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Judul : Hubungan Senam Hamil dan *Sedentary Behavior* dengan Intensitas Nyeri Punggung Bawah Pada Ibu hamil Trimester II dan Trimester III di TPMB M Kota Jakarta Barat Tahun 2026

ABSTRAK

Latar Belakang: Nyeri punggung merupakan keluhan umum pada kehamilan yang dapat dipengaruhi oleh senam hamil dan *sedentary behavior*. Penelitian ini bertujuan mengetahui hubungan keduanya dengan intensitas nyeri punggung bawah pada ibu hamil trimester II dan trimester III.

Metode: Penelitian ini menggunakan desain kuantitatif *cross-sectional* pada 130 ibu hamil trimester II dan trimester III dengan total sampling. Data senam hamil dan *sedentary behavior* diperoleh melalui kuesioner, sedangkan nyeri punggung bawah diukur dengan NRS. Analisis menggunakan uji *Spearman Rank*.

Hasil: Proporsi terbesar responden melakukan senam hamil dalam kategori aktif sebanyak 61 responden (46,9%), memiliki *sedentary behavior* kategori sedang sebanyak 61 responden (46,9%), dan mengalami nyeri punggung bawah intensitas ringan sebanyak 67 responden (51,5%). Terdapat hubungan signifikan antara senam hamil dengan intensitas nyeri punggung bawah $p < 0,001$ dan antara *sedentary behavior* dengan intensitas nyeri punggung bawah $p < 0,001$.

Kesimpulan: Terdapat hubungan antara senam hamil dan *sedentary behavior* dengan intensitas nyeri punggung bawah pada ibu hamil trimester II dan trimester III di TPMB M Kota Jakarta Barat Tahun 2026.

Kata Kunci: senam hamil, perilaku sedentari, nyeri punggung bawah, ibu hamil

Daftar Pustaka: 82 buah (2018-2026)

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Title : The Association of Pregnancy Exercise and Sedentary Behavior with Low Back Pain Intensity among Pregnant Women in the Second and Third Trimesters at TPMB M in West Jakarta City in 2026

ABSTRACT

Background: Low back pain is a common complaint during pregnancy that may be influenced by pregnancy exercise and sedentary behavior. This study aimed to determine the relationship between pregnancy exercise and sedentary behavior with low back pain intensity among pregnant women in the second and third trimesters.

Methods: This study used a quantitative cross-sectional design involving 130 pregnant women in the second and third trimesters selected through total sampling. Data on pregnancy exercise and sedentary behavior were obtained through questionnaires, while low back pain intensity was measured using the NRS. Data were analyzed using the Spearman Rank test.

Result: The largest proportion of respondents were active in pregnancy exercise, totaling 61 (46.9%), had moderate sedentary behavior, totaling 61 (46.9%), and experienced mild low back pain, totaling 67 (51.5%). There was a significant relationship between pregnancy exercise and low back pain intensity $p < 0.001$ and between sedentary behavior and low back pain intensity $p < 0.001$.

Conclusion: There was a relationship between pregnancy exercise and sedentary behavior with low back pain intensity among pregnant women in the second and third trimesters at TPMB M, West Jakarta City, in 2026.

Keywords: pregnancy exercise, sedentary behavior, low back pain, pregnant women

References: 82 references (2018-2026)