

THE EFFECT OF PRENATAL EXERCISE ON LOWER BACK PAIN IN
PREGNANT OF PREGNANCY 5-8 MONTHS
IN BPM RIRIN YUNIANTI AND BPM ATIH SUMIYATI

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ABSTRACT

Background; Pregnancy causes the entire female genital system to undergo fundamental changes to support the development and growth of the fetus in the womb during the pregnancy process. Pregnant women often say lower back pain along with increasing gestational age. It is characterized by a sense of axial or *para-sagittal* discomfort in the lower lumbar region and is musculoskeletal. This is caused by a combination of mechanical, hormonal, circulatory and psychosocial factors. Prenatal exercise has the role of strengthening contractions and maintaining flexibility in the muscles of the abdominal wall, ligaments, pelvic floor muscle muscles and others that resist additional pressure and are associated with labor. **Aim;** Knowing the effect of prenatal exercise on reducing low back pain in pregnant women. **Method;** This study used pre-experimental with one group pretest and posttest design. The sample of this study was pregnant women aged 5-8 months, as many as 20 respondents were given 3X Prenatal Exercise a week for 4 weeks. The pain measurement tool in this study uses VAS (Visual Analog Scale). **Results;** The results of the Wilcoxon test were obtained $Z_{\text{hitting}} \geq Z_{\text{tables}}$ ($3,742 \geq 1,96$), p value $<0,001$ ($p < 0,05$) there is an effect of Prenatal Exercise on decreasing lower back pain in pregnant women. **Conclusion;** Prenatal exercise has an effect on decreasing low back pain in pregnant women 5-8 months.

Keywords; *pregnancy, lower back pain, prenatal exercise*

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