

**THE APPLICATION OF PROGRESSIVE MUSCLE RELAXATION
TOWARDS TO DECREASE BACK PAIN IN
THIRD TRIMESTER OF PREGNANCY**

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ABSTRACT

Background; *The number of pregnant women in the Sragen area is 15,172. While the number of pregnant women in Sumberlawang District is 733 people. As the number of pregnancies increases, complaints will arise such as lower back pain, varicose veins, hemorrhoids and pelvic pain. Disorders of back pain in pregnant women are physiological, but can be pathological if not handled properly. **The objectives of the research;** Describing the differences in the development level of the lower back pain scale in the III trimester of pregnant women before and after the progressive muscle therapy. **Method;** This type of research is applied research with case studies using descriptive research methods. This implementation uses two respondents. For 3 consecutive days in 20 minutes. **Result;** There is a difference in the progression of the pain scale before and after progressive muscle relaxation with the results of both respondents experiencing a decrease in the pain scale of the category being mild. **Summary;** There is a difference in development before and after the progressive muscle relaxation in the III trimester of pregnant women*

Keywords: *Pregnant women, back pain, progressive muscles*