

## ABSTRAK

Nyeri pinggang saat hamil merupakan kondisi yang umum terjadi dan sering dirasakan oleh ibu hamil trimester III. Gejala nyeri pinggang biasanya mulai muncul antara bulan 4 hingga 7 usia kehamilan, dengan intensitas cenderung meningkat seiring bertambahnya usia kehamilan. Tujuan asuhan studi kasus untuk memberikan asuhan kebidanan kepada ibu hamil trimester III yang mengalami keluhan nyeri pinggang di Puskesmas Tanah Merah, Kabupaten Bangkalan. Penelitian ini menggunakan pendekatan studi kasus deskriptif melalui tiga kali kunjungan. Dengan metode pengumpulan data melalui wawancara, dokumentasi, pemeriksaan fisik, buku KIA, analisis, penatalaksanaan dan evaluasi. Hasil pengkajian menunjukkan bahwa ibu mengalami nyeri pinggang, dan mengganggu aktivitas serta istirahatnya. Asuhan kebidanan yang diberikan terkait KIE tentang penyebab nyeri pinggang dan cara mengurangi terjadinya nyeri pinggang seperti, memperhatikan body mekanik, posisi tidur yang lebih baik, menghindari berdiri atau duduk terlalu lama, mengurangi aktivitas yang berlebihan, dan pemberian terapi non farmakologis seperti massage ibu hamil dan kompres air hangat yang dapat mengurangi nyeri pinggang. Pada kunjungan kedua nyeri pinggang sudah berkurang dan kunjungan ketiga didapatkan bahwa ibu sudah tidak mengalami nyeri pinggang. Hasil ini menunjukkan bahwa tindakan asuhan kebidanan yang komprehensif dapat membantu mengatasi keluhan nyeri pinggang pada ibu hamil.

**Kata kunci:** Nyeri Pinggang; Ibu Hamil; Trimester III

## ABSTRACT

*Low back pain during pregnancy is a common condition often experienced by pregnant women in the third trimester. Symptoms of low back pain usually begin to appear between the 4th and 7th month of pregnancy, and the intensity tends to increase as the pregnancy progresses. The case study aims to provide midwifery care to pregnant women in their third trimester who are experiencing complaints of back pain at Tanah Merah Community Health Center, Bangkalan Regency. This study used a descriptive case study approach through three visits, with data collection methods through interviews, documentation, physical examinations, maternal and child health books, analysis, management, and evaluation. The results of the assessment showed that the mother was experiencing lower back pain, which is disrupting her activities and rest. Midwifery care provided related to health information and education about the causes of back pain and ways to reduce its occurrence such as paying attention to body mechanics, better sleeping position, avoiding standing or sitting too long, reducing excessive activity, and providing non-pharmacological therapies such as massage for pregnant women and warm water compresses that can alleviate back pain. During the second visit, the lower back pain had decreased, and by the third visit, it was found that the mother no longer experienced lower back pain. These results indicate that action comprehensive midwifery care can help overcome complaints of lower back pain in pregnant women.*

**Keywords:** *Back pain; Pregnant Woman; Third Trimester*