

# PREGNANT GIRLS TO REDUCE BACK PAIN IN TRIMESTER PREGNANT WOMEN

## III

**Dwi Astuti**

Diploma III Nursing Study Program, Faculty of Health Sciences, 'Aisyiyah University Surakarta

Email: dwiastuti1832@gmail.com

### **SUMMARY**

**Background:** pregnancy brings physical and psychological changes for pregnant women, one of which is the enlargement of the uterus which causes discomfort in pregnant women, it also causes back pain which is often experienced by pregnant women in trimester 3. Physical exercise in the form of good and regular pregnancy exercise able to reduce back pain in third trimester pregnant women, the lack of knowledge of pregnant women about the importance of pregnancy exercise during pregnancy it is necessary to increase the knowledge of pregnant women about pregnancy exercise through the media, one of which is a pocket book. **The aim is** to increase the knowledge of pregnant women about pregnancy exercise to reduce back pain in pregnant women in the third trimester. **Method:** The media used to increase the knowledge of pregnant women is by using pocket book media because pocket books are flexible and easy to carry everywhere and contains detailed information. **Results:** From the results obtained, it seems like being pregnant can reduce back pain for trimester 3 pregnant women. **Conclusion:** It can be concluded that pregnancy exercise can reduce back pain for third trimester pregnant women.

*Keywords: pregnancy, back pain, pregnancy exercise, pocket book*