

ABSTRAK

Terdapat 60% ibu hamil memiliki keluhan nyeri pinggang di BPM Bidan L. Nyeri pinggang pada ibu hamil adalah hal yang fisiologis. Nyeri pinggang pada wanita selama kehamilan merupakan keluhan umum yang sering terjadi, angkanya sekitar 50%-70%. Nyeri pinggang diakibatkan oleh progesterone dan relaksin(yang melunakkan jaringan ikat) dan posisi badan yang berubah serta meningkatnya beban berat yang dibawa dalam rahim. Kompres hangat dan gerakan *cat cow pose* dapat mengurangi rasa nyeri pada pinggang ibu hamil. Penelitian ini menggunakan metode deskriptif dengan pendekatan melalui asuhan *continuity of care* melalui *case study*. Sampel yang digunakan yaitu ibu hamil trimester III yang memiliki keluhan nyeri pinggang di BPM Bidan L sebanyak 3 orang, dengan pengambilan sampel secara purposive sampling. Responden melakukan kompres hangat dan gerakan *cat cow pose* selama 2 minggu mengalami penurunan terhadap skala nyeri pada ibu hamil yang mengalami nyeri pinggang. Hasil penelitian menunjukkan bahwa kompres hangat dan gerakan *cat cow pose* dapat menurunkan skala nyeri pada ibu hamil jika dilakukan dengan tepat. Diharapkan BPM Bidan L dapat menerapkan terapi kompres hangat dan *cat cow pose* pada ibu hamil yang mengalami nyeri pinggang

Kata Kunci : Nyeri Pinggang, Ibu Hamil, Kompres Hangat, *Cat Cow Pose*

ABSTRACT

There are 60% of pregnant women who have complaints of low back pain in BPM Midwife L. Low back pain in pregnant women is a physiological thing. Low back pain in women during pregnancy is a common complaint that often occurs, the rate is around 50% -70%. Low back pain is caused by progesterone and relaxin (which softens connective tissue) and changes in body position and increased weight carried in the uterus. Warm compresses and paint cow pose movements can reduce pain in the waist of pregnant women. This study uses a descriptive method with an approach through continuity of care through a case study. The sample used was 3 trimester pregnant women who had complaints of low back pain at BPM Midwife L as many as 3 people, with a purposive sampling method. Respondents who did warm compresses and paint cow pose movements for 2 weeks experienced a decrease in the pain scale in pregnant women who experienced low back pain. The results showed that warm compresses and cow pose paint movements can reduce the pain scale in pregnant women if done properly. It is hoped that BPM Midwife L can apply warm compress therapy and cow pose paint to pregnant women who experience low back pain

Keywords: Low Back Pain, Pregnant Women, Warm Compress, Cat Cow Pose