

Health Polytechnic Ministry Of Health Bandung

Nursing Study Program (Bogor Campus) Diploma Three Program

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**APPLICATION OF FOOT MASSAGE AND WARM WATER SOAK MIXED
WITH AROMATIC GINGER IN LOWERING ANXIETY AND LEG EDEMA
IN THIRD TRIMESTER PREGNANT WOMEN IN THE WORKING AREA OF
SINDANG BARANG HEALTH CENTER BOGOR CITY**

41 pages, V CHAPTER, 7 tables, 8 appendices

ABSTRACT

Pregnancy is a transitional phase, covering the period before the arrival of the child who is currently being conceived and after giving birth to the child. Physical and psychological changes occur during pregnancy such as anxiety. Edema during pregnancy is an inflammation caused by excessive fluid accumulation in body tissues, and it often occurs in the legs. To overcome anxiety and foot edema in pregnant women in the third trimester, foot massage and warm water baths can be done. The purpose of this case study is to determine the application of foot massage and warm water soaking mixed with aromatic ginger in lowering anxiety and foot edema in pregnant women in the third trimester in the Working Area of the Sindang Barang Health Center. This case study method is a descriptive case study. Sampling was conducted using the HARS questionnaire and edema measurement with 3 respondents matching the inclusion criteria. The results of the analysis obtained before the foot massage and warm water bath mixed with aromatic ginger 2 respondents experienced moderate anxiety and 1 respondent experienced mild anxiety, while after being given a foot massage and warm water soak mixed with aromatic ginger 2 respondents experienced mild anxiety and 1 respondent did not have anxiety. Before the application, there were 2 respondents experiencing edema of degree II and 1 respondent experiencing edema degree I, while after the application, there were 2 respondents without edema and 1 respondent of degree I. In conclusion, there was a decrease in the level of anxiety and edema before and after foot massage and warm water immersion mixed with aromatic ginger. Suggestions for foot massage and soaking in warm water mixed with aromatic ginger are used as one of the non-pharmacological techniques to reduce the level of anxiety and edema in pregnant women in the third trimester.

Keywords : Anxiety, Edema, Foot Massage, Soak Warm Water Mixed with Kencur

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**PENERAPAN PIJAT KAKI DAN RENDAM AIR HANGAT CAMPUR
KENCUR DALAM MENURUNKAN KECEMASAN DAN EDEMA KAKI
PADA IBU HAMIL TRIMESTER III DI WILAYAH KERJA PUSKESMAS
SINDANG BARANG KOTA BOGOR**

41 Halaman, V BAB, 7 Tabel, 8 Lampiran

ABSTRAK

Kehamilan merupakan fase transisi, mencakup periode sebelum kedatangan anak yang saat ini sedang dikandung dan setelah melahirkan anak tersebut. Perubahan fisik dan psikologis terjadi selama kehamilan seperti kecemasan. Edema selama kehamilan adalah peradangan yang disebabkan oleh penimbunan cairan berlebihan di jaringan tubuh, dan sering terjadi di kaki. Untuk mengatasi kecemasan dan edema kaki pada ibu hamil trimester III dapat dilakukan pijat kaki dan rendam air hangat campur kencur. Tujuan studi kasus ini mengetahui penerapan pijat kaki dan rendam air hangat campur kencur dalam menurunkan kecemasan dan edema kaki pada ibu hamil trimester III di Wilayah Kerja Puskesmas Sindang Barang. Metode studi kasus ini studi kasus deskriptif. Pengambilan sample menggunakan kuesioner HARS dan pengukuran edema dengan 3 responden sesuai dengan kriteria inklusi. Hasil Analisa yang didapatkan sebelum dilakukan pijat kaki dan rendam air hangat campur kencur 2 responden mengalami cemas sedang dan 1 responden mengalami cemas ringan, sedangkan setelah diberikan pijat kaki dan rendam air hangat campur kencur 2 responden mengalami cemas ringan dan 1 responden tidak cemas. Sebelum penerapan terdapat 2 responden mengalami edema derajat II dan 1 responden mengalami edema derajat I sedangkan setelah penerapan terdapat 2 responden tidak edema dan 1 responden derajat I. Kesimpulannya terdapat penurunan tingkat kecemasan dan edema sebelum dan sesudah dilakukan pijat kaki dan rendam air hangat campur kencur. Saran pijat kaki dan rendam air hangat campur kencur dijadikan salah satu teknik non farmakologis untuk menurunkan tingkat kecemasan dan edema pada ibu hamil trimester III.

Kata kunci : Kecemasan, Edema, Pijat Kaki, Rendam Air Hangat Campur Kencur

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