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## MANFAAT STRECHT EXERCISE TERHADAP PENURUNAN LOW BACK PAIN PADA IBU HAMIL TRIMESTER III DI PUSKESMAS KOTA-2 MAPPI PAPUA SELATAN

### ABSTRAK

**Latar Belakang:** Low back pain adalah keluhan umum pada ibu hamil trimester III yang mengganggu aktivitas dan kualitas hidup. Di Puskesmas Kota-2 Mappi Papua Selatan, penanganan nyeri punggung selama ini terbatas pada tirah baring dan pijat sederhana, tanpa intervensi terstruktur dari tenaga kesehatan. Penyebab nyeri diduga terkait beban kerja berat dan perubahan postur selama kehamilan. Permasalahan ini perlu ditangani dengan metode yang aman dan efektif, seperti stretch exercise.. **Tujuan:** Mengetahui manfaat stretch exercise terhadap penurunan Low Back Pain pada ibu hamil trimester III di puskesmas kota-2 mappi papua selatan.

**Metode:** Penelitian ini menggunakan desain pre-eksperimen dengan pendekatan one group pretest-posttest. Sampel sebanyak 27 ibu hamil trimester III yang mengalami *Low Back Pain*, dipilih menggunakan teknik purposive sampling. Pengumpulan data dilakukan melalui observasi dan pengukuran tingkat nyeri menggunakan Numeric Rating Scale (NRS) sebelum dan sesudah intervensi *Stretch Exercise*. Analisis data menggunakan uji Wilcoxon Signed Rank Test.

**Hasil:** Sebelum intervensi, mayoritas ibu hamil trimester III mengalami nyeri berat (59,3%), sedangkan setelah dilakukan *Stretch Exercise* mayoritas mengalami nyeri sedang (81,5%) dan tidak ada lagi yang mengalami nyeri berat. Terdapat manfaat stretch exercise terhadap penurunan Low Back Pain pada ibu hamil trimester III di puskesmas kota-2 mappi papua selatan ( $p = 0,000$ ).

**Simpulan:** *Stretch Exercise* berpengaruh secara signifikan terhadap penurunan *Low Back Pain* pada ibu hamil trimester III. Disarankan bagi tenaga kesehatan untuk mengedukasi ibu hamil mengenai latihan ini sebagai alternatif terapi non-farmakologis yang efektif dan aman.

**Kata Kunci:** *Stretch Exercise*, *Low Back Pain*, Ibu Hamil Trimester III

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THE BENEFITS OF STRETCHING EXERCISES ON REDUCING LOW  
BACK PAIN IN PREGNANT WOMEN IN THE THIRD TRIMESTER AT THE  
MAPPI CITY 2 COMMUNITY HEALTH CENTER, SOUTH PAPUA.

**ABSTRACT**

**Background:** Low back pain is a common complaint among pregnant women in the third trimester, disrupting their activities and quality of life. At the Kota-2 Mappi Community Health Center in South Papua, treatment for back pain has been limited to bed rest and simple massage, without structured intervention from healthcare professionals. The cause of the pain is thought to be related to the heavy workload and changes in posture during pregnancy. This problem needs to be addressed with safe and effective methods, such as stretching exercises. Objective: The benefits of stretching exercises on reducing low back pain in pregnant women in the third trimester at the Mappi City 2 Community Health Center, South Papua.

**Methods:** This study used a pre-experimental design with a one-group pretest-posttest approach. A sample of 27 pregnant women in the third trimester experiencing *Low Back Pain* was selected using a purposive sampling technique. Data were collected through observation and pain level measurements using the Numeric Rating Scale (NRS) before and after the *Stretch Exercise* intervention. Data were analyzed using the Wilcoxon Signed Rank Test.

**Results:** Before the intervention, the majority of pregnant women in the third trimester experienced severe pain (59.3%), while after the *Stretch Exercise* s, the majority experienced moderate pain (81.5%), and none experienced severe pain. There is a proven effect of *Stretch Exercise* in reducing *Low Back Pain* in pregnant women in the third trimester ( $p = 0.000$ ).

**Conclusion:** *Stretch Exercise* has a significant effect in reducing *Low Back Pain* in third trimester pregnant women. Health workers are encouraged to promote this exercise as an effective and safe non-pharmacological method to manage pregnancy-related discomfort.

**Keywords:** *Stretch Exercise, Low Back Pain, Third Trimester Pregnancy*

