

**PENGARUH KOMBINASI *EFFLEURAGE MASSAGE* DAN IMAJINASI
TERBIMBING TERHADAP TINGKAT NYERI PUNGGUNG IBU HAMIL
TRIMESTER III DI PUSKESMAS CILACAP TENGAH I**

*The Effect Of A Combination Of Effleurage Massage And Guided Imagination On The
Level Of Back Pain In Pregnant Women In The Third Trimester At The Central
Cilacap Health Center I*

Febby Kharisma Putri¹, Evy Apriani², Resti Ikhda Syamsiah³

^{1,2,3}*Health Science Faculty of Al-Irsyad Cilacap University*

Jl. Cerme No.24 Sidanegara Cilacap

ABSTRAK

Rasa nyeri pada area ekstremitas saat usia kehamilan memasuki trimester III diakibatkan oleh perubahan postur tubuh menjadikan distensi perut, pinggul condong ke depan, tonus otot menurun, dan peningkatan beban pada ibu hamil. Tujuan penelitian ini untuk mengetahui pengaruh kombinasi *effleurage massage* dan imajinasi terbimbing terhadap tingkat nyeri punggung ibu hamil trimester III di Puskesmas Cilacap Tengah I. Metode yang digunakan adalah metode kuantitatif dengan desain penelitian *pre-experiment one group pretest-posttest*. Populasi dalam penelitian ini yaitu seluruh ibu hamil trimester III di Puskesmas Cilacap Tengah I dengan jumlah 30 orang. Data penelitian dianalisis menggunakan analisis univariat dan bivariat dengan uji *Wilcoxon Signed Rank*. Hasil analisis univariat menunjukkan bahwa tingkat nyeri punggung sebagian besar pada skala 4 turun menjadi skala 1 setelah dilakukan intervensi. Analisis bivariat menunjukkan bahwa ada pengaruh kombinasi *effleurage massage* dan imajinasi terbimbing terhadap tingkat nyeri punggung ibu hamil trimester III di Puskesmas Cilacap Tengah I. Diharapkan kombinasi *effleurage massage* dan imajinasi terbimbing dapat digunakan sebagai pengobatan nonfarmakologi dalam mengobati nyeri punggung pada ibu hamil trimester III. **Kata kunci :** nyeri punggung, *effleurage massage*, imajinasi terbimbing, kehamilan trimester III

ABSTRACT

Pain in the extremities when pregnancy enters the third trimester is caused by changes in posture that cause abdominal distension, hip tilt forward, decreased muscle tone, and increased load on pregnant women. The purpose of this study was to determine the effect of a combination of *effleurage massage* and guided imagination on the level of back pain in pregnant women in the third trimester at the Central Cilacap Health Center I. The method used is a quantitative method with a pre-experimental, one-group pretest-posttest research design. The population in this study is all pregnant women in the third trimester at the Central Cilacap I Health Center with a total of 30 people. The research data was analyzed using univariate and bivariate analysis with the Wilcoxon signed rank test. The results of the univariate analysis showed that the level of back pain mostly on scale 4 dropped to scale 1 after the intervention. Bivariate analysis showed that there was an effect of a combination of *effleurage massage* and guided imagination on the level of back pain of pregnant women in the third trimester at the Central Cilacap Health Center I. It is hoped that the combination of *effleurage massage* and guided imagination can be used as a non-pharmacological treatment for treating back pain in pregnant women in the third trimester.

Keywords: back pain, *effleurage massage*, guided imagination, third trimester pregnancy