

PRENATAL YOGA TO REDUCE BACK PAIN IN III TRIMESTER PREGNANT WOMEN

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SUMMARY

Background: The discomfort of pregnancy usually increases in the third trimester of pregnancy, which is when the fetus develops, one of which is complaints of lower back pain (low back pain). (Lina, 2018). Mothers may undergo a variety of physiological changes during pregnancy, including expansion of the uterus posteriorly, which can cause alterations in the musculoskeletal system and put pregnant women at risk for developing a back shape that leans toward lordosis. Pregnant women who experience pain may experience a variety of issues. Anxiety brought on by pain might alter a person's stress levels during pregnancy (Purnamasari, 2019). Management of back pain can be treated with pharmacology (analgesic drugs) and non-pharmacology (massage, relaxation, prenatal yoga and acupressure) (Maryani, 2020). Prenatal yoga, (yoga for pregnancy), is a variation of classical yoga that has been tailored to the physical needs of expectant mothers. It can be practiced in the third trimester of pregnancy to ease pain and facilitate labor (Sindhu, 2019). According to a field study the author carried out at Independent Practice Midwife Siti Nur Rancamanyar in Bandung Regency, West Java, a significant number of expectant mothers are still unaware of the advantages of prenatal yoga in general, particularly if it is routinely performed to address back pain problems. If you look at the benefits, yoga is a fun way to reduce back pain in pregnant women, manage stress, and improve fetal well-being. **The purpose** of this article is to define Communication, Information, and Education (KIE) as the provision of educational materials by health professionals, such as midwives and prenatal yoga instructors, who have received training to raise pregnant women's awareness of the advantages of prenatal yoga and empower them to practice the poses to lessen complaints of back pain. **Method:** KIE (Communication, Information and Education) with the media used, namely Booklet media, with a health theme with the title "Prenatal Yoga for Reducing Complaints of Back Pain in Pregnant Women in the Third Trimester". **Results:** Information and Education Communication Media (KIE) in the form of a booklet which has intellectual property rights (HKI) entitled "Prenatal Yoga for Reducing Back Pain Complaints in Pregnant Women in the Third Trimester". **Conclusion:** The booklet was chosen as an Information and Education Communication (KIE) medium to make it easier for the author to educate the public regarding efforts to reduce complaints of back pain in pregnant women, especially when entering the third trimester of pregnancy using non-pharmacological techniques, namely prenatal yoga. Not only might pregnant women who practice prenatal yoga feel less

uncomfortable with their back pain, but they can also feel more at ease during their pregnancy. Additionally, the booklet is designed to make it simpler for readers who do not own a cellphone to still get information. This author has produced a booklet that is easy for readers to grasp, with well-organized text and graphics. It is anticipated that pregnant women who complain of back discomfort would find it easy to use the information about prenatal yoga moves, which the author has personally experienced back at home.

Keywords: *pregnancy, musculoskeletal system, back pain, third trimester prenatal yoga, booklet*