women, 77 respondents were selected as samples using simple random sampling (probability sampling). Data were collected via questionnaires and analyzed univariately and bivariate using the Chi-Square test at a 5% significance level. **Results:** The findings indicated that the majority of third-trimester pregnant women participated in pregnancy exercise (62.3%) and experienced mild back pain (62.3%). Bivariate, there was a significant relationship between participation in pregnancy exercise and the degree of perceived back pain ($p < 0.05$). **Conclusion:** Participation in pregnancy exercise is proven to be associated with back pain levels in third-trimester pregnant women, where those who routinely attend tend to experience milder pain. Therefore, the public health center is advised to expand the reach of pregnancy exercise through educational activities, enhancing the role of the Pregnant Women's Class (Kelas Ibu Hamil), and family support.

Keywords: pregnancy exercise, back pain, third-trimester pregnant women, participation