

PREGNANCY EXERCISES TO REDUCE BACK PAIN IN PREGNANT WOMEN WITH BOOKLET MEDIA

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SUMMARY

Background: The prevalence of back pain in pregnant women according to the 2022 Indonesia Health Demographic Survey (SDKI) the prevalence of pregnant women reaches 70%. The results of research on pregnant women in various regions in Indonesia reached 60-80% of pregnant women experienced back pain (back pain) during their pregnancy. Pregnancy exercises can relieve back pain complaints because in pregnancy exercises there are movements that can strengthen the abdominal muscles. Good and regular pregnancy exercises, in addition to reducing pain, can also improve blood circulation, tighten muscles and strengthen joints. The media that midwives can use in providing KIE care and services is a booklet. A booklet is a collection of information that is summarized concisely in an attractive form accompanied by pictures so that it is easy to understand the information. This is the reason why the author made the output of the Booklet **Method:** IEC output used in the form of a Booklet entitled "Health Education for Pregnancy Gymnastics to Reduce Back Pain in Pregnant Women with Booklet Media" was made using a software application in the form of Canva. **Results:** The resulting IEC media is in the form of a booklet containing education on pregnancy exercises to reduce back pain which has been tested to 3 respondents and after being given education through booklet media can increase knowledge, in pregnant women with complaints of back pain. **Conclusion:** The booklet entitled "Health Education for Pregnancy Gymnastics to Reduce Back Pain in Pregnant Women With Booklet Media" can increase knowledge and motivate pregnant women to reduce back pain.

Keywords: *Pregnant Women, Back Pain, Pregnant Gymnastics*