

Penurunan keluhan dribbling pasien pasca transurethral resection of the prostate melalui kegel's exercise

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Abstrak

Penelitian ini bertujuan untuk mendapatkan gambaran pengaruh Kegel's exercise terhadap keluhan dribbling pasien pasca transurethral resection of the prostate (TURP). Sampel penelitian adalah responden yang dirawat di RS X dan RS Y yang memenuhi kriteria inklusi. Jumlah sampel pada kelompok intervensi sejumlah 10 responden, sedangkan kelompok kontrol 10 responden. Hasil penelitian menunjukkan keluhan dribbling pada kelompok intervensi berhenti mulai hari ke-13, sedangkan pada kelompok kontrol berhenti mulai hari ke-24, sehingga membuktikan ada perbedaan yang signifikan rata-rata lama keluhan dribbling antara kelompok intervensi dan kelompok kontrol ($p=0,007$; $\alpha=0,05$). Penurunan lama keluhan dribbling pada responden yang patuh melakukan Kegel's exercise berhenti mulai hari ke-13, sedangkan pada responden yang tidak patuh berhenti mulai hari ke-20, sehingga membuktikan ada perbedaan yang bermakna rerata lama keluhan dribbling responden yang patuh melakukan Kegel's exercise dengan responden yang tidak patuh ($p=0,004$; $\alpha=0,05$). Simpulan dari penelitian ini adalah Kegel's exercise terbukti dapat menurunkan keluhan dribbling pasien pasca TURP. Disarankan agar tiap rumah sakit dapat menerapkan Kegel's exercise terhadap pasien dengan keluhan dribbling pasca-TURP.

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This study aims to see the effect of Kegel's exercise on Dribbling Complaint of Post Transurethral Resection of the Prostate (TURP) patient. The sample was the patients who are hospitalized in X hospital and Y hospital fulfill the inclusion criteria. There were 10 responden each for intervention and control groups. The study results show that dribbling complaint of patient in intervention group stop at day 13, while in control group stop at day 24. Thus, there is a significant difference of the average of dribbling complaint duration between intervention and control groups ($p=0.007$; $\alpha=0.05$). In addition, for the respondents in intervention group who did the exercise regularly, the dribbling complaint stop at day 13 and those who did not do exercise regularly the complaint stop at day 20. This is shown again 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 ($p=0.004$; $\alpha=0.05$). In conclusion, the Kegel's exercise is proven can reduce the dribbling complaint of post TURP patient. It is recommended that each hospital can apply Kegel's exercise for patients with symptoms of post-TURP dribbling.