

Efektifitas latihan kegel terhadap keluhan disparenia dan kesulitan orgasme pada perempuan pasca terapi kanker serviks = Effectiveness of Kegel exercises on disparity complaints and orgasm difficulties in women after cervical cancer therapy

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Abstrak

Efek samping radioterapi adalah pemendekkan dan pengeringan vagina, sehingga menyebabkan disparenia dan kesulitan orgasme. Penelitian ini bertujuan untuk melihat efektifitas latihan kegel dalam mengatasi masalah disparenia dan kesulitan orgasme pada perempuan pasca terapi kanker serviks. Desain penelitian kuasi eksperimen nonequivalent control group posttest-only design. Pengambilan sampel menggunakan tehnik consecutive sampling dengan jumlah sampel 52 orang.

Hasil penelitian menunjukkan latihan kegel dengan p value = 0.002, OR=3,897 berpengaruh dalam menurunkan disparenia dan meningkatkan orgasme. Peran perawat dalam upaya promotif, preventif dan rehabilitatif terhadap keluhan yang akan dirasakan setelah terapi kanker serviks sebagai upaya untuk meningkatkan derajat kesehatan perempuan dengan kanker serviks.

.....Radiotherapy has side effects which cause the vagina become smaller and drier so that it could reduce the flexibility and lubrication of the vagina . These side effects could change the sexual functions, which are the dyspareunia and orgasm difficulty. This study proves the effectiveness of Kegel exercises to overcome the dyspareunia and orgasm difficulty for the women after a cervical cancer therapy. The Quasi-experimental 'nonequivalent control group posttest-only design' was used. Tehnique sampling used consecutive sampling with 52 samples.

The results showed that the Kegel exercises indicate the p value = 0,002 lower than 0.05, OR=0,397. This means the Kegel exercises are proved to reduce effectively the dyspareunia and enhance the orgasm for women after a cervical cancer therapy. The role of nurses in the promotive, preventive and rehabilitative to the complaint which will be felt after cervical cancer therapy in an effort to improve the health of women with cervical cancer.