

**ENDORPHIN MASSAGE METHOD TO REDUCE BACK PAIN
PREGNANT WOMEN TRMESTER II THROUGH BOOKLET MEDIA**

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SUMMARY

Background: According to the World Health Organization (WHO), about 33% of the population of pregnant women in developing countries experience persistent low back pain. In Indonesia, back pain is the most common complaint in pregnant women with a prevalence rate of 60-80%. Endorphin Massage is a technique of touch or light massage that can provide a sense of calm and comfort to the mother during labor and delivery. Back pain in pregnant women does not pose a serious risk, but they are uncomfortable. For that we need the right way to reduce the symptoms of back pain. **Purpose:** To increase public knowledge, especially pregnant women about how to reduce back pain with the endorphin massage method. **Method:** Using booklet media which was compiled through literature study which then made a draft of the contents and pictures followed by making booklets with computer applications. **Result:** The resulting project is the compilation of a media booklet entitled "Overcoming back pain with endorphin massage". **Conclusion:** Booklets about endorphin massage can provide information and knowledge in reducing back pain in pregnant women in the second trimester.

Keywords: Endorphin massage, Back pain, Pregnancy