

## ABSTRACT

### **Application of Foot Massage for Decrease Degrees of Edema In Pregnant Mother TM III in Sukoharjo District**

Novi Tasari (2019)

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**Background:** About 75% of pregnant women TM III must have swollen feet (edema). Normal swelling in the legs can appear in the afternoon and disappear after resting. One of the causes of edema is lack of activity. Foot massage or foot massage functions as an important treatment. One of the benefits of foot massage is that it can reduce swelling in the legs. **Objective:** To describe the application of foot massage to decrease the degree of edema in pregnant women TM III. **Method:** Descriptive research. The study of 2 respondents was conducted in the afternoon for 5 days with a duration of 20 minutes. **Results:** Before the implementation of foot massage degree 1 respondents, namely degree IV and after implementation there was no decrease in the degree of edema, while respondent 2 before the application of the degree of edema III and after the application of the degree of edema to the degree of edema III. **Conclusion:** After regular foot massage, the two respondents did not have a decrease in the degree of edema in the foot, but there was a decrease in the return of edema.

**Keywords:** Pregnant Women, Foot Massage, Edema