

***PROGRESSIVE MUSCLE RELAXATION IN AN EFFORT TO OVERCOME
LOWER BACK PAIN IN PREGNANT WOMEN TRIMESTER III
WITH BOOKLET MEDIA***

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SUMMARY

Background : During the period of pregnancy there are physical changes in pregnant women, one of which is in pregnant women in trimester III, often has lower back pain. Lower back pain in pregnant women in general caused by posture along changes with weight gain and due to stretching of muscles resulting in muscle stiffness and causing lower back pain. In Indonesia, pregnant women who experienced lower back pain experienced 73.33% moderate pain, 10% mild pain, and 16.67% severe pain. Pregnant women who experience lower back pain overcome by stroking and rubbing on the painful waist and sometimes just leave it alone. Treatment of lower back pain can be with pharmacological and non-pharmacological therapy. Non-pharmacological treatment is one of them with progressive muscle relaxation. ***Method*** : External method KIE used booklet containing tips on overcome lower back pain in pregnancy with progressive muscle relaxation. ***Result*** : KIE media produced a booklet media containing tips on overcome lower back pain in pregnancy with progressive muscle relaxation. ***Conclusion*** : Booklet media can provide information to pregnant women about tips on overcoming lower back pain with progressive muscle relaxation.

Keywords : Back pain of pregnant women, Progressive muscle relaxation, Booklet