

ESSENCE

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ENDORPHIN MASSAGE TECHNIQUES TO REDUCE BACK PAIN FOR TRIMESTER III PREGNANT MOTHER THROUGH POSTER MEDIA

ESSENCE

Background: Discomfort in pregnant women in the third trimester, namely back pain. Based on a preliminary survey conducted at BPM Lulu Surabaya, of the 10 pregnant women who were examined at BPM Lulu Surabaya, 85% of third trimester women complained of back pain which greatly disturbed their comfort and daily activities. One of the non-pharmacological pain therapies is endorphin massage. According to (Kartikasari and Nuryanti 2016) endorphin massage is a touch therapy or light massage which is quite important to be given to pregnant women in the time leading up to delivery.

Purpose: to provide information about endorphin massage techniques to the general public, especially trimester III pregnant women who experience back pain and pregnant women can practice independently at home through poster media information that is made short, interesting, and easy to understand by readers. **Methods:** The endorphin massage technique was performed every day for 5 days and was carried out for 20 minutes.

Conclusion: The general public, especially pregnant women in the third trimester who experience back pain, can practice the technique of endorphin massage independently through the information obtained from this poster media.

Keywords: pregnancy, back pain, endorphin massage technique, poster