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POLITEKNIK KESEHATAN RIAU
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**PENGARUH PRENATAL YOGA DAN MASASE ENDORFIN TERHADAP
NYERI PUNGGUNG PADA IBU HAMIL TRIMESTER III DI PMB ROSITA
DAN PMB SA'DIAH KOTA PEKANBARU TAHUN 2026**

**xiv + 57 Halaman, 4 Tabel, 3 Bagan, 2 Gambar, 14
Lampiran**

ABSTRAK

Nyeri punggung merupakan salah satu ketidaknyamanan yang sering dialami ibu hamil trimester III akibat perubahan fisiologis selama kehamilan. Upaya nonfarmakologis untuk mengurangi nyeri punggung antara lain prenatal yoga dan masase endorfin. Penelitian ini bertujuan untuk mengetahui perbedaan efektivitas prenatal yoga dan masase endorfin terhadap penurunan nyeri punggung pada ibu hamil trimester III di PMB Rosita dan PMB Sa'diah Kota Pekanbaru. Penelitian ini menggunakan desain *quasi experiment* dengan rancangan *pretest–posttest two group design*. Penelitian dilaksanakan pada bulan Februari–Juni 2026, sampel penelitian berjumlah 30 ibu hamil trimester III yang dibagi menjadi dua kelompok, yaitu 15 responden pada kelompok prenatal yoga dan 15 responden kelompok masase endorfin, sampel diambil dengan teknik *purposive sampling*. Instrumen penelitian menggunakan *Numeric Rating Scale (NRS)* dan lembar observasi. Analisis data dilakukan menggunakan uji *Mann–Whitney U Test* untuk mengetahui perbedaan efektivitas kedua kelompok, dengan tingkat kepercayaan 95%. Hasil penelitian menunjukkan bahwa rata-rata penurunan intensitas nyeri punggung pada kelompok prenatal yoga sebesar 4.47 ± 1.246 , sedangkan pada kelompok masase endorfin sebesar $2,53 \pm 0,834$. Hasil uji *Mann–Whitney U Test* menunjukkan nilai *mean rank* kelompok prenatal yoga sebesar 21,50, lebih tinggi dibandingkan kelompok masase endorfin sebesar 9,50, dengan *p-value* = 0.001 ($p < 0,05$). Hasil tersebut menunjukkan bahwa prenatal yoga memberikan penurunan intensitas nyeri punggung yang lebih besar dibandingkan masase endorfin pada ibu hamil trimester III. Sehingga diharapkan PMB dapat menerapkan prenatal yoga sebagai salah satu upaya nonfarmakologis dalam pelayanan kebidanan untuk membantu mengurangi nyeri punggung pada ibu hamil trimester III.

Kata Kunci : Prenatal yoga, masase endorfin, nyeri punggung, ibu hamil trimesterIII.

Daftar Bacaan : 56 Referensi (2021–2025).

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
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**THE EFFECT OF PRENATAL YOGA AND ENDORPHIN MASSAGE ON
BACK PAIN AMONG THIRD-TRIMESTER PREGNANT WOMEN AT ROSITA
AND SA'DIAH INDEPENDENT MIDWIFERY PRACTICES, PEKANBARU
CITY, 2026**

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Appendices**

ABSTRACT

Back pain is one of the common discomforts experienced by pregnant women in the third trimester due to physiological changes during pregnancy. Non-pharmacological approaches to reduce back pain include prenatal yoga and endorphin massage. This study aimed to determine the difference in the effectiveness of prenatal yoga and endorphin massage in reducing back pain among third-trimester pregnant women at PMB Rosita and PMB Sa'diah, Pekanbaru City. This study used a quasi-experimental design with a pretest–posttest two-group design. The study was conducted from February to June 2026, involving 30 third-trimester pregnant women who were divided into two groups, consisting of 15 respondents in the prenatal yoga group and 15 respondents in the endorphin massage group. The samples were selected using purposive sampling. The research instruments included the Numeric Rating Scale (NRS) and observation sheets. Data were analyzed using the Mann–Whitney U Test to determine the difference in effectiveness between the two groups, with a 95% confidence level. The results showed that the mean reduction in back pain intensity in the prenatal yoga group was 4.47 ± 1.246 , while in the endorphin massage group it was 2.53 ± 0.834 . The Mann–Whitney U Test showed that the mean rank of the prenatal yoga group was 21.50, higher than that of the endorphin massage group at 9.50, with a $p\text{-value} = 0.001$ ($p < 0.05$). These results indicate that prenatal yoga produced a greater reduction in back pain intensity than endorphin massage among third-trimester pregnant women. Therefore, PMBs are expected to implement prenatal yoga as one of the non-pharmacological approaches in midwifery care to help reduce back pain among third-trimester pregnant women.

Keywords : Prenatal yoga, endorphin massage, back pain, third-trimester pregnant women.

References : 56 References (2021–2025).