

**THE EFFECT OF SOAKING FEET WITH WARM WATER AND  
KAEMPFERIA GALANGA L ON REDUCING FOOT EDEMA  
IN THIRD TRIMESTER PREGNANT WOMEN**

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**ABSTRACT**

**Background:** Foot edema in pregnant women on average 80% occurs in trimester III caused by increased ACTH, testosterone, progesterone, estrogen which can increase water retention. If not treated immediately, edema can be a sign of serious problems such as anemia, heart failure and pre-eclampsia. One of the implementations of edema is to soak the feet with warm water and kaempferia galanga l. Warm water works to widen the veins. Kaempferia galanga l contain flavonoids that have anti-inflammatory effects. **Objective:** To find out the effect of soaking feet with warm and kaempferia galanga l water on the reduction of foot edema in pregnant mothers of the third trimester. **Methods:** Quantitative research type pre-experimental method with research design type one group pretest-posttest. Sampling technique used consecutive sampling with 23 respondents. Data analysis using the Wilcoxon test. **Results:** Prior to the intervention the pregnant woman had edema of the legs at degree II as many as 10 respondents (43.5%), pregnant women after intervention developed edema at degree I as much as 12 respondents (52.2%). There is an influence of soaking feet with warm water and kaempferia galanga l on the reduction of foot edema in pregnant women in the third trimester with a p-value < 0,001. **Conclusion:** There is an effect of soaking feet with warm water and kaempferia galanga l on the reduction of foot edema in pregnant mothers of trimester III in the UPT Puskesmas Jatiyoso.

**Keywords:** Pregnant mother, soaking feet in warm water and kaempferia galanga l, edema.