

## **BENEFITS OF GYMBALL IN REDUCING BACK PAIN IN 3rd TRIMESTER PREGNANT WOMEN**

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### **SUMMARY**

**Background:** *Pregnancy is a natural (normal) process and not a pathological process. The pregnancy period starts from conception until the birth of the fetus, the normal length of pregnancy is 280 days (40 weeks or 9 months 7 days) calculated from the first day of the last menstruation. Pregnancy generally experiences changes and adaptations that will cause discomfort for pregnant women. The discomfort felt by pregnant women usually varies in each trimester of pregnancy and is often a complaint for pregnant women, including nausea, vomiting in early pregnancy, constipation, varicose veins. veins (veins), urinary disorders, hemorrhoids, and swelling of the legs and feet as well as back pain. Lower back pain is the most common complaint in pregnant women in the third trimester and is a common complaint in pregnant women. It is estimated that 70% of pregnant women complain of lower back pain during pregnancy. (Purnamasari, 2019).*

**Objective:** *To reduce back pain in third trimester pregnant women.*

**Method:** *Using the Information and Health Communication (KIE) approach through video media entitled "The Benefits of Gymball in Reducing Back Pain in Third Trimester Pregnant Women" is used as an educational medium.*

**Results:** *The output produced is in the form of a video which is expected to become educational media and can be implemented well.*

**Conclusion:** *The video with the title "The Benefits of Gymball in Reducing Back Pain in Pregnant Women in the Third Trimester" was made to provide information and knowledge so that it is useful as an educational medium.*

**Key words:** *gymball, third trimester back pain, video*