

ABSTRAK

Analisis Asuhan Keperawatan Maternitas Pada Ibu Hamil Trimester III Dengan Masalah Nyeri Punggung Melalui Penerapan Effleurage Massage Di Poli Kandungan RSUD Dr. Wahidin Sudiro Husodo Kota Mojokerto

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Nyeri punggung bawah pada ibu hamil trimester III merupakan keluhan yang sering terjadi akibat perubahan fisiologis kehamilan, terutama pembesaran uterus yang menyebabkan perubahan postur tubuh dan peningkatan ketegangan otot punggung. Kondisi ini dapat mengganggu kenyamanan, aktivitas sehari-hari, dan kualitas hidup ibu hamil. Salah satu intervensi nonfarmakologis yang dapat digunakan untuk mengurangi nyeri adalah Effleurage Massage. Penelitian ini bertujuan untuk mengevaluasi penerapan asuhan keperawatan melalui teknik Effleurage Massage pada ibu hamil trimester III dengan masalah nyeri akut. Penelitian ini menggunakan metode studi kasus dengan pendekatan proses keperawatan yang meliputi pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Subjek penelitian adalah Ny. N usia 24 tahun dengan G1P0A0 usia kehamilan 35 minggu yang mengalami nyeri punggung bawah dengan skala nyeri 5 (1–10). Intervensi berupa Effleurage Massage dilakukan selama 10–15 menit setiap sesi selama 3 hari selama 30 menit, disertai edukasi posisi tidur miring kiri, peregangan ringan, dan pelibatan keluarga dalam terapi mandiri di rumah. Hasil implementasi menunjukkan adanya penurunan intensitas nyeri secara bertahap setelah pemberian Effleurage Massage. Skala nyeri menurun dari 5 menjadi 2 pada hari ketiga. Pasien tampak lebih rileks, tidak lagi memegang pinggang, dan frekuensi nadi menurun dari 101x/menit menjadi 80x/menit. Teknik Effleurage Massage memberikan efek relaksasi otot, meningkatkan sirkulasi darah, serta merangsang pelepasan hormon endorfin yang membantu menurunkan persepsi nyeri. Effleurage Massage efektif sebagai intervensi nonfarmakologis dalam menurunkan nyeri punggung bawah pada ibu hamil trimester III.

Kata Kunci : Ibu hamil trimester III, Nyeri Punggung Bawah, Nyeri Akut, Effleurage Massage.

ABSTRACT

Analysis of Maternity Nursing Care in Third Trimester Pregnant Women with Lower Back Pain Through the Application of Effleurage Massage at the Obstetrics Clinic of RSUD Dr. Wahidin Sudiro Husodo Mojokerto City

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Lower back pain in third trimester pregnant women is a common complaint caused by physiological changes during pregnancy, particularly uterine enlargement that leads to postural changes and increased tension in the back muscles. This condition can interfere with comfort, daily activities, and the quality of life of pregnant women. One of the non-pharmacological interventions that can be used to reduce pain is Effleurage Massage. This study aimed to evaluate the implementation of nursing care through the Effleurage Massage technique in third trimester pregnant women experiencing acute pain. This study used a case study method with a nursing process approach, including assessment, nursing diagnosis, intervention, implementation, and evaluation. The subject of the study was Mrs. N, a 24-year-old pregnant woman with G1P0A0 at 35 weeks of gestation who experienced lower back pain with a pain scale of 5 (1–10). The intervention in the form of Effleurage Massage was carried out for 10–15 minutes in each session over 3×30 minutes, accompanied by education on the left lateral sleeping position, light stretching exercises, and family involvement in independent therapy at home. The implementation results showed a gradual decrease in pain intensity after the administration of Effleurage Massage. The pain scale decreased from 5 to 2 on the third day. The patient appeared more relaxed, no longer held her waist, and her pulse rate decreased from 101 beats/minute to 80 beats/minute. Effleurage Massage provided muscle relaxation effects, improved blood circulation, and stimulated the release of endorphins that helped reduce pain perception. Effleurage Massage was proven effective as a non-pharmacological intervention in reducing lower back pain in third trimester pregnant women.

Keywords: Third Trimester Pregnant Women, Lower Back Pain, Acute Pain, Effleurage Massage.