

Pengaruh Kegel's Exercise terhadap keluhan dribbling pasien pasca transurethral resection of the prostate (TURP) di Makassar = The effect of Kegel's Exercise to dribbling complaint of post transurethral resection of the Prostate (TURP) patient in Makassar

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Abstrak

Penelitian ini bertujuan untuk mendapatkan gambaran "pengaruh Kegel's exercise terhadap keluhan dribbling pada pasien pasca transurethral resection of the prostate (TURP)". Penelitian ini merupakan penelitian quasi - eksperimental dengan pre - test and post - test with control group. Hipotesis yang dibuktikan dalam penelitian ini adalah "Ada perbedaan pengaruh Kegel's exercise terhadap perubahan keluhan dribbling pasien pasca TURP sebelum dan sesudah Kegel's exercise pada kelompok intervensi dengan kelompok kontrol di Makassar. Sampel penelitian adalah responden yang dirawat di Rumah Sakit Umum Pemerintahan (RSUP) Dr. Wahidin Sudirohusodo dan Rumah sakit (RS) Tingkat II Pelamonia yang memenuhi kriteria inklusi. Jumlah sampel pada kelompok intervensi sejumlah 10 responden, sedangkan kelompok kontrol 10 responden.

Hasil penelitian ada perbedaan yang signifikan rata - rata lama keluhan dribbling antara kelompok intervensi dan kelompok kontrol (pada alpha 5 %, $p = 0,007$) dan ada perbedaan yang signifikan rata - rata lama keluhan dribbling responden yang patuh melakukan Kegel's exercise dengan responden yang tidak patuh melakukan Kegel's exercise (pada alpha 5 %, $p = 0,004$). Simpulan dari penelitian ini adalah Kegel's exercise terbukti dapat menurunkan keluhan dribbling pasien pasca TURP.

.....This study aimed to see the effect of Kegel's Exercise on Dribbling Complaint of Post Transurethral Resection of the Prostate (TURP) patient in Makassar. In this study was used the quasi-experimental with pre and post test with the control group. The hypotheses of this study which was there is differences effect of Kegel's exercise for intervention and control group before and after the Kegel's exercise in dribbling complaint of post TURP patient is proven. The sample was the patients who are hospitalized in Dr. Wahidin Sudirohusodo hospital and Pelamonia hospital fulfill the inclusion criteria. There were 10 responden each for intervention and control groups.

The study results there was a significant difference of the average of dribbling complaint duration between intervention and control groups (alpha 5%, $p= 0.007$) and that there is a significant difference of the average of dribbling complaint duration between those who do the exercise regularly and who do not do it regularly (alpha 5 %, $p = 0,004$). In conclusion, the Kegel's exercise had proven to reduce the dribbling complaint on post TURP patient.