

Kolip Puspita E.S

Advisor

NIM B2015058

1. Mursudarinah. M.Kes.

Diploma 3, Nursimng

2.. Sri Hartutik, M.Kes

THE APPLICATION OF PREGNANCY EXERCISE TO REDUCE BACK PAIN OF THIRD TRIMESTER PREGNANT WOMEN AT GANMBIRSARI HEALTH CENTER

ABSTRAK

Background: *one of the most common discomforts in pregnancy is back pain. Back pain is a common disorder experienced by pregnant women during pregnancy until the post-natal period. One effort that can be done to reduce back pain during pregnancy is pregnancy exercise. It aims to accelerate blood circulation, improve circulation, and ease muscle tension in order to reduce back pain. Aims :describe the results of the application of pregnancy exercise to reduce the scale of back pain in pregnant women at Gambirsari Health center. Method : Descriptive research where measurements were made before and after pregnancy exercise to changes in pain scale in pregnant women who suffered from back pain. Results: There was a decrease in pain scale in both respondents who experienced back pain after pregnancy exercise for 4 consecutive days in one week. Conclusion: In this pregnancy exercise there was a decrease in pain scale in both respondents*

Keywords: back pain, pregnancy exercise, pregnancy.