

# Counseling on the Benefits of Pregnant Gymnastics Against Low Back Pain in Pregnant Women in Environment V, Medan Tuntungan District in 2021

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**ABSTRACT**

The purpose of this study was to find out whether there were benefits from the effect of doing pregnancy exercise on low back pain in pregnant women. And the activities carried out are increasing the knowledge of pregnant women about pregnancy exercise to reduce low back pain during pregnancy, increasing the knowledge of husband or family to assist mothers in routine pregnancy check-ups, helping to give the role of husbands to the implementation of pregnancy exercises to reduce maternal low back pain during pregnancy. pregnancy. The types and forms of activities of this activity are to provide material to pregnant women, husbands or accompanying families about the importance of pregnancy exercise during pregnancy to reduce maternal low back pain during pregnancy, and to help mothers to facilitate the delivery process. carry out free pregnancy check-ups, provide nutritious food for pregnancy. The results of the study are To achieve the objectives of the above activities, activities were carried out including the delivery of material about the benefits of pregnancy exercise to reduce low back pain in pregnant women during pregnancy.

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**1. Introduction**

Pregnancy can cause major changes in a woman's body. Cunningham, et al (2013) found that there are changes that begin immediately after conception and continue in pregnancy, and most occur in response to physiological stimuli that arise from the fetus and placenta. Changes that occur in pregnant women are changes in the body, weight gain which can cause changes in body shape and the way you walk. (Fauziah & Sutejo, 2012).

Back pain is pain in the lumbar, lumbosacral, or neck area. Back pain occurs due to muscle stretch and pressure on nerve roots, usually causing pain, tension, or stiffness in the back (Huldani, 2012). Low back pain is pain that arises from spinal and paraspinal bone structures in the lumbosacral area (Wallace & Staats, 2015). Low back pain is a muscle and bone problem that is often complained of in pregnancy. Low back pain can be associated with lordosis, which is the result of an increase in the weight of the uterus that pulls the spine out of the mother's body line (Walsh, 2011).

The highest prevalence rates of low back pain during pregnancy are reported in Europe, America, Australia, China, including in mountainous areas in Taiwan, Africa and Nigeria (Kristiansson, 2015). The results of research in Latin America show that during the last 14 years from 3.9% in 1992 to 10.2% in 2006 there was a significant increase in the incidence of low back pain. The prevalence of low back pain associated with pregnancy in Australia is around 35% to 80%. Rodrigues, et al (2011) added that the average prevalence from 50% to 80% of pregnant women who experience back pain is 57%.

The results of research on pregnant women in Indonesia reach 60-80% of people who experience back pain during pregnancy. East Java Province is estimated to be around 65% of 100% of pregnant women who experience back pain (back pain). Siti Mudayyah's research (2010) in

Private Practice Midwife (BPS) Siti Halimah in Surabayan Village, Sukodadi District, Lamongan Regency of 12 pregnant women respondents found there were 10 respondents (83%) pregnant women who experienced back pain and there were 2 respondents (17%) pregnant women do not experience back pain (Mudayyah, 2010 in Apriliyanti, 2015).

Increased levels of relaxin hormone in pregnancy can cause back pain in the mother, this affects the flexibility of the ligamentous tissue which can increase joint mobility in the pelvis and can have an impact on spinal and pelvic instability which causes discomfort. Other predisposing factors that can cause back pain are weight gain, changes in body posture. In addition, back pain can also be felt from posture errors when sitting, standing, lying down and even when doing home activities (Braxshaw, 2011).

Wahyuni & Prabowo (2012) stated that the need for special treatment for mothers who experience back pain so that the activities of pregnant women are not disturbed. Low back pain can cause symptoms that prevent pregnant women from carrying out their normal activities, such as motor disorders, insomnia, and depression.

Complaints of back pain during pregnancy cannot be tolerated. According to Yu (2010), one way to improve health during pregnancy is to do light exercise such as pregnancy exercise. In pregnancy exercise there are movements that can strengthen the abdominal muscles so that they can relieve complaints of back pain felt by pregnant women. Abdominal muscles function to control the pelvis when looking up. When the ligaments around the pelvis tighten and no longer provide support to the joints, the muscles become a second line of defense that helps prevent excessive stress on the pelvic ligaments. Excessive tension in the pelvis and weakening of the abdominal muscles are causes of back pain, so training is needed to maintain good abdominal muscle tone (Myles, 2011).

## **2. Method**

The direction or purpose of this activity can be carried out by conducting counseling to pregnant women in order to find out the benefits of pregnancy exercise to reduce low back pain in pregnant women during pregnancy carried out at the Posyandu Environment V Kel. New Bamboo Field, Darmo Midwifery Academy lecturers, totaling 2 people advice: pregnant women .

### **2.1. Activity steps**

As a community service activity, the following preparations are carried out:

#### **a. Hold a meeting with the Head of the District in terms of supporting this activity and obtain permission to carry out the extension.**

- 1) Asking for permission from the Head of the District for the implementation of counseling activities for pregnant women about the benefits of pregnancy exercise to reduce low back pain in pregnant women during pregnancy
- 2) Determination of participants who will take part in the counseling.
- 3) Determination of community staff who participate in the smooth operation of counseling for pregnant women about the benefits of pregnancy exercise to reduce low back pain in pregnant women during pregnancy
- 4) Determination of the facilities and infrastructure needed to support the implementation of the extension activities.
- 5) Other things that are considered important in carrying out activities

#### **b. Coordination meeting with the activity implementation team in this case:**

- 1) Set the day, date of activity
- 2) Place of activity
- 3) Prepared equipment
- 4) The committee that helped
- 5) Amount of fee required
- 6) Facilitators who participate in providing materials
- 7) Things that are deemed necessary

### **2.2. Activity Process**

On October 23, 2021, data collection on participants who will take part in counseling activities on the benefits of pregnancy exercise to reduce low back pain in pregnant women during pregnancy, opening ceremony, counseling on the benefits of pregnancy exercise to reduce low back pain in pregnant women during pregnancy, among others will be carried out. To do:

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- a. Lecture
- b. Frequently Asked Questions
- c. Discussion

After giving the material, there will be a demonstration of pregnancy exercise for pregnant women, free pregnancy checks will be carried out for pregnant women.

### 3. Results and Discussion

#### a. Target Audience

This activity targets pregnant women in Neighborhood V, Baru Ladang Bambu Village, Medan Tuntungan District in order to find out the benefits of pregnant exercise for pregnant women during pregnancy.

#### b. Linkages

In carrying out this service activity, the fields of knowledge that are considered related include midwifery care for pregnant women, pregnancy exercise, pain, and pain during pregnancy.

#### c. Evaluation Plan

In this case, the evaluation carried out was an evaluation of the status of knowledge on changes in behavior (knowledge, attitudes, and actions) as well as increasing health status during maternal pregnancy, increasing information about the importance of tetanus toxoid immunization, and the benefits of midwifery care during pregnancy for pregnant women in order to find out the importance of Tetanus Toxoid Immunization to prevent tetanus during pregnancy.

#### d. Supporting and Inhibiting Factors

##### 1) Supporting factors

Enthusiasm of pregnant women is quite large, the District, in this case Kelapa Sub-district, Kepling, provides the time and place so that the counseling can run well.

##### 2) Obstacle factor

Awareness of pregnant women about the importance of antenatal care counseling, especially the benefits of pregnancy exercise during pregnancy, is lacking so that the activity process requires a large enough effort to attract the interest of mothers and families so that they want to know and want to re-practice pregnancy exercises at home after a pregnancy exercise demonstration is carried out at the outreach.

### 4. Conclusion

The report on the implementation of community service activities in the form of counseling for pregnant women about the benefits of pregnancy exercise to reduce low back pain in pregnant women during pregnancy which was carried out at the Posyandu Environment V, Baru Ladang Bambu Village, which can be stated as an activity carried out in accordance with the objectives and plans. a good response from the sub-district, this activity provides a new discourse for pregnant women to be able to disseminate health information during pregnancy about pregnancy exercise that is useful for reducing maternal low back pain during pregnancy.

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