

**PENERAPAN *MASSAGE EFFLEURAGE* PADA IBU HAMIL
TRIMESTER III DENGAN GANGGUAN RASA NYAMAN
PUNGGUNG BAWAH DI WILAYAH KERJA
PUSKESMAS SRANDAKAN**

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ABSTRAK

Latar Belakang: Gangguan rasa nyaman berupa nyeri di bagian bawah punggung adalah salah satu masalah yang sering dihadapi oleh wanita hamil, terutama pada trimester ketiga, akibat perubahan fisiologis seperti peningkatan berat badan dan perubahan postur tubuh. Metode nonfarmakologis seperti *massage effleurage* menjadi alternatif intervensi yang aman, efektif, dan mudah diterapkan. Prosedur *massage effleurage* efektif diberikan setiap hari dengan durasi 10 menit selama tiga hari secara berturut-turut setiap pagi untuk mengurangi gangguan rasa nyaman pada punggung bawah ibu hamil.

Tujuan: Menerapkan *massage effleurage* untuk mengurangi gangguan rasa nyaman pada ibu hamil trimester III.

Metode: Studi kasus ini adalah laporan deskriptif yang menggunakan pendekatan proses perawatan. Dalam studi kasus ini, subjeknya terdiri dari dua ibu hamil yang berada di trimester ketiga dan mengalami gangguan rasa nyaman pada punggung bawah.

Hasil: Setelah intervensi dilakukan, kedua pasien menunjukkan penurunan skala nyeri secara bertahap dan peningkatan rasa nyaman. Skala nyeri pada pasien pertama mengalami penurunan dari 4 ke 1, sedangkan pada pasien kedua turun dari 3 ke 0. Yang berarti implementasi *massage effleurage* terbukti memberikan manfaat dalam menurunkan intensitas nyeri dan meningkatkan kenyamanan

Kesimpulan: *Massage effleurage* efektif mengurangi nyeri punggung bawah dan meningkatkan kenyamanan ibu hamil.

Kata Kunci: gangguan rasa nyaman, ibu hamil, *massage effleurage*, nyeri punggung bawah

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**APPLICATION OF EFFLEURAGE MASSAGE FOR THIRD TRIMESTER
PREGNANT WOMEN WITH LOW BACK DISORDERS IN THE
SRANDAKAN HEALTH CENTER WORKING AREA**

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ABSTRACT

Background: *Low back pain is one of the common complaints experienced by pregnant women, especially in the third trimester, due to physiological changes such as increased body weight and changes in posture. Nonpharmacological methods such as effleurage massage are alternative interventions that are safe, effective, and easy to implement. The effleurage massage procedure is effectively done once a day with a duration of 10 minutes for 3 consecutive days every morning to reduce discomfort in the lower back of pregnant women.*

Objective: *To apply effleurage massage to reduce discomfort in third trimester pregnant women.*

Methods: *This report is a detailed account of a case study that employs the nursing process method. The focus of this case study is on two expectant mothers in their third trimester who are experiencing lower back pain.*

Results: *After the intervention was carried out, both patients showed a gradual decrease in pain scale and an increase in comfort. The first patient's pain scale decreased from 4 to 1, while the second patient decreased from 3 to 0. Which means the implementation of effleurage massage is proven to provide benefits in reducing pain intensity and increasing comfort.*

Conclusion: *Massage effleurage is effective in reducing low back pain and increasing the comfort of pregnant women.*

Keywords: *comfort, low back pain, massage effleurage, pregnant women*

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