

**APPLICATION OF SOAKING WARM WATER TO OVERCOME LEG
CRAMP PAIN IN PREGNANT WOMEN TRIMESTER II AND III IN THE
VILLAGE BAKUNGAN KARANGDOWO KLATEN**

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ABSTRACT

Background; *Pregnancy is natural and physiological process, the discomfort that often occurs during pregnancy is leg cramps. Although short, this disorder can cause pain that greatly compresses the calf or soles of the feet. One non-pharmacological treatments to treat leg cramp pain is to soak warm water.*
Objective; *To determine the effect of the application of warm water in overcoming leg cramp pain in trimester II and III pregnant women in Bakungan village.*
Method; *Descriptive research by applying the results of research that has been done before, to determine the results of changes in the scale of leg cramp pain after the administration of warm water soak second and third trimester pregnant women.*
Result; *Application shows that after being given warm water soaked, there is a decrease in the scale of leg cramp pain. The scale of Mrs.N's pain decreased from the scale of pain 6 to the scale of pain 1 and the scale of pain Mrs.A also decreases from the scale of pain 7 to the scale of pain 1.*
Conclusion; *There is a decrease in the scale of leg cramp pain after being given soaking warm water for 6 days in village Bakungan Karangdowo Klaten*

Keywords : *Soak Warm Water, Pain Of The Leg Cramps, Pregnancy*