

**THE INFLUENCE OF MASSAGE EFFLEURAGE WITH LAVENDER
AROMATHERAPY OIL ON THE DECREASE BACK PAIN IN
PREGNANT WOMEN TM III AT PMB WURRY ARYUANI**

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ABSTRACT

Background: Factors that influence back pain in pregnant women are activities during pregnancy, parity, maternal age and gestational age. Non-pharmacological therapies to treat back pain include effleurage massage dan lavender aromatherapy oil. Effleurage massage is one of the massage techniques to reduce the intensity of back pain. **Purpose:** this study is to find out "The effectiveness of massage effleurage with lavender aromatherapy oil on the reduction of back pain in pregnant women of TM III at PMB Wurry Aryuani. **Method:** this study uses a type of quantitative research with a Pre-Experimental design of one group pretest posttest. This research is located at PMB Wurry Aryuani, carried out in May 2024. The population in this study was all pregnant women in the third trimester at PMB Wury Aryuani totaling 26 respondents. The sample in this study is the entire population, namely 20 respondents. Sampling of this study was carried out using consecutive sampling techniques. The average score of back pain before massage effleurage with lavender aromatherapy was 4.90 (in the category of moderate pain) while the average score of back pain after massage effleurage with lavender aromatherapy oil was 3.35 (mild pain). The results of the Wilcoxon signed ranks test showed a change in the value before and after the intervention was given, a p value of $0.000 < 0.005$ was obtained. **Conclusion:** there is an effectiveness of massage effleurage with lavender aromatherapy oil on the reduction of back pain in pregnant women TM III at PMB Wurry Aryuani

Keywords: massage effleurage, lavender aromatherapy, back pain, pregnant women