THE IMPLEMENTATION OF WARM GINGER WATER COMPRESS THERAPY TO REDUCE LOWER BACK PAIN INTENSITY IN THIRD-TRIMESTER PREGNANT WOMEN IN THE WAGIR COMMUNITY HEALTH CENTER SERVICE AREA.

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ABSTRACT

Low back pain was one of the most common discomforts experienced by women in their third trimester of pregnancy due to physiological changes during pregnancy, such as increased fetal weight, shifting of the body's center of gravity, and increased tension in the muscles and ligaments of the lumbar region. This condition could cause decreased mobility, disruption of daily activities, reduced quality of rest, and increased risk of pain continuing into labor and the postpartum period. This study aimed to describe the application of warm ginger-water compresses on the intensity of low back pain in third-trimester pregnant women in the working area of Wagir Community Health Center. The research method used was a case study with a comprehensive nursing care process approach. The study subject was Mrs. P, a third-trimester pregnant woman who experienced low back pain. Data were collected through interviews, observation, physical examination, and documentation at Mrs. P's house on December 9–11, 2025. The results of the study over 3×24 hours showed that a warm ginger-water compress applied once daily for 15 minutes produced a gradual decrease in the intensity of low back pain. The conclusion from these results was that warm ginger-water compresses were effective in reducing the intensity of low back pain in pregnant women. Warm ginger-water compresses could be an alternative nonpharmacological therapy that was safe and beneficial in helping reduce low back pain in third-trimester pregnant women, because ginger contained gingerol and shogaol, which had analgesic and anti-inflammatory effects.

Keywords: third-trimester pregnant women, warm ginger water compresses, lower back pain