

THE EFFECT OF ACUPRESSURE THERAPY ON PAIN INTENSITY AMONG PATIENTS WITH LOW BACK PAIN AT GRIYA SEHAT PANTI ASTUTY

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Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026 Keywords: Low Back Pain, Acupressure Therapy, Pain Intensity, Non-Pharmacological Intervention, Bourbanis Pain Scale	<i>Background: Low back pain (LBP) is a prevalent musculoskeletal disorder often associated with improper body mechanics and physical activity. Non-pharmacological interventions, such as acupressure therapy, have been increasingly utilized as complementary approaches for pain management. Acupressure involves the application of manual pressure to specific points on the body to stimulate physiological responses and alleviate pain.</i> <i>Objective: This study aimed to examine the effect of acupressure therapy on pain intensity among patients with low back pain at Griya Sehat Panti Astuty. Methods: A quasi-experimental study with a one-group pretest–posttest design was conducted. A total of 16 patients diagnosed with low back pain were recruited using a total sampling technique. Pain intensity was measured using the Bourbanis Pain Scale through structured interviews and observation sheets. The intervention consisted of standardized acupressure therapy applied to specific body points. Data were analyzed using the Wilcoxon signed-rank test to assess differences in pain intensity before and after the intervention. Results: The analysis demonstrated a statistically significant reduction in pain intensity following acupressure therapy ($p = 0.000$; $p < 0.05$). These findings indicate that acupressure therapy has a significant effect on reducing pain levels among patients with low back pain. Conclusion: Acupressure therapy is an effective non-pharmacological intervention for reducing pain intensity in patients with low back pain.</i> <i>Implications: Healthcare providers are encouraged to incorporate acupressure therapy as part of comprehensive pain management strategies for patients with low back pain.</i> Keywords: Low Back Pain; Acupressure Therapy; Pain Intensity; Non-Pharmacological Intervention, Bourbanis Pain Scale
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