

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
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Perbandingan Efektifitas Pijat Kaki Dan Rendam Air Hangat Campur Kencur Terhadap Derajat Edema Kaki Fisiologis Ibu Hamil Trimester III Di Wilayah Kerja Puskesmas Payung Sekaki Kota Pekanbaru.

xi + 41 halaman, 5 tabel, 15 lampiran

ABSTRAK

Edema kaki merupakan salah satu ketidaknyamanan yang sering terjadi pada ibu hamil. Edema kaki terjadi sekitar 80% pada wanita hamil. Terdapat beberapa intervensi non farmakologis untuk mengurangi edema diantaranya yaitu pijat kaki dan rendam air hangat campuran kencur. Tujuan penelitian ini untuk mengetahui efektifitas pijat kaki dan rendam air hangat campura kencur pada ibu hamil trimester III. Penelitian ini di lakukan pada bulan Januari-Mei 2021 di Wilayah Kerja Puskesmas Payung Sekaki Kota Pekanbaru. Jenis penelitian ini adalah Quasy Eksperimen dengan desain *two group pretest-posttest design*. Populasi pada penelitian ini adalah 55 orang dan Sampel berjumlah 20 orang dengan teknik pengambilan sampel *purposive sampling*. Analisis data menggunakan uji T-Independen dengan derajat kepercayaan 95%. Hasil penelitian didapatkan rata-rata penurunan derajat edema pada pijat kaki adalah 1,9 mm (SD 0,568), sedangkan rata-rata penurunan derajat edema pada rendam air hangat campur kencur adalah 2,0 mm (SD 0,471). Hasil uji statistik menunjukkan tidak ada perbedaan derajat edema kaki antara ibu hamil yang dilakukan intervensi pijat kaki dengan ibu hamil yang dilakukan intervensi rendam air hangat campur kencur ($p=0.673$). Pijat kaki dan rendam air hangat campur kencur sama-sama efektif dalam mengurangi derajat edema kaki fisiologis pada ibu hamil trimester III. Disarankan kepada petugas kesehatan, khususnya bidan bisa memberikan pendidikan kesehatan dan asuhan pijat kaki dan rendam air hangat campur kencur sebagai upaya untuk mengurangi edema kaki fisiologis pada ibu hamil.

Kata Kunci :Edema, Kehamilan, Pijat Kaki dan Rendam Air Hangat Campur Kencur.

Daftar Pustaka : 42 (2009-2020)

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Comparison of the Effectiveness of Foot Massage and Warm Water Soak Mixed with Kencur on the Degree of Physiological Foot Edema of Pregnant Women in the Third Trimester in the Working Area of Payung Sekaki Health Center Pekanbaru City.

xi + 41 pages, 5 tables, 15 appendices

ABSTRACT

Foot edema is one of the most common discomforts in pregnant women. Leg edema occurs in about 80% of pregnant women. There are several non-pharmacological interventions to reduce edema, including foot massage and soaking in warm water mixed with galangal. The purpose of this study was to determine the effectiveness of foot massage and soaking in warm water mixed with galangal in third trimester pregnant women. This research was conducted in January-April 2021 in the Work Area of the Payung Sekaki Health Center Pekanbaru City. This type of research is a Quasy experiment with a two-group pretest-posttest design. The population in this study was 55 people and the sample was 20 people with purposive sampling technique. Data analysis used Independent T-test with 95% confidence degree. The results showed that the average decrease in the degree of edema in foot massage was 1.9 mm (SD 0.568), while the average decrease in the degree of edema in warm water mixed with galangal was 2.0 mm (SD 0.471). The results of statistical tests showed that there was no difference in the degree of foot edema between pregnant women with foot massage intervention and pregnant women with warm water soaking intervention with galangal ($p=0.673$). Foot massage and soaking in warm water mixed with galangal are both effective in reducing the degree of physiological foot edema in third trimester pregnant women. It is recommended that health workers, especially midwives, can provide health education and care for foot massage and soak warm water mixed with galangal as an effort to reduce physiological foot edema in pregnant women.

Keywords: Edema, Pregnancy, Foot Massage and Warm Water Soak Mix Galangal.

Bibliography: 42 (2009-2020)