

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN
UNIVERSITAS ISLAM SULTAN AGUNG SEMARANG
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ABSTRAK

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HUBUNGAN SENAM HAMIL DENGAN KEJADIAN NYERI PINGGANG YANG DIALAMI IBU HAMIL TRIMESTER III DI WILAYAH KERJA PUSKESMAS KARANGAWEN 1

45 hal + 8 tabel + xvi

Latar Belakang: Masalah yang diteliti yaitu hubungan senam hamil dengan kejadian nyeri pinggang. Senam hamil merupakan suatu bentuk latihan yang dilakukan ibu pada masa kehamilan untuk mengatasi keluhan ibu hamil seperti nyeri pinggang selama masa kehamilan berlangsung.

Metode: Penelitian ini menggunakan penelitian korelasi dengan desain penelitian *cross-sectional*. Pengumpulan data dilakukan dengan lembar observasi dan kuesioner. Dengan jumlah responden sebanyak 45 responden dengan teknik *total sampling*. Data yang diperoleh secara statistik dengan menggunakan rumus *chi square*.

Hasil: Berdasarkan dari hasil penelitian hubungan antara senam hamil dengan kejadian nyeri pinggang yang dialami ibu hamil trimester III berdasarkan uji *chi square* didapatkan hasil *p value* = 0,000 (*p value* < 0,05). Artinya menunjukkan terdapat hubungan antara senam hamil dengan kejadian nyeri pinggang yang dialami ibu hamil trimester III di wilayah kerja Puskesmas Karangawen 1.

Simpulan: Ada hubungan antara senam hamil dengan kejadian nyeri pinggang yang dialami ibu hamil trimester III di wilayah kerja Puskesmas Karangawen 1.

Kata Kunci : Senam Hamil, Nyeri Pinggang, Ibu Hamil Trimester III.

Daftar Pustaka: 44 (1998 – 2016)

**NURSING SCIENCE STUDY PROGRAM
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ABSTRACT

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THE CORRELATION BETWEEN PREGNANCY CALISTHENICS WITH LOW-BACK PAIN EXPERIENCED BY THE PREGNANT WOMEN IN III TRIMESTER IN THE WORKING AREA OF PUBLIC HEALTH CENTER OF KARANGAWEN 1

45 pages + 8 table + xvi

Background: The problem examined in this study was the correlation between pregnancy calisthenics with low-back pain. Pregnancy calisthenics is a kind of exercise done by women during their pregnancy in order to deal with any grievance such as low-back pain during the pregnancy phase.

Methods: This study used correlation study with cross-sectional design. The data were obtained by observation sheet and questionnaire. The number of respondents is 45 using total sampling technique. The obtained data statistically processed with *chi square* formula.

Results: Based on the results of the study about the correlation between pregnancy calisthenics with low-back pain experienced by pregnant women in III trimester, following the result of *chi square* test, $p\ value = 0.000$ ($p\ value < 0.05$). This result indicates a correlation between pregnancy calisthenics with low-back pain experienced by the pregnant women in III trimester in the working area of public health centre of Karangawen 1.

Conclusion: There is a correlation between pregnancy calisthenics with low-back pain experienced by the pregnant women in III trimester in the working area of public health centre of Karangawen 1.

Keywords: Pregnancy Calisthenics, Low-back Pain, Pregnant Women in III Trimester.

Bibliographies: 44 (1998 – 2016)