

PENGARUH TEKNIK *EFFLEURAGE MASSAGE* TERHADAP NYERI PUNGGUNG PADA IBU HAMIL TRIMESTER III DI WILAYAH KERJA PUSKESMAS CILACAP SELATAN II

The Effect of Effleurage Massage Technique on Back Pain in Pregnant Women in the Third Trimester in the Working Area of the South Cilacap Ii Health Center

Dianatul Komala¹, Evy Apriani², Dewi Prasetyani³
Healt Science Faculty of Al-Irsyad Cilacap University
Jl.Cerme No.24 Sidanegara Cilacap
e-mail : dianatulkomala04@gmail.com

ABSTRAK

Nyeri punggung merupakan keluhan umum yang dialami oleh ibu hamil, terutama pada trimester III akibat perubahan fisiologis seperti pembesaran uterus dan perubahan postur tubuh. Penanganan nyeri secara non-farmakologis seperti teknik *effleurage massage* menjadi pilihan karena minim efek samping. Penelitian ini bertujuan untuk mengetahui pengaruh teknik *effleurage massage* terhadap nyeri punggung pada ibu hamil trimester III di Wilayah Kerja Puskesmas Cilacap Selatan II. Desain penelitian yang digunakan adalah quasi-eksperimen dengan pendekatan one grup pre-test dan post-test. Sampel terdiri dari 34 ibu hamil dengan total sampling. Analisa data menggunakan uji *Wilcoxon*. Hasil penelitian menunjukkan bahwa ibu hamil trimester III sebelum diberikan teknik *effleurage massage* di Wilayah Kerja Puskesmas Cilacap Selatan II diketahui rata-rata nyeri punggung adalah 3,29 atau pada skala nyeri ringan dengan tingkat nyeri terendah 2 dan tertinggi 5, kemudian sesudah diberikan teknik *effleurage massage* diketahui bahwa rata-rata nyeri punggung adalah 1.74 dengan skala nyeri ringan dengan tingkat nyeri terendah 1 dan tertinggi 3. Hasil penelitian menunjukkan bahwa ada pengaruh yang signifikan antara teknik *effleurage massage* terhadap nyeri punggung pada ibu hamil trimester III ($p=0,00 < 0,05$).

Kata kunci : Pengaruh, Teknik *effleurage massage*, Tingkat Nyeri Punggung

ABSTRACT

Back pain is a common complaint experienced by pregnant women, especially in the third trimester due to physiological changes such as uterine enlargement and changes in posture. Non-pharmacological pain management such as the effleurage massage technique is an option because of the minimal side effects. This study aims to determine the effect of effleurage massage technique on back pain in pregnant women in the third trimester in the Working Area of the South Cilacap II Health Center. The research design used was quasi-experimental with a pre-test and post-test one group approach. The sample consisted of 34 pregnant women with a total of sampling. Data analysis using the Wilcoxon test. The results of the study showed that pregnant women in the third trimester before being given the effleurage massage technique in the South Cilacap II Health Center Working Area were known to have an average back pain of 3.29 or on a mild pain scale with the lowest pain level of 2 and the highest 5, then after being given the effleurage massage technique It is known that the average back pain is 1.74 with a mild pain scale with the lowest pain level 1 and highest 3. The results of the study showed that there was a significant influence between the effleurage massage technique on back pain in pregnant women in the third trimester ($p = 0.00 < 0.05$).

Keywords: Effect, Effleurage massage technique, Back Pain Level