

## **ABSTRACT**

**Background:** Pregnancy is a normal process, but during pregnancy there may be discomfort with back pain. Back pain increases with increasing pregnancy age because it is a result of shifting the center of gravity and changes in posture. One way to reduce the scale of a pregnant mother's back pain is by administering a warm water compress. **Objective:** Know the difference in the scale of back pain of pregnant mothers with trimester III before and after the application of warm water compresses to lower the scale of pain. **Methods:** treatment of trimester III pregnant women's back pain with warm water compressive therapy performed in pregnant women by the method of research is pre-experimental with one group pre-post test design. It is a study done in a way before treatment/treatment, variables are observed first. Another measurement was taken after treatment (test). **Results:** management of the 3rd trimester pregnant woman's stinging pain with warm water compress therapy given 6 times, 2 times in study. The therapy is performed for three days, the session is performed for 20 minutes in one meeting. This therapy can reduce the scale of back pain. **Conclusion:** Warm water compress therapy can reduce the scale of pain in trimester III pregnant women

**Keywords:** back pain, third trimester pregnancy, warm compress