

Fakultas Kesehatan

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**PENGARUH PRENATAL YOGA TERDAHAP INTENSITAS NYERI
PUNGGUNG IBUHAMIL TRIMESTER II DAN III DI TPMB SF KOTA
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ABSTRAK

Nyeri punggung merupakan gangguan yang banyak dialami oleh ibu hamil yang tidak hanya terjadi pada trimester tertentu, tetapi dapat dialami sepanjang masa kehamilan hingga periode *pascanatal*. Prenatal yoga adalah serangkaian latihan pernafasan, olah tubuh sehingga dapat meminimalisirkan keluhan saat hamil, dan untuk mempersiapkan persalinan yang minim trauma. Jenis penelitian ini adalah kuantitatif, desain penelitian ini *pra eksperimen one group prettest-posttest*, populasi dalam penelitian ini seluruh ibu hamil trimester II dan III di TPMB SF Kota Bekasi, sampel berjumlah 58 ibu hamil trimester II dan III. dengan menggunakan sampel *non probability sampling*. Dari 58 responden sebagian besar berusia produktif 20-34 tahun sebanyak 50 (86.2%). Kehamilan trimester II sebanyak 27 (46.6%), kehamilan trimester III sebanyak 31 (53.4%). bekerja sebagai ibu rumah tangga (IRT) sebanyak 40 (69.0%).

Kata Kunci : Prenatal Yoga, Nyeri Punggung, Kehamilan Trimester II Dan III.

ABSTRACT

Back pain is a disorder experienced by many pregnant women which does not only occur in certain trimesters, but can be experienced throughout pregnancy and into the postnatal period. Prenatal Yoga is a series of breathing exercises and body exercises to minimize complaints during pregnancy, and to prepare for a birth that is minimally traumatic. This type of research is quantitative, the research design is pre-experimental, one group pretest-posttest, the population in this study are all pregnant women in the second and third trimesters at TPMB SF Bekasi City, the sample is 58 pregnant women in the second and third trimesters. using non-probability sampling. Of the 58 respondents, most of them were of productive age 20-34 years, 50 (86.2%). There were 27 (46.6%) second trimester pregnancies, 31 (53.4%) third trimester pregnancies. 40 (69.0%) work as housewives (IRT).

Keywords : Prenatal Yoga, Back Pain, Second and Third Trimester of Pregnancy.

