

ABSTRAK

Fitri, Aulia. 2025. Efektivitas *Foot Massage* Dan *Ankle Pumping Exercise* Terhadap Edema Kaki Ibu Hamil Trimester III. Program Studi Diploma III Kebidanan, Fakultas Ilmu Kesehatan, Universitas Amikom Purwokerto. Pembimbing (I) Lina Puspitasari, SST.,MPH. Pembimbing (II) Misrina Retnowati, S.SiT.,M.Kes.

Latar Belakang. Kehamilan merupakan proses fisiologis yang disertai berbagai perubahan adaptif pada tubuh wanita, salah satunya adalah terjadinya edema kaki. Edema ini umumnya muncul pada trimester kedua dan ketiga akibat peningkatan tekanan vena serta terganggunya sirkulasi darah karena pembesaran uterus. Berdasarkan data WHO (2020), sekitar 75% ibu hamil mengalami edema fisiologis, termasuk di Indonesia. Kondisi ini dapat menimbulkan ketidaknyamanan dan gangguan aktivitas, serta berpotensi menimbulkan komplikasi jika tidak ditangani. Intervensi non-farmakologi seperti *foot massage* dan *ankle pumping exercise* menjadi salah satu alternatif yang mampu meningkatkan sirkulasi darah yang membantu mengurangi penumpukan cairan di kaki. Kombinasi *foot massage* dan *ankle pumping* berpotensi menjadi metode efektif dan aman dalam menangani edema fisiologis pada ibu hamil. **Tujuan Penelitian.** Untuk mengetahui efektivitas *foot massage* dan *ankle pumping exercise* terhadap edema kaki ibu hamil trimester III. **Metode Penelitian.** Yaitu pendekatan kualitatif dengan strategi *study research*. Sampel yang diambil sebanyak 3 responden yaitu ibu hamil yang mengalami edema kaki. **Hasil Penelitian.** Menunjukkan bahwa nilai derajat edema pada kaki ibu hamil sebelum tindakan adalah derajat 2, kemudian setelah dilakukan tindakan didapat turun menjadi derajat 1. Hal ini menunjukkan bahwa dengan *foot massage* dan *ankle pumping exercise* berpengaruh terhadap penurunan derajat edema kaki pada ibu hamil trimester III.

Kata Kunci : Kehamilan, edema, *foot massage*, *ankle pumping exercise*.

ABSTRACT

Fitri, Aulia. 2025. *The Effectiveness of Foot Massage and Ankle Pumping Exercise on Lower Limb Edema in Third Trimester Pregnant Women*. Diploma III Midwifery Study Program, Faculty of Health Sciences, Universitas Amikom Purwokerto. Supervisors: (I) Lina Puspitasari, SST., MPH. (II) Misrina Retnowati, S.SiT., M.Kes.

Background: Pregnancy involves physiological changes, including lower limb edema, especially in the second and third trimesters. This occurs due to increased venous pressure and disrupted circulation from uterine enlargement. According to WHO (2020), about 75% of pregnant women experience physiological edema, including in Indonesia. If left untreated, it may cause discomfort, limit daily activities, and increase the risk of complications. Non-pharmacological interventions such as foot massage and ankle pumping exercises are considered to improve blood flow and reduce fluid buildup. **Objective:** To determine the effectiveness of foot massage and ankle pumping exercise in reducing lower limb edema in third trimester pregnant women. **Method:** A qualitative study with a case study approach was conducted involving three pregnant women with lower limb edema. Edema was assessed before and after the intervention. **Results:** The initial degree of edema in all participants was grade 2. After the intervention, it decreased to grade 1. This suggests that foot massage and ankle pumping exercise are effective in reducing lower limb edema. **Conclusion:** Foot massage combined with ankle pumping exercise can effectively reduce the degree of lower limb edema in third trimester pregnant women.

Keywords: Pregnancy, edema, foot massage, ankle pumping exercise.