

## ABSTRAK

Sakit punggung pada kehamilan merupakan kondisi yang kurang nyaman akibat membesarnya rahim dan meningkatnya berat badan menyebabkan otot bekerja lebih berat sehingga dapat menimbulkan stress pada otot dan sendi. Walaupun sakit punggung pada ibu hamil trimester III termasuk keluhan yang fisiologis, namun akan menjadi patologis ketika tidak mendapatkan penanganan yang tepat sehingga dapat berdampak negatif pada kualitas tidur dan aktivitas sehari-hari. Penelitian ini bertujuan untuk memberikan asuhan kebidanan komprehensif pada Perempuan “AS” di PMB “KSD” di Desa Panji Anom. Jenis penelitian yang digunakan yaitu penelitian deskriptif dengan pendekatan studi kasus yang dilakukan dari hamil trimester III, bersalin, bayi baru lahir, nifas 2 minggu serta teknik pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik dan studi dokumentasi. Hasil penelitian kunjungan pertama ibu mengalami sakit punggung dan diberikan KIE penyebab, dampak serta cara mengatasi sakit punggung dengan melakukan *Massase Efflurage*. Dan kunjungan kedua keluhan sakit punggung ibu sudah sedikit berkurang serta istirahat tidurnya sudah tidak terganggu karena ibu sudah melakukan *Massase Efflurage*. Persalinan perempuan “AS” pada kala I berlangsung selama 5 jam, kala II selama 30 menit, kala III 7 menit dan kala IV selama 2 jam tidak ada penyulit. Pada proses persalinan terdapat beberapa tindakan yang belum sesuai teori. Bayi lahir spontan belakang kepala tangis kuat gerak aktif. Tidak dilakukan IMD tetapi hanya melakukan *Skin to Skin*. Kunjungan neonatus sebanyak 3 kali tidak ada masalah dan bayi hanya diberikan ASI saja. Kunjungan nifas dilakukan sebanyak 3 kali dan tidak ada komplikasi. Kesimpulan dari asuhan yang diberikan terdapat kesenjangan antara teori dan yang terjadi di lapangan. Saran penulis berharap petugas kesehatan dapat meningkatkan kualitas pelayanan pada tempat praktik terhadap pasiennya, sehingga dapat mencegah terjadinya komplikasi baik pada ibu ataupun janin.

**Kata Kunci:** Trimester III, Sakit Punggung, *Massase Efflurage*,

## ***ABSTRACT***

Back pain in pregnancy is an uncomfortable condition due to the enlarging uterus and increasing body weight causing the muscles to work harder which can cause stress on the muscles and joints. Although back pain in pregnant women in the third trimester is a physiological complaint, it will become pathological if it does not receive proper treatment, which can have a negative impact on sleep quality and daily activities. This research aims to provide comprehensive midwifery care to "AS" women at PMB "KSD" in Panji Anom Village. The type of research used is descriptive research with a case study approach carried out from the third trimester of pregnancy, maternity, newborns, postpartum 2 weeks and data collection techniques are carried out through interviews, observation, physical examination and documentation studies. The results of the research on the first visit, the mother experienced back pain and was given IEC on the causes, impacts and how to deal with back pain by doing Efflurage Massage. And on the second visit, the mother's complaints of back pain had reduced slightly and her sleep was no longer disturbed because the mother had done an Efflurage Massage. "AS" women's labor lasted 5 hours in the first stage, 30 minutes in the second stage, 7 minutes in the third stage and 2 hours in the fourth stage. There were no complications. In the labor process there were several actions that were not in accordance with theory. The baby was born spontaneously at the back of the head, crying loudly with active movement. IMD is not done but only does Skin to Skin. There were no problems with 3 neonatal visits and the baby was only given breast milk. Postpartum visits were carried out 3 times and there were no complications. The conclusion from the care provided is that there is a gap between theory and what happens in the field. The author's suggestion is that he hopes that health workers can improve the quality of service at the practice site for their patients, so that they can prevent complications for both the mother and fetus.

***Keywords: Third Trimester, Back Pain, Effleurage Massage***