

ABSTRAK

Kehamilan trimester III sering menimbulkan ketidaknyamanan fisiologis, salah satunya nyeri punggung bawah akibat perubahan postur tubuh, peningkatan berat badan, dan pengaruh hormonal. Berdasarkan studi pendahuluan di TPMB “NP”, dari 27 ibu hamil trimester III terdapat 10 orang (37%) yang mengalami nyeri punggung bawah. Keluhan ini dapat mengganggu aktivitas, kualitas tidur, hingga proses persalinan apabila tidak ditangani dengan tepat. Maka dari itu, penelitian ini dilakukan untuk memberikan asuhan komprehensif pada perempuan “DK” di TPMB “NP” wilayah kerja puskesmas buleleng III. Salah satu upaya nonfarmakologis yang dapat dilakukan yaitu senam hamil gerakan *pelvic tilt*. Penelitian ini menggunakan metode deskriptif dengan pendekatan studi kasus melalui asuhan kebidanan komprehensif (*Continuity of Care*). Penelitian dilaksanakan di TPMB “NP” Wilayah Kerja Puskesmas Buleleng III pada tanggal 9 Februari sampai 11 April 2026. Subjek penelitian adalah perempuan “DK” G2P1A0 usia kehamilan 37 minggu 1 hari dengan keluhan nyeri punggung bawah. Teknik pengumpulan data yang digunakan yaitu melalui wawancara, observasi, pemeriksaan fisik, pemeriksaan penunjang, dan studi dokumentasi menggunakan format SOAP. Pada kunjungan awal, ibu mengeluh nyeri punggung bawah dengan skala nyeri 5 berdasarkan *Numeric Rating Scale* (NRS). Ibu diberikan edukasi dan latihan senam hamil gerakan *pelvic tilt*. Pada kunjungan berikutnya, nyeri punggung bawah menurun menjadi skala 3. Persalinan berlangsung spontan dan fisiologis pada tanggal 7 Maret 2026 dengan bayi perempuan lahir dalam keadaan sehat. Masa nifas berlangsung normal tanpa komplikasi, bayi baru lahir dan neonatus dalam kondisi baik, serta ibu memilih KB suntik 3 bulan sebagai metode kontrasepsi. Asuhan kebidanan komprehensif yang diberikan secara berkesinambungan mampu membantu mengurangi nyeri punggung bawah pada trimester III melalui latihan *pelvic tilt* serta mendukung proses kehamilan, persalinan, nifas, dan neonatus berjalan fisiologis tanpa komplikasi.

Kata Kunci : Kehamilan Trimester III, Nyeri Punggung Bawah, Asuhan Kebidanan Komprehensif

ABSTRACT

Third-trimester pregnancy often causes physiological discomfort, one of which is lower back pain due to changes in body posture, increased weight, and hormonal influences. Based on a preliminary study at TPMB “NP”, out of 27 third-trimester pregnant women, 10 (37%) experienced lower back pain. This complaint can interfere with activities, sleep quality, and even the delivery process if not managed properly. Therefore, this study was conducted to provide comprehensive care for a woman “DK” at TPMB “NP” in the working area of Buleleng III Community Health Center. One non-pharmacological effort that can be done is pregnancy exercise with pelvic tilt movements. This study used a descriptive method with a case study approach through comprehensive midwifery care (Continuity of Care). The study was conducted at TPMB “NP” in the working area of Buleleng III Community Health Center from February 9 to April 11, 2026. The research subject is a woman “DK” G2P1A0 at 37 weeks and 1 day of gestation with complaints of lower back pain. The data collection techniques used were through interviews, observation, physical examination, supporting examinations, and documentation studies using the SOAP format. During the initial visit, the mother complained of lower back pain with a pain scale of 5 based on the Numeric Rating Scale (NRS). The mother was given education and prenatal exercise with pelvic tilt movements. At the next visit, the lower back pain decreased to a scale of 3. Labor occurred spontaneously and physiologically on March 7, 2026, with a baby girl born in a healthy condition. The postpartum period was normal without complications, the newborn and neonate were in good condition, and the mother chose a 3-month injectable contraception method as her contraceptive choice. Comprehensive midwifery care provided continuously can help reduce lower back pain in the third trimester through pelvic tilt exercises and support the pregnancy, childbirth, postpartum, and neonatal processes to proceed physiologically without complications.

Keywords: *Third Trimester Pregnancy, Lower Back Pain,, Comprehensive Midwifery Care*