

ABSTRAK

Judul : Analisis Faktor Risiko Nyeri Pinggang pada Ibu Hamil Trimester III di Klinik Anugerah Deli Serdang
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Nyeri pinggang merupakan keluhan yang umum dirasakan oleh wanita hamil terutama pada akhir kehamilan. Nyeri pinggang pada ibu hamil biasanya terjadi di area lumbosakral akibat peningkatan usia kehamilan, paritas, dan aktivitas fisik yang menekan tulang belakang serta otot. Penelitian ini bertujuan menganalisis faktor risiko nyeri pinggang pada ibu hamil trimester III.

Jenis penelitian ini yaitu studi analitik dengan rancangan potong lintang (*cross-sectional*). Penelitian dilakukan di Klinik Anugerah Deli Serdang. Populasi penelitian sebanyak 52 orang, dan sampel diperoleh sebanyak 35 orang. Penarikan sampel secara purposif (*purposive sampling*). Analisis data dilakukan secara univariat dan bivariat dengan menggunakan uji *Chi-Square* pada tingkat kepercayaan 95% ($\alpha=0,05$).

Hasil penelitian menunjukkan bahwa usia, pekerjaan, paritas, dan aktivitas fisik memiliki pengaruh signifikan terhadap nyeri pinggang pada ibu hamil trimester III di Klinik Anugerah Deli Serdang, dengan masing-masing nilai p menunjukkan signifikansi statistik ($p=0,005$; $p=0,012$; $p=0,001$; dan $p=0,039$), yang semuanya berada di bawah ambang batas 0,05.

Peneliti selanjutnya disarankan mengeksplorasi faktor tambahan yang dapat memengaruhi nyeri pinggang pada ibu hamil trimester III, seperti stres, postur tubuh, dan gaya hidup. Pendekatan kualitatif atau mixed methods dapat digunakan untuk menggali lebih dalam pengalaman dokter dan pasien.

Kata Kunci: Faktor Risiko, Nyeri Pinggang, Trimester III

ABSTRACT

Title : *Analysis of Risk Factors for Back Pain in Pregnant Women in the Third Trimester at Anugerah Deli Serdang Clinic*
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Back pain is a common complaint felt by pregnant women, especially at the end of pregnancy. Back pain in pregnant women usually occurs in the lumbosacral area due to increased gestational age, parity, and physical activity that puts pressure on the spine and muscles. This study aims to analyze the risk factors for back pain in pregnant women in the third trimester.

This type of research is an analytical study with a cross-sectional design. The study was conducted at Anugerah Deli Serdang Clinic. The study population was 52 people, and the sample obtained was 35 people. Sampling was done purposively. Data analysis was performed univariately and bivariately using the Chi-Square test at a 95% confidence level ($\alpha=0.05$).

The results showed that age, occupation, parity, and physical activity had a significant effect on back pain in pregnant women in the third trimester at the Anugerah Deli Serdang Clinic, with each p value showing statistical significance ($p=0.005$; $p=0.012$; $p=0.001$; and $p=0.039$), all of which were below the threshold of 0.05.

Further researchers are advised to explore additional factors that may affect back pain in pregnant women in the third trimester, such as stress, posture, and lifestyle. A qualitative or mixed methods approach can be used to dig deeper into the experiences of doctors and patients.

Keywords: Risk Factors, Back Pain, Trimester III