

PENGARUH KOMPRES AIR JAHE EMPRIT (*Zingiber officinale var. Amaram*) HANGAT TERHADAP PENURUNAN INTENSITAS NYERI PUNGGUNG BAWAH IBU HAMIL TRIMESTER III DI WILAYAH KERJA PUSKESMAS KASIHAN II

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ABSTRAK

Latar Belakang: Nyeri punggung bawah merupakan salah satu keluhan yang umum terjadi pada ibu hamil trimester III, di Indonesia diperkirakan sekitar 70% wanita hamil mengeluhkan nyeri punggung bawah. Keluhan ini disebabkan oleh perubahan fisiologis seperti peningkatan berat rahim dan perubahan postur tubuh. Kompres air jahe hangat merupakan salah satu terapi non-farmakologis yang memiliki efek antiinflamasi dan analgesik alami.

Tujuan: Mengetahui pengaruh kompres air jahe hangat terhadap penurunan intensitas nyeri punggung bawah ibu hamil trimester III di wilayah kerja Puskesmas Kasihan II.

Metode: Penelitian ini menggunakan desain kuasi eksperimen dengan pendekatan *pretest-posttest* control group design. Sampel berjumlah 30 responden, yang dibagi menjadi 15 responden kelompok eksperimen dan 15 responden kelompok kontrol. Data intensitas nyeri dikumpulkan menggunakan skala *Numeric Rating Scale* (NRS) dan dianalisis menggunakan uji *Wilcoxon* dan *Mann-Whitney*.

Hasil: Penelitian ini menunjukkan bahwa terdapat penurunan signifikan intensitas nyeri punggung bawah pada kelompok eksperimen sebelum dan sesudah diberikan kompres air jahe hangat ($p < 0,05$).

Kesimpulan: Pemberian kompres air jahe hangat efektif dalam menurunkan intensitas nyeri punggung bawah pada ibu hamil trimester III.

Kata Kunci: Kompres Air Jahe Hangat, Nyeri Punggung Bawah, Ibu Hamil Trimester III

THE EFFECT OF GINGER EMPRIT WATER COMPRESS (*Zingiber officinale* var. *Amarum*) WARM ON REDUCING THE INTENSITY OF LOWER BACK PAIN IN THIRD-TRIMESTER PREGNANT WOMEN IN THE WORKING AREA OF KASIHAN II PUBLIC HEALTH CENTER

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ABSTRACT

Background: Lower back pain is a common complaint experienced by third-trimester pregnant women, in Indonesia it is estimated that around 70% of pregnant women complain of lower back pain. This condition is caused by physiological changes such as increased uterine weight and alterations in body posture. Warm ginger water compress is a non-pharmacological therapy known for its natural anti-inflammatory and analgesic effects.

Objective: This study aimed to determine the effect of warm ginger water compress on reducing lower back pain intensity in third-trimester pregnant women in the working area of Kasihan II Public Health Center.

Methods: This research employed a quasi-experimental design with a pretest-posttest control group approach. The sample consisted of 30 respondents, divided into 15 in the experimental group and 15 in the control group. Pain intensity was measured using the Numeric Rating Scale (NRS) and analyzed using the Wilcoxon and Mann-Whitney tests.

Results: The findings indicated a significant reduction in lower back pain intensity in the experimental group before and after the application of warm ginger water compress ($p < 0.05$).

Conclusion: The application of warm ginger water compress was effective in reducing lower back pain intensity in third-trimester pregnant women.

Keywords: Warm Ginger Water Compress, Lower Back Pain, Third-Trimester Pregnant Women