

**THE EFFECT OF GIVING A WARM COMPRESS WITH GINGER BOILED
TO RELIEVE BACK PAIN PREGNANT
WOMEN III TRIMESTER**

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ABSTRACT

Background: *Pregnancy is a physiological process that affects almost the entire woman's body. Pregnancy itself can cause complaints in pregnant women, especially in the third trimester. Various problems that arise in the third trimester of pregnancy are psychological problems that pregnant women often complain about, such as anxiety and pain, among these complaints are back pain. Non-pharmacological interventions that can be carried out to reduce the pain scale are warm ginger compresses. Ginger compress can relieve back pain because ginger has a spicy and sharp taste and contains curcuminoids which are effective in relieving pain and muscle spasms.* **Objective:** *to determine the effect of giving warm compresses boiled with ginger to relieve back pain in third trimester pregnant women.* **Method:** *This type of research is quantitative, with pre-experimental research, a population of 127, a sample of 20 respondents, sampling technique using consecutive sampling, the research instrument uses the NRS questionnaire to measure pain. Analysis of this data used the Wilcoxon Signed Rank Test.* **Results:** *The results of statistical tests on respondents showed a significant value (p value $0.00 < 0.05$, so H_a was accepted, meaning that warm compresses boiled with ginger can relieve back pain in pregnant women in the third trimester.* **Conclusion:** *There is an effect of warm compresses in reducing the level of back pain in third trimester pregnant women.*

Keywords: *Ginger Compress, Back Pain, pregnant women TM III*

