

POLITEKNIK KESEHATAN KEMENKES TANJUNG KARANG
JURUSAN KEBIDANAN

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**Penerapan Pijat Effleurage Dengan Aromaterapi Minyak Kenanga Terhadap
Sakit Punggung Pada Ny. E Hamil Trimester III Di PMB Siti Jamila**

xvii+91 Halaman, 4 Tabel, 9 Gambar, 5 Lampiran

RINGKASAN

Keluhan yang sering terjadi pada ibu hamil trimester III adalah nyeri punggung mencapai 70%. Pada masa kehamilan dengan membesarnya uterus, maka pusat gravitasi akan berpindah ke arah depan sehingga ibu hamil harus menyesuaikan posisi berdirinya. Postur tubuh yang tidak tegak akan memaksa peregangan tambahan dan kelelahan pada tubuh terutama bagian tulang belakang sehingga dapat menyebabkan sakit atau nyeri punggung, sehingga penulis tertarik mengambil judul Penerapan Massage Effleurage Dengan Minyak Aromaterapi Kenanga Untuk Mengurangi Nyeri Punggung Ibu Hamil Trimester III Di PMB Siti Jamila, S.ST.

Penerapan effleurage massage untuk mengurangi nyeri punggung ibu hamil trimester III, mengetahui tingkat nyeri punggung sebelum dan sesudah dilakukan penerapan effleurage massage dengan minyak aromaterapi kenanga pada ibu hamil trimester III.

Menggunakan metode studi kasus dengan menggunakan 7 langkah varney dan asuhan kehamilan dengan penerapan Effleurage Massage untuk mengurangi nyeri punggung pada ibu hamil trimester III. Asuhan kebidanan ditunjukan kepada Ny. E 21 tahun G1P0A0 hamil 31 minggu 6 hari. Lokasi pengkajian data dilakukan di PMB Siti Jamila, S.ST Lampung Selatan dan pendokumentasian dilakukan menggunakan SOAP.

Penerapan pijat effleurage dengan minyak aromaterapi kenanga diterapkan kepada Ny. E selama 7 hari, sebelum diberikan effleurage massage pengukuran skala nyeri 8 nyeri berat terkontrol dan setelah 7 hari penerapan didapatkan skala nyeri di angka 3 nyeri ringan. Berdasarkan hasil observasi disimpulkan bahwa penerapan effleurage massage dengan minyak aromaterapi kenanga terbukti mengalami penurunan nyeri punggung pada ibu hamil trimester III. Atas dasar tersebut penulis menyarankan kepada tenaga kesehatan khususnya bidan agar pemberian effleurage massage dimanfaatkan untuk mengurangi nyeri punggung pada kehamilan trimester III.

Kata kunci : Nyeri Punggung Kehamilan, Pijat Effleurage,
Minyak Kenanga

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**POLYTECHNIC OF HEALTH MINISTRY OF HEALTH TANJUNGPUR
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Final Project Report, March 2023

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***The Application Of Effleurage Massage With Ylang-ylang (Cananga Odorata)
Essentials Oil Aromathrapy To Back Pain In Mrs. E trimester III Pregnant At
PMB Siti Jamila***

xvii+91 Pages, 4 Tabela, 9 Image, 5 Attachments

ABSTRACT

A frequent complaint in third trimester pregnant women is back pain, reaching 70%. During pregnancy with the enlargement of the uterus, the center of gravity will move towards the front so that pregnant women must adjust their standing position. Posture that is not upright will force additional stretching and fatigue on the body, especially the spine so that it can cause back pain or pain, so the authors are interested in taking the title Application of Effleurage Massage with Aromatherapy Kenanga Oil to Reduce Back Pain in Trimester III Pregnant Women at PMB Siti Jamila, ST.

Application of effleurage massage to reduce back pain in third trimester pregnant women, knowing the level of back pain before and after the application of effleurage massage with Kenanga aromatherapy oil in third trimester pregnant women.

Using the case study method using the 7 steps of Varney and pregnancy care with the application of Effleurage Massage to reduce back pain in third trimester pregnant women. Midwifery care is shown to Mrs. E 21 years old G1P0A0 pregnant 31 weeks 6 days. The location of the data assessment was carried out at PMB Siti Jamila, S.ST South Lampung and documentation was carried out using SOAP.

The exposure of effleurage massage with ylang aromatherapy oil was applied to Mrs. E for 7 days, before being given effleurage massage, the pain scale measurement was 8 severe pain controlled and after 7 days of application, the pain scale was obtained at 3 mild pain. Based on the results of observations, it was concluded that the application of effleurage massage with ylang aromatherapy oil was proven to reduce back pain in third trimester pregnant women. On this basis, the authors suggest to health workers, especially midwives, that the provision of effleurage massage be utilized to reduce back pain in third trimester pregnancy.

Keywords : *Back Pain in Pregnancy, Effleurage Massage, Ylang-ylang Oil*

Reading list : *20 (2015-2023)*