

THE EFEECT OF BODY MECHANICS ON REDUCING BACK PAIN IN PREGNANT WOMAN

Fadhilah Mutiara Dewi, Rita Riyanti Kusumadewi, S.ST., M.Kes
202016013.students@aiska-university.ac.id

University of 'Aisyiyah Surakarta

ABSTRACT

Background: Anatomical and physiological changes are a normal part of pregnancy. These changes can cause discomfort, particularly in the musculoskeletal system, leading to back pain in pregnant women. The pain resulting from this can limit the individual's ability to perform daily activities. Back pain can be managed with body mechanics applied in daily life. Body mechanics, or proper body posture for pregnant women, refers to the correct body positions to adjust to changes in posture, especially lumbar lordosis (the inward curve of the lower back).

Objective: To determine the effect of body mechanics on reducing back pain in pregnant women.

Method: This type of research is *Pre-Experimental* with *One Group Pre-Test Post-Test design*. Using consecutive sampling technique, sample of 20 pregnant women in second and third trimester. Data analysis used is Wilcoxon sign rank test.

Research results: Before the application of body mechanics, most participants complained of moderate back pain. After the application of body mechanics, the majority reported mild pain. The Wilcoxon test results show an Asymp. Sig. (2-tailed) value of $0.001 < 0.05$, indicating that there is an effect of body mechanics on the reduction of back pain in pregnant women.

Conclusion: Body Mechanics has an effect on reducing back pain in pregnant women.

Keywords: body mechanic, back pain, discomfort in pregnant women