

POLITEKNIK KESEHATAN KEMENKES TANJUNG KARANG
JURUSAN KEBIDANAN
SKRIPSI, Maret 2020

Sela Juli Tamara

Perbandingan Tidur Miring dan Kompres Air Dingin terhadap nyeri pinggang ibu hamil Trimester III di Jatimulyo, Lampung Selatan.

xii + 34 halaman ,4 tabel,8 gambar,dan 7 lampiran.

ABSTRAK

Selama kehamilan ibu hamil akan mengalami perubahan baik secara anatomi fisiologi maupun psikologi sehingga menyebabkan ketidaknyamanan selama kehamilan. Salah satu ketidaknyamanan yang sering terjadi dialami ibu hamil adalah nyeri pinggang bawah.

Tujuannya Untuk mengetahui perbandingan tidur miring dan kompres dingin terhadap nyeri pinggang pada ibu hamil trimester III di PMB Nurhayati Jatimulyo Lampung Selatan Tahun 2020..

Jenis penelitian yaitu *Pre-Eksperimen Design* dengan pendekatan *Two Group pretest posttest*. Populasi penelitian ini adalah seluruh ibu hamil trimester III di PMB Nurhayati,S.ST, Jatimulyo yang mengalami nyeri pinggang. Sampel yang diambil berjumlah 32 orang ibu hamil trimester III yang mengalami nyeri pinggang untuk diberikan intervensi tidur miring dan kompres dingin . Data yang diambil berupa data primer ,di uji dengan uji statistik *independent t-test* kemudian di olah dengan menggunakan komputer.

Berdasarkan hasil uji statistik *independent t-test* nilai Sig. (*2-tailed*) $0.000 < 0.05$,maka H_a diterima yang sehingga ada perbedaan efektifitas yang signifikan antara intervensi tidur miring dan kompres dingin terhadap nyeri pinggang ibu hamil.Kemudian dari hasil uji statistik *independent sample t-test* didapatkan perbedaan penurunan rata-rata skala nyeri dari pretest ke post-test intervensi kompres dingin \leq intervensi tidur miring $3,69 \leq 5,13$, jadi artinya pada penelitian ini bahwa intervensi tidur miring lebih efektif di bandingkan dengan intervensi kompres dingin dalam menurunkan skala nyeri pinggang ibu hamil di PMB Nurhayati Jatimulyo Lampung Selatan Tahun 2020.

Berdasarkan hasil penelitian ini diharapkan ibu hamil tidur dengan posisi yang baik dengan menyesuaikan usia kehamilannya sehingga angka kejadian nyeri pinggang dapat berkurang.

Kata kunci : Kehamilan,Posisi Tidur,Kompres Dingin,Nyeri Pinggang
Daftar Bacaan : 18 (2010-2018)

HEALTH POLYTECHNIC OF KEMENKES TANJUNG KARANG
 Midwifery Department
 Thesis, April 2020

Sela Juli Tamara

Comparison of Slant Sleep and Cold Water Compress against the back pain of Trimester III pregnant women in Jatimulyo, South Lampung.

xii + 34 pages, 4 tables, 8 pictures and 7 attachments.

ABSTRACT

During pregnancy, pregnant women will experience changes in both physiological and psychological anatomy, causing discomfort during pregnancy. One discomfort that often occurs in pregnant women is lower back pain.

The goal is to find out the ratio of slant sleep and cold compresses to low back pain in third trimester pregnant women at PMB Nurhayati Jatimulyo, South Lampung in 2020 ..

This type of research is Pre-Experiment Design with Two Group pretest posttest approach. The study population was all trimester III pregnant women in PMB Nurhayati, S.ST, Jatimulyo who experienced low back pain. Samples taken amounted to 32 third trimester pregnant women who experience low back pain to be given oblique sleep intervention and cold compresses. The data taken is in the form of primary data, tested by independent t-test statistical tests and then processed using a computer.

Based on the results of statistical tests independent t-test Sig. (2-tailed) $0.000 < 0.05$, then H_a is accepted, so there is a significant difference in effectiveness between oblique sleep interventions and cold compresses on low back pain in pregnant women. Then from the results of the statistical independent test sample t-test, there is a difference in the decrease in average pain scale from pretest to post-test cold compress intervention miring sloping sleep intervention $3.69 \leq 5.13$, so it means in this study that sloping sleep intervention is more effective compared to cold compress intervention in reducing the scale of low back pain of pregnant women at PMB Nurhayati Jatimulyo Lampung South of 2020.

The conclusion of this study is that sloping sleep is more effective in reducing low back pain in pregnancy.

Based on the results of this study it is expected that pregnant women sleep in a good position by adjusting the gestational age so that the incidence of low back pain can be reduced.

*Keywords: Pregnancy, Sleeping Position, Cold Compress, Low Back Pain
 Reading List: 18 (2010-2018)*