

ABSTRAK



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PERBEDAAN KINESIOTAPPING DENGAN PEMBERIAN *MASSAGE* PADA IBU HAMIL DALAM MENURUNKAN NYERI PINGGANG PADA TRIMESTER 3

Terdiri dari VI Bab, 90 Halaman, 14 Tabel, 19 Gambar, 4 Skema, 11 Lampiran

Tujuan: Untuk mengetahui perbedaan efek dari kinesiotapping dan *massage* untuk mengurangi nyeri pinggang pada ibu hamil di trimester 3. **Metode:** Penelitian ini bersifat *quasi experimental* dengan *pre test - post test group design*, dimana nyeri diukur menggunakan *Numeric Rating Scale* (NRS). Sampel terdiri dari 14 orang di Praktek Bidan Dinar Kusuma Dewi Karawang. Sampel dibagi menjadi 2 kelompok perlakuan: kelompok perlakuan I terdiri dari 7 orang diberikan intervensi kinesiotapping dan kelompok perlakuan II terdiri dari 7 orang diberikan intervensi *massage*. **Hasil:** Uji normalitas menggunakan *Shapiro Wilk test* didapatkan data tidak berdistribusi normal dengan nilai $p < 0,05$, sedangkan uji homogenitas menggunakan *Levene's test* didapatkan data bersifat homogen dengan nilai $p > 0,05$. Hasil uji hipotesis I menggunakan *Wilcoxon test* diperoleh nilai $p = 0,017$ dengan $\text{mean} \pm \text{SD}$ sebelum dan sesudah sebesar $5,29 \pm 0,76$ dan $2,43 \pm 0,79$. Hasil uji hipotesis II menggunakan *Wilcoxon test* diperoleh nilai $p = 0,016$ dengan $\text{mean} \pm \text{SD}$ sebelum dan sesudah sebesar $5,57 \pm 1,27$ dan $1,00 \pm 1,00$. Hasil uji hipotesis III menggunakan *Mann Whitney test* diperoleh nilai $p = 0,006$ dengan $\text{mean} \pm \text{SD}$ selisih perlakuan I dan perlakuan II yaitu $2,86 \pm 0,90$ dan $4,57 \pm 0,79$. **Kesimpulan:** Ada perbedaan yang signifikan antara intervensi kinesiotapping dengan *massage* terhadap penurunan nyeri pinggang pada ibu hamil trimester 3.

Kata Kunci: Kinesiotapping, *Massage*, Nyeri Pinggang, NRS.

ABSTRACT



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THE DIFFERENCE BETWEEN KINESIOTAPPING AND MASSAGE FOR PREGNANT WOMEN IN REDUCING LOW BACK PAIN IN THE 3RD TRIMESTER

Consists of VI Chapters, 90 Pages, 14 Tables, 19 Figures, 4 Schemes, 11 Attachments

Objective: To determine the different effects of kinesiotapping and massage to reduce low back pain in pregnant women in the 3rd trimester. **Methods:** This study is quasi-experimental with a pre-post test group design, where pain is measured using Numeric Rating Scale (NRS). The sample consisted of 14 people at Dinar Kusuma Dewi Midwife Practice in Karawang. The sample was divided into 2 treatment groups: treatment group I consisted of 7 people given kinesiotapping intervention and treatment group II consisted of 7 people given massage intervention. **Results:** The normality test using the Shapiro Wilk test found that the data was not normally distributed with a p value < 0.05 , while the homogeneity test using Levene's test found that the data was homogeneous with a p value > 0.05 . The results of hypothesis testing I using the Wilcoxon test obtained a value of $p = 0.017$ with mean \pm SD before and after amounting to 5.29 ± 0.76 and 2.43 ± 0.79 . The results of hypothesis II using the Wilcoxon test obtained a p value = 0.016 with a mean \pm SD before and after of 5.57 ± 1.27 and 1.00 ± 1.00 . The results of hypothesis III test using Mann Whitney test obtained p value = 0.006 with mean \pm SD difference treatment I and treatment II which is 2.86 ± 0.90 and 4.57 ± 0.79 . **Conclusion:** There is a significant difference between kinesiotapping intervention and massage to reduce low back pain in 3rd trimester pregnant women.

Keywords: Kinesiotapping, Massage, Low Back Pain, NRS