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The Application of Endorphin Massage in Reducing Back Pain Intensity in Third Trimester Pregnant Women in the Working Area of Pancasan Public Health Center, Bogor City

i-xiv f+ 47 pages, V CHAPTERS, 5 Picture, 5 Table

ABSTRACT

Based on data from the 2018 Basic Health Research (Rikesdas) in the West Java region, the percentage of pregnant women reached 5.3%. One of the complaints frequently reported by pregnant women during antenatal care is back pain. Back pain is the most common physiological condition during pregnancy, which has a negative impact on various aspects, including sleep quality, physical health, work productivity, social interaction, and household chores. The aim is to determine the level of back pain reduction after receiving endorphin massage. This case study uses a descriptive method with interviews, SOPs, and observations. The back pain scale of third-trimester pregnant women after the application of endorphin massage techniques showed that all three respondents experienced mild pain and no pain. After the endorphin massage technique was applied, there was a difference in the pain scale values for the three respondents. All three respondents experienced a decrease in back pain scale values after the application of the endorphin massage technique. Mrs. E experienced a 6-point decrease in pain scale, Mrs. R experienced a 7-point decrease in pain scale, and Mrs. E experienced a 5-point decrease in pain scale. In conclusion, the application of Endorphin Massage proved to be effective in reducing the intensity of back pain in third-trimester pregnant women. It is recommended that the application of endorphin massage as an effort to reduce the intensity of back pain in pregnant women be implemented in the working area of Pancasan Public Health Center.

Keywords : Third-trimester pregnant women, Back pain, Endorphine massage

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Politeknik Kesehatan Kementerian Kesehatan Bandung
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Penerapan *Endorphin Massage* Dalam Menurunkan Intensitas Nyeri Punggung Pada Ibu Hamil Trimester Iii Di Wilayah Kerja Puskesmas Pancasan Kota Bogor

i-xiv + 48 Halaman, V BAB, 5 Gambar, 5 Tabel,

ABSTRAK

Berdasarkan data dari Rikesdas tahun 2018 di wilayah Jawa Barat ibu hamil mencapai 5,3%. Salah satu keluhan yang sering dilaporkan oleh ibu hamil saat melakukan perawatan antenatal adalah nyeri punggung. Nyeri punggung merupakan kondisi fisiologis yang paling umum terjadi selama kehamilan, yang memiliki dampak negatif terhadap berbagai aspek, termasuk kualitas tidur, kesehatan fisik, produktivitas kerja, interaksi sosial, dan tugas rumah tangga. Tujuan untuk mengetahui tingkat intensitas penurunan nyeri punggung setelah mendapatkan *endorphin massage* Studi kasus ini menggunakan metode deskriptif dengan menggunakan wawancara, SOP dan observasi. Skala nyeri punggung ibu hamil trimester III sesudah dilakukan penerapan teknik *endorphine massage* didapatkan hasil bahwa ketiga responden mengalami nyeri ringan dan tidak nyeri. Setelah teknik *endorphin massage* diterapkan, terdapat perbedaan nilai skala nyeri pada ketiga responden. Ketiga responden mengalami penurunan nilai skala nyeri punggung setelah penerapan teknik *endorphin massage*. Pada Ny. E mengalami penurunan skala nyeri 6 poin, pada Ny.R mengalami penurunan skala nyeri 7 poin dan pada Ny. E mengalami penurunan skala nyeri 5 poin. Kesimpulannya penerapan *Endorphine Massage* terbukti efektif dalam menurunkan intensitas nyeri punggung pada ibu hamil trimester III. Rekomendasi di harapkan penerapan *endorphine massage* dalam upaya menurunkan intensitas nyeri punggung pada ibu hamil dapat dilakukan di wilayah kerja puskesmas pancasan.

Kata Kunci : Ibu hamil trimester III, Nyeri punggung, *Endorphine massage*

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