

THE EFFECTIVENESS OF WARM WATER COMPRESSES IN REDUCING
BACK PAIN IN THIRD-TRIMESTER PREGNANT WOMEN AT THE WAGIR
HEALTH CENTER IN MALANG

Noviantika Sari*, Dr. Lumastari Ajeng W, S. Kp, M. Kes, Sp. Mat, Dr. Erlina
Suci Astuti, S. Kep, Ns, M. Kep

Nursing Education Program, Malang Public Health Polytechnic, Jl. Besar Ijen
77C Malang

Email: noviantika.sari0823@gmail.com

ABSTRACT

Background: Pregnancy is a natural process when a woman carries a fetus in her womb for approximately nine months to support fetal growth and development. Third trimester pregnancy can be a challenge for pregnant women, one of the complaints that often arise during third trimester pregnancy is lower back pain. Back pain that is not treated properly during pregnancy can cause anxiety and fear in pregnant women, which has the potential to increase stress levels and cause significant physical changes. **Research Objective:** Knowing the implementation of warm water compress intervention in reducing low back pain in third trimester pregnant women at Wagir Health Center. **Research Methods:** This research applies a descriptive research design with a case study approach. Case studies in the form of nursing care for third trimester pregnant women with back pain problems. This study applies pain management in the form of warm water compresses which are carried out for 3 days (2 times a day) using buli-buli. **Research Results:** after being given the implementation of warm water compresses for 3 days starting on December 19-21, 2025, the evaluation showed that the pain level decreased as evidenced by the pain scale pre implementation of warm water compresses 5 and post implementation 2. **Conclusion:** Warm water compress is one of the non-pharmacological therapies that can be given to third trimester pregnant women to reduce back pain.

Keywords: Third Trimester, Lower Back Pain, Warm Water Compress