



EFFECTIVENESS OF WARM GINGER WATER COMPRESSES IN REDUCING BACK PAIN IN 3RD TRIMESTER PREGNANT WOMEN IN THE WORKING AREA OF KABUN HEALTH CENTER

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A B S T R A C T

Back pain disorder is always experienced by women in the Third Trimester. Introduction Back pain is the most common complaint with a prevalence rate of 49%. Based on ANC data from January until December 2022, there were 623 women in the third trimester of pregnancy, and 70% of women experienced back pain. There was a non-pharmacological effort from the working area of Kabun Health Center to reduce back pain in pregnant women. Warm ginger water compress is one of the non-pharmacological ways to reduce back pain. The study aims to investigate the effect of Warm gingerwater compress on the intensity of back pain. This is Quantitative research with a quasi-experimental design with one group pretest-posttest 30 respondents were women in the third trimester of pregnancy in the working area of Kabun Health Center who were selected using purposive sampling. This research was conducted from January to June 2023. The study used observation/bio sheets and NRS on primary data and secondary data. The result of univariate analysis before giving Warm ginger water compress was 6,80 and after 2,80. The result of analysis using bivariate with Mann Whitney Test was $p=0.00$. It suggests that H_a was accepted, and H_0 was rejected meaning that there was an effect on giving Warm ginger water compress to the intensity of back pain on the women in the third trimester of pregnancy in the working area of Kabun Health Center. It is expected that health workers especially midwives give Warm ginger water compress to pregnant women with back pain.

INTRODUCTION

Pregnancy is a process of nine months or more in which a woman carries a developing embryo and fetus in her womb, according to the World Health Organization (WHO) (Fitriani, 2019). Pregnancy is fertilization or union of spermatozoa and ovum followed by nidation or implantation. If it is calculated from the time of fertilization until the birth of the baby, a normal pregnancy will last 40 weeks or 9 months according to the international calendar. Pregnancy is divided into 3 trimesters, where the first trimester lasts 12 weeks, the second trimester 15 weeks

(13th to 27th week) and the third trimester 13 weeks (28th to 40th week), (Prawirohardjo (2018)). Every pregnant woman experiences psychological and physiological changes. These changes begin when implantation occurs. The pregnancy process is prone to physiological discomfort and interferes with activities. Discomfort often occurs in the third trimester (Prawirohardjo 2014). During the adaptation process, mothers often experience discomfort even though the physio is logical, but prevention and treatment still need to be given regarding several discomforts in pregnant women entering the third trimester, such as back pain, around 70% (S. T. R. & Y. Fitriani, 2019). According to research conducted (Fitriani, 2019), approx. 70% of pregnant women often experience pain in the waist area or low back pain (LBP) which may occur from the beginning of the trimester, and peak when entering the second and third trimesters.

Back pain during pregnancy occurs in the lumbosacral area, this causes the intensity of pain to increase with gestational age due to a shift in the centre of gravity and changes in body posture. However, if back pain is left untreated, it will cause long-term back pain and then there will be an increase in postpartum tendencies and chronic back pain which will be difficult to treat (Suryanti & Lilis, 2020).

Based on a preliminary study from January to December 2022 at the author's PMB "Yofita Oktaria, Amd. Keb Pasar Baru, Aliantan Village, Kabun District", out of 110 ANC visits, 40% of pregnant women felt back pain in the third trimester, amounting to around 44 people. Based on the phenomena that have been stated, the author has conducted research titled "Effectiveness of warm ginger water compresses in reducing back pain in the third trimester pregnant women in the Kabun Community Health Center Work Area".

METHODS

This type of research is quantitative research. This research method uses a quasi-experimental method / experimental research with an intervention group and a control group with a pretest and posttest. Experimental research is: a study design developed to study phenomena within the framework of a cause-and-effect relationship, by carrying out experimental activities, which aim to determine the symptoms or effects that arise as a result of certain treatments or experiments (Notoatmodjo 2014).

The population in this study were all pregnant women in the third trimester in the working area of the Kabun Community Health Center in the month of carrying out the research. At the time of the preliminary study, the number of pregnant women in the third trimester in December 2022 in the working area of the Kabun Community Health Center was 43 people. Sample From these calculations, the sample in this study is 30 people and will be divided into 2 groups, 15 intervention groups and 15 control groups.

RESULT

The characteristics of research respondents are as follows:

Frequency Distribution of Characteristics of Pregnant Women in the Third Trimester in the Kabun Community Health Center Working Area.

Characteristics	criteria	Intervention		control	
		N	%	N	%
Age	a. <20 years	0	0	1	6,7
	b. 20-35 years	12	80	13	86,6
	c. >35 years	3	20	1	6,7
Education	a. Elementary school	3	20	2	13,3
	b. Junior High School	3	20	2	13,3
	c. Senior High School	9	60	11	73,4
	d. College	0	0	0	0
Work	a. Civil Servants	0	0	0	0
	b. Private	0	0	0	0
	c. Self Employed	0	0	1	6,7
	d. Housewife	15	100	14	93,3
Parity	a. Primigravida	4	26,7	7	46,7
	b. Multigravida	11	73,3	8	53,3
Total		15	100	15	100

Based on the table above, the age characteristics of the majority of respondents are 20-35 years, amounting to 12 people (80%) in the intervention group and 13 people (86.6%) in the control group, the majority of high school education is 9 people (60%) in the intervention group and 11 people (73.4%) in the control group, the majority of occupations were housewives totalling 15 (100%) in the intervention group and 14 people (93.3%) in the control group, the majority were multigravidas totalling 11 people (73.3%) in the intervention group and 8 people (53.3%) in the control group.

Description of Back Pain in TM III Pregnant Women in the intervention and control groups in the Kabun Community Health Center Working Area

Group	Min	max	Mean	Std deviation
Pre-test intervensi	5	8	6.80	0.862
Post-test intervensi	2	4	2.80	0.775
Pre test kontrol	5	8	6.20	0.862
Post-test kontrol	5	8	6.40	0.910

It can be seen that the average back pain in the intervention group before being given a warm ginger water compress was 6.80 and after giving a warm ginger water compress, it is 2.80. while the average in the control group before 6.20 and after 6.40.

Effectiveness of back pain before and after warm ginger water compress in the intervention group and control group.

Back Pain Variable	N	Mean	P Value
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Intervention		
1. Pretest	15	6.80
2. post test	15	2.80
control		0,000
1. pretest	15	6.20
2. posttest	15	6.40

Hypothesis testing was carried out using non-parametric statistical tests, namely the Mann-Whitney test using SPSS 25 for Windows, with the basis for decision making, namely if the significance value is <0.05 then the results show that there is effectiveness in giving warm ginger water compresses to reduce back pain in the third trimester pregnant women in Kabun Community Health Center working area, on the other hand, if the sig value is > 0.05 then there is no effectiveness of giving warm ginger water compresses to reduce back pain for pregnant women in the third trimester in the Kabun Community Health Center working area.

DISCUSSION

The results of the characteristic test carried out by researchers showed that the majority (80%) of respondents were aged 20-35 years in the intervention group and control group. Pain perception is influenced by age, that is, the older you get, the more you tolerate the pain that arises. The ability to understand and control pain often develops with age. In research conducted by (Suci Fitriana Said, et al. 2022), the majority of subjects involved in the research were aged 26 to 31 years.

Changes during pregnancy. The readiness of these muscles will influence the complaints experienced by the mother during pregnancy, including lower back pain. If you are too young and your muscles are still weak, you are at risk of experiencing back pain. Likewise, when a mother is too old, her muscles start to weaken, making it easier for her to experience lower back pain. Women who are less than 20 years old or more than 35 years old often experience pregnancy complications which can affect the growth and development of the fetus.

According to (Katonis, P 2011) (Melati, et.al 2022) age is a risk factor for lower back pain, the younger the patient, the greater the likelihood of developing lower back pain in pregnancy.

CONCLUSION

The age characteristics of respondents in the intervention and control groups were 20-35 years old (83.3%), the majority's education in the intervention and control groups was high school (66.7%), the majority's occupation in the intervention and control groups was housewives (96.7%), the majority of parity in the intervention and control groups were multigravida (63.3%)

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