

OUTPUT RESULT

MESSAGE AND RELAXATION TO REDUCE BACK PAIN IN TRIMESTER III PREGNANCY

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Background: Back pain in pregnancy occurs due to uterine growth which causes posture changes and occurs due to the influence of relaxin hormone on ligaments. Unresolved back pain causes psychological problems for the mother and has a negative impact on the fetus. In order to avoid these complications, it requires actions in the form of massage and relaxation. *Massage* is a technique that touches or feels using mechanical hand movements against the human body, while relaxation is in the form of dhikr to reduce anxiety felt by pregnant women.

Purpose: the writing of this pocket book is expected to be able to increase knowledge about massage and relaxation of back pain in the third trimester of pregnancy and become the basis for IEC (Communication, Information and Education) for the general public, and can be used as a discourse and add insight into midwifery, especially pregnant women regarding application of massage and relaxation to reduce back pain in the III trimester of pregnancy. **Target:** as a medium of education to the public about handling back pain in the third trimester of pregnancy using massage and relaxation techniques through pocket books, because pocket books can be used as IEC (Communication, Information and Education) for health workers and the public to make it easier to understand the material.

Keywords: Back Pain, Massage, Relaxation