

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA  
HEALTH POLYTECHNIC OF RIAU  
D IV MIDWIFERY STUDY PROGRAM**

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**THE EFFECT OF ICE MASSAGE ON BACK PAIN INTENSITY OF  
PREGNANT WOMEN IN TRIMESTER III AT PMB SITI JULAEHA,  
PEKANBARU CITY**

**xiv + 37 pages + 2 tables + 2 charts + 15 appendices**

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**ABSTRACT**

One of the third trimester discomforts experienced by pregnant women is back pain. The incidence of back in pregnant women in Indonesia reaches 60-80%. Ice massage is an act of massage using ice on a painful or sore area, a simple and effective procedure to reduce muscle spasm so as to reduce pain. The purpose of this study was to determine the effect of ice massage on the back intensity of pregnant women in the third trimester. This type of research is experimental research with pre-experimental research design with pretest and post-test design. This research was conducted in January-April 2022 at PMB Siti Julaeha Pekanbaru City. The population in this study were all third trimester pregnant women who had a pregnancy checkup at PMB Siti Julaeha. Sampling using purposive sampling technique as many as 15 third trimester pregnant women who experience back pain. The method of data collection is observation, the research instrument uses the NRS observation sheet. The results showed that the average back pain intensity of third trimester pregnant women before the intervention was 3.07 (SD = 1.033) and after the intervention was 0.60 (SD = 0.737). The results of the Wilcoxon sign rank test with a degree of confidence of 95% showed that there was a difference in the average back pain intensity of third trimester pregnant women before and after being given ice massage ( $p = 0.001$ ).

**Keywords : Back Pain, Third Trimester Pregnant Women, Ice Massage  
Reference : 35 (2012-2021)**