

Pengaruh Senam Hamil Terhadap Skala Nyeri Punggung Bawah Pada Ibu Hamil Trimester III Di Wilayah Kerja UPTD Puskesmas Langkaplancar Kabupaten Pangandaran

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ABSTRAK

Nyeri punggung terjadi selama kehamilan, hingga saat ini prevalensi ibu hamil dengan nyeri punggung sebesar 60-80% di beberapa wilayah Indonesia. Data dari Puskesmas Langkaplancar tahun 2025 ibu hamil berkunjung sebanyak 422 orang, dari jumlah tersebut sekitar 258 orang atau sebanyak 61,1 % mengalami nyeri punggung bagian bawah. Nyeri ini dapat diatasi dengan terapi non farmakologis seperti senam hamil. Tujuan dari penelitian ini adalah untuk mengetahui seberapa efektif pengaruh senam hamil terhadap skala nyeri punggung bawah ibu hamil trimester III di wilayah kerja UPTD Puskesmas Langkaplancar Kabupaten Pangandaran. Jenis penelitian kuantitatif dengan metode analitik dengan desain *Pre Eksperimental* menggunakan *pretest-posttest one Group Design*. Penelitian dilakukan pada bulan April 2026. Populasi penelitian ibu hamil trimester III berjumlah 79 orang dengan jumlah sampel 20 orang yang memenuhi kriteria inklusi dan eksklusi. Pengumpulan data menggunakan lembar observasi sebelum dan sesudah dilakukan senam hamil. Analisa data menggunakan Uji Wilcoxon Rank Test. Hasil penelitian didapatkan rata-rata skala nyeri sebelum intervensi sebesar 6,05 (berat), sesudah intervensi rata-rata sebesar 2,95 (ringan). Hasil uji statistik didapatkan nilai $p < 0,000$. Kesimpulan penelitian ini, senam hamil merupakan salah satu terapi non farmakologi yang dapat mengurangi skala nyeri punggung bawah pada ibu hamil trimester III.

Kata Kunci : senam hamil, nyeri punggung bawah, ibu hamil trimester III

**The Effect of Pregnancy Exercise on Low Back Pain Scale Among Third-
Trimester Pregnant Women in the Working Area of UPTD Langkaplancar
Public Health Center, Pangandaran Regency**

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ABSTRACT

Back pain occurs during pregnancy, and the prevalence of back pain in pregnant women is currently 60-80% in several regions of Indonesia. Data from the Langkaplancar Community Health Center (Puskesmas Langkaplancar) in 2025 showed that 422 pregnant women visited, of which approximately 258 people or 61.1% experienced lower back pain. This pain can be overcome with non-pharmacological therapy such as pregnancy exercises. The purpose of this study was to determine the effectiveness of pregnancy exercises on the scale of lower back pain in third-trimester pregnant women in the working area of the Langkaplancar Community Health Center UPTD, Pangandaran Regency. This type of research was quantitative with an analytical method with a Pre-Experimental design using a pretest-posttest one Group Design. The study was conducted in April 2026. The study population consisted of 79 third-trimester pregnant women with a sample size of 20 people who met the inclusion and exclusion criteria. Data collection used observation sheets before and after pregnancy exercises. Data analysis used the Wilcoxon Rank Test. The study found an average pain scale before the intervention of 6.05 (severe), and after the intervention, the average was 2.95 (mild). Statistical tests yielded a p-value of 0.000. The study concluded that prenatal exercise is a non-pharmacological therapy that can reduce lower back pain in pregnant women in their third trimester.

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