THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND PARITY WITH THE INCIDENCE OF PELVIC GIRDLE PAIN (PGP) AMONG PREGNANT WOMEN

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ABSTRACT

Background: *Pelvic Girdle Pain (PGP) is a common musculoskeletal complaint among pregnant women caused by hormonal and biomechanical changes during pregnancy. This condition may result in pain around the pelvic region, limiting daily activities and reducing quality of life. Physical activity and parity are considered factors that may be associated with the incidence of PGP; however, previous studies have reported inconsistent findings.* ***Objective:*** *To determine the relationship between physical activity, parity, and the incidence of Pelvic Girdle Pain among third-trimester pregnant women at Pucangsawit Public Health Center, Surakarta.* ***Methods:*** *This quantitative study employed an analytical observational design with a cross-sectional approach. A total of 44 third-trimester pregnant women were selected using consecutive sampling. Physical activity data were collected using the Pregnancy Physical Activity Questionnaire (PPAQ), while parity and PGP data were obtained through questionnaires. Data were analyzed using Fisher's Exact test.* ***Results:*** *Most respondents had light physical activity, were multiparous, and more than half experienced PGP. Statistical analysis showed no significant relationship between physical activity and PGP or between parity and PGP ($p>0.05$).* ***Conclusion:*** *Physical activity and parity were not associated with Pelvic Girdle Pain among third-trimester pregnant women at Pucangsawit Public Health Center, Surakarta.*

Keywords: *physical activity, parity, Pelvic Girdle Pain (PGP), third-trimester pregnant women.*