ASUHAN KEPERAWATAN PADA IBU HAMIL TRIMESTER III DENGAN NYERI PUNGGUNG MENGGUNAKAN *PRENATAL STRETCHING EXERCISE* DI PUSKESMAS CIPAYUNG

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ABSTRAK

Nyeri punggung merupakan salah satu ketidaknyamanan yang sering dialami ibu hamil trimester III akibat perubahan fisiologis selama kehamilan dan dapat menimbulkan masalah keperawatan berupa nyeri akut yang mengganggu aktivitas sehari-hari, kualitas tidur, serta kenyamanan ibu. Salah satu intervensi nonfarmakologis yang dapat diterapkan adalah *Prenatal Stretching Exercise*. Tujuan menggambarkan asuhan keperawatan maternitas pada ibu hamil trimester III dengan masalah keperawatan nyeri akut melalui penerapan *Prenatal stretching exercise* di wilayah kerja Puskesmas Cipayung. Menggunakan desain deskriptif dengan pendekatan studi kasus pada dua ibu hamil trimester III. Intervensi diberikan selama 30 sampai 45 menit setiap hari selama tujuh hari berturut-turut. Data dikumpulkan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi, sedangkan evaluasi menggunakan skala nyeri numerik. Penelitian menunjukkan penurunan intensitas nyeri pada kedua responden, yaitu dari skala 5 menjadi 1 pada Ny. H dan dari skala 6 menjadi 2 pada Ny. S, disertai peningkatan kualitas tidur, kenyamanan, serta kemampuan beraktivitas. Penerapan *Prenatal stretching exercise* membantu meningkatkan fleksibilitas dan kelenturan otot, mengurangi ketegangan otot, dan menurunkan intensitas nyeri punggung sehingga dapat dijadikan salah satu intervensi nonfarmakologis dalam asuhan keperawatan maternitas. Intervensi dilaksanakan sesuai kebutuhan responden tanpa efek samping selama pelaksanaan serta memperoleh respons positif dari kedua responden selama penelitian berlangsung dengan baik.

Kata kunci: *Prenatal Stretching Exercise*, Ibu hamil trimester III, Nyeri akut, Nyeri punggung.

MATERNITY NURSING CARE FOR THIRD TRIMESTER PREGNANT WOMEN WITH ACUTE PAIN THROUGH THE IMPLEMENTATION OF PRENATAL STRETCHING EXERCISE AT CIPAYUNG COMMUNITY HEALTH CENTER

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ABSTRACT

Back pain is a common complaint among pregnant women in their third trimester due to physiological changes during pregnancy; it can lead to nursing issues such as acute pain that interferes with daily activities, sleep quality, and the mother's comfort. One nonpharmacological intervention that can be implemented is Prenatal Stretching Exercise. To explain maternity nursing care for third-trimester expectant mother with acute pain as a nursing issue through the implementation of Prenatal Stretching Exercises in the service area of the Cipayung Community Health Center. A descriptive design with a case study approach was used on two third-trimester pregnant women. The intervention was administered for 30 to 45 minutes daily for seven consecutive days. Data were collected through interviews, observations, physical examinations, and documentation, while evaluation used a numerical pain scale. The study showed a reduction in pain intensity in both participants, specifically from a score of 5 to 1 for Mrs. H and from a score of 6 to 2 for Mrs. S, accompanied by improved sleep quality, comfort, and ability to perform daily activities. The implementation of prenatal stretching exercises helps improve muscle flexibility and suppleness, reduce muscle tension, and lower the intensity of back pain, making it a viable nonpharmacological intervention in maternal nursing care. The intervention was carried out according to the participants' needs without any side effects during implementation and received positive feedback from both participants throughout the study.

Keywords: *Prenatal Stretching Exercise, Third trimester pregnant women, Acute pain, Low back pain.*

KATA PENGANTAR