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PERBEDAAN SEBELUM DAN SESUDAH DILAKUKAN PRENATAL YOGA TERHADAP NYERI PUNGGUNG PADA IBU HAMIL TRIMESTER II DAN III DI DESA GOGODALEM KECAMATAN BRINGIN.

ABSTRAK

Latar Belakang : Nyeri punggung pada ibu hamil trimester II dan III merupakan keluhan umum yang sering terjadi di kalangan ibu hamil, hampir keseluruhan ibu hamil mengalami nyeri punggung dan banyak keluhan secara fisiologis selama kehamilan. Jika tidak diobati dapat menyebabkan komplikasi kehamilan. Nyeri punggung dapat diatasi dengan cara metode nonfarmakologi salah satu cara tanpa biaya dan bisa dilakukan rutin dirumah yaitu prenatal yoga. Berdasarkan studi pendahuluan pada 24 ibu hamil hari Sabtu, 18 Maret 2023 di Desa Gogodalem Kecamatan Bringin Kabupaten Semarang, 15 (26,3%) ibu hamil trimester II dan III mengalami nyeri punggung. Tujuan dari penelitian ini untuk mengetahui perbedaan sebelum dan sesudah dilakukan prenatal yoga terhadap nyeri punggung pada ibu hamil trimester II dan III di Desa Gogodalem Kecamatan Bringin.

Metode : Jenis penelitian ini adalah penelitian kuantitatif, menggunakan metode quasi eksperimen dengan non random menggunakan rancangan *One Group Pre Test—Posttest*. Populasi dalam penelitian ini adalah 20 orang, dengan jumlah sampel 17 orang. Teknik pengambilan sampel menggunakan *purposive sampling*. Instrument penelitian menggunakan lembar observasi skala *Numeric Ranting Scale (NRS)*.

Hasil : Hasil penelitian sebelum dilakukan prenatal yoga terdapat 9 responden (52,9%) mengalami nyeri sedang, sedangkan sesudah dilakukan prenatal yoga hamper semua responden mengalami nyeri ringan sebanyak 16 responden (94,1%). Berdasarkan dari analisis statistik didapatkan nilai p-value $0,001 < 0,05$. Hal ini menunjukkan bahwa 0,001 lebih kecil dari 0,05 yaitu H_0 diterima. Sehingga ada perbedaan sebelum dan sesudah dilakukan prenatal yoga terhadap nyeri punggung ibu hamil trimester II dan III di Desa Gogodalem Kecamatan Bringin Kabupaten Semarang.

Kesimpulan : Ada perbedaan sebelum dan sesudah dilakukan prenatal yoga terhadap nyeri punggung ibu hamil trimester II dan III di Desa Gogodalem Kecamatan Bringin Kabupaten Semarang.

Saran : Diharapkan bagi ibu hamil supaya mengikuti apabila ada pelaksanaan prenatal yoga pada saat kelas ibu hamil supaya bisa menerapkan prenatal yoga yang bermanfaat untuk mengatasi keluhan – keluhan yang terjadi selama kehamilan.

Kata kunci : Prenatal Yoga, Nyeri Punggung, Ibu Hamil.

Kepustakaan : (2014 – 2021).

ABSTRACT

Background: Back pain in pregnant women in the second and third trimesters is a common complaint that often occurs among pregnant women, almost all pregnant women experience back pain and many physiological complaints during pregnancy. If left untreated it can lead to pregnancy complications. Back pain can be treated using non-pharmacological methods, one of which is free of charge and can be done routinely at home, namely prenatal yoga. Based on a preliminary study on 24 pregnant women on Saturday, March 18, 2023 in Gogodalem Village, Bringin District, Semarang Regency, 15 (26.3%) pregnant women in their second and third trimesters experienced back pain. The purpose of this study was to determine the differences before and after prenatal yoga for back pain in second and third trimester pregnant women in Gogodalem Village, Bringin District.

Methods: This type of research is a quantitative study, using a quasi-experimental method with non-random use of the One Group Pre Test—Posttest design. The population in this study were 20 people, with a total sample of 17 people. The sampling technique used purposive sampling. The research instrument used the Numeric Twig Scale (NRS) observation sheet.

Results: The results of the study before doing prenatal yoga were 9 respondents (52.9%) experiencing moderate pain, whereas after prenatal yoga almost all respondents experienced mild pain as many as 16 respondents (94.1%). Based on the statistical analysis, the p-value was $0.001 < 0.05$. This shows that 0.001 is smaller than 0.05, that is, H_a is accepted. So that there are differences before and after prenatal yoga is done for back pain in second and third trimesters of pregnant women in Gogodalem Village, Bringin District, Semarang Regency.

Conclusion: There are differences before and after prenatal yoga for back pain in second and third trimesters of pregnant women in Gogodalem Village, Bringin District, Semarang Regency.

Suggestion: It is expected that pregnant women will take part if there is prenatal yoga during classes for pregnant women so that they can apply prenatal yoga which is useful for dealing with complaints that occur during pregnancy.

Keywords: Prenatal Yoga, Back Pain, Pregnant Women.

Literature : (2014 - 2021)