

ABSTRACT

Letri Murni (2023). Application of Pregnant Gymnastics to Manage Back Pain in Third Trimester Pregnant Women in the Working Area of Payung Sekaki Health Center Pekanbaru. Case Study Scientific Paper, D-III Nursing Study Program, Department of Nursing, Riau Health Ministry Polytechnic. Supervisor (I) Magdalena, SST., M. Kes., (II) Ns. Masnun, SST., S. Kep., M. Biomed.

Pregnant women is a woman who is pregnant starting from conception until the birth of the fetus. Physiological changes in pregnant women cause discomfort during pregnancy. The most common complaint is back pain. Back pain will usually increase in intensity as pregnancy progresses. Management that can be done to manage back pain is with pregnant gymnastics. The purpose of this study was to describe the application of pregnancy exercises to manage back pain in third trimester pregnant women in the Payung Sekaki Health Center Working Area. This research method is a descriptive method with a case study approach conducted at the Payung Sekaki Health Center Work Area on April 15 to 19, 2023. The subjects in this study were two third trimester pregnant women who experienced back pain. The results showed that the pain scale before the application of pregnant gymnastics in subject I was 5 and the pain scale in subject II was 6, which was in the moderate pain category. The pain scale after the implementation of pregnant gymnastics in subject I is 1 and the pain scale in subject II is 2, which is in the mild pain category. It is hoped that respondents can increase their knowledge about pregnancy exercises and can perform pregnancy exercises independently.

Keywords: Third Trimester Pregnant Women, Back Pain, Pregnant Gymnastics