

THE APPLICATION OF KEGEL EXERCISE TO TREAT THE URINARY INCONTINENCE IN ELDERLY IN THE NURSING HOME BUDHI DHARMA YOGYAKARTA

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ABSTRACT

Background: Kegel Exercise in a form of therapy for pelvic floor muscle exercises which involve muscle contractions of pubococcal bones, muscles which form the pelvic ancillary structures and surround the pelvic doors, can be useful as a treatment for urinary incontinence. Urinary incontinence can cause problems such as urinary tract infection, skin irritation in the pubic area, and social isolation.

Objective : Describe the application of Kegel Exercise to treat the urinary incontinence in elderly.

Method : This case of study used a descriptive method. It was conducted in February to March 2020 by comparing the responses of two patients with the same case and given the same action.

Result: The application of the Kegel Exercise technique on both patients with urinary incontinence performed effectively with different results. This happened because the first patient has more factors which caused the urinary incontinence than the second patient. The first patient suffered from urinary incontinence longer than the second patient. The first patient had given birth and had undergone a surgical removal of the uterus while the second patient had never been married.

Conclusion : The application of Kegel Exercise has the effect of decreasing the degree of urinary incontinence of the client.

Keywords : *kegel exercise, urinary incontinence, elderly.*

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PENERAPAN *KEGEL EXERCISE* UNTUK MENGATASI MASALAH KEPERAWATAN INKONTINENSIA URIN PADA LANSIA DI RUMAH PELAYANAN SOSIAL LANJUT USIA BUDHI DHARMA YOGYAKARTA

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INTISARI

Latar Belakang: Pemberian terapi *kegel exercise* berupa latihan otot dasar panggul yang melibatkan kontraksi tulang otot pubokoksigeus, otot yang membentuk struktur penyokong panggul dan mengelilingi pintu panggul yang bermanfaat untuk mengatasi inkontinensia urin. Inkontinensia urin dapat menyebabkan masalah seperti infeksi saluran kemih, iritasi kulit di daerah kemaluan, dan isolasi sosial.

Tujuan : Menggambarkan penerapan *kegel exercise* untuk mengatasi masalah keperawatan inkontinensia urin pada lansia.

Metode : Studi kasus ini menggunakan metode deskriptif. Studi kasus ini dilaksanakan pada bulan Februari hingga Maret 2020 dengan membandingkan respon dua klien dengan kasus yang sama dan diberi tindakan yang sama.

Hasil : Penerapan teknik *Kegel Exercise* yang dilakukan pada kedua klien inkontinensia urin efektif dengan hasil yang berbeda, hal ini dikarenakan klien pertama mempunyai lebih banyak faktor penyebab inkontinensia urin dibandingkan klien kedua. Klien pertama lebih lama menderita inkontinensia urin dibandingkan klien kedua. Klien pertama pernah melahirkan dan pernah mengalami operasi pengangkatan rahim sedangkan klien kedua belum pernah menikah.

Kesimpulan: Penerapan *Kegel Exercise* berpengaruh terhadap penurunan derajat inkontinensia urin klien..

Kata kunci: *kegel exercise*, inkontinensia urin, lansia.

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