

## Hubungan Aktivitas Fisik dengan Nyeri Punggung Bagian Bawah pada Ibu Hamil Trimester III = Relationship Between Physical Activity and Low Back Pain in Third Trimester Pregnant Women

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### Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat aktivitas fisik dengan nyeri punggung bawah pada ibu hamil trimester III di Puskesmas Kecamatan Cilandak. Desain penelitian yang digunakan adalah analitik korelatif dengan pendekatan cross sectional terhadap 107 ibu hamil trimester III yang dipilih dengan teknik consecutive sampling. Instrumen yang digunakan adalah International Physical Activity Questionnaire - Short Form dan Modified Oswestry Low Back Pain Disability Questionnaire. Hasil penelitian menunjukkan ada hubungan yang signifikan antara aktivitas fisik dan nyeri punggung bawah pada ibu hamil trimester III ( $P = 0,002$ ). Pengembangan program penyuluhan pentingnya melakukan aktivitas fisik selama kehamilan dan edukasi terkait manajemen nyeri punggung bawah perlu dipertimbangkan oleh puskesmas agar dapat meningkatkan tingkat kenyamanan dan kualitas hidup ibu hamil.

.....This research aims to identify the relationship between the level of physical activity and lower back pain in third trimester pregnant women at Puskesmas Kecamatan Cilandak. The research design used was a correlative analytical with a cross-sectional approach to 107 third trimester pregnant women who were chosen with a consecutive sampling technique. The instruments used were the International Physical Activity Questionnaire - Short Form and the Modified Oswestry Low Back Pain Disability Questionnaire. The results show a significant relationship between physical activity and low back pain in third trimester pregnant women ( $P = 0.002$ ). The development of counseling programs on the importance of physical activity during pregnancy and education related to lower back pain management need to be considered by public health centers to improve the comfort level and quality of life of pregnant women.