

Gambaran perbaikan gejala subjektif dan objektif, kekuatan otot dasar panggul dan kualitas hidup wanita penderita inkontinensia urin tekanan yang menjalani latihan kegel 4, 8, dan 12 minggu. = A descriptive study of improvement subjective and objective symptoms, pelvic floor muscle strength, and quality of life among women with stress urinary incontinence who performed kegel exercise 4, 8, and 12 weeks.

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Abstrak

<b>ABSTRAK</b><br>

ICS merekomendasikan latihan Kegel, sebagai terapi konservatif untuk mengatasi inkontinensia urin tekanan untuk dilakukan selama 12 minggu. Namun, beberapa penelitian menunjukkan bahwa latihan kegel selama 4, dan 8 minggu dapat memperbaiki gejala inkontinensia, kualitas hidup, dan meningkatkan kekuatan otot dasar panggul.

Tujuan : Mengetahui gambaran perbaikan gejala subjektif dan objektif, peningkatan kekuatan otot dasar panggul, perbaikan derajat keparahan dan perbaikan kualitas hidup wanita penderita inkontinensia urin tekanan yang menjalani antara latihan Kegel yang 4, 8, dan 12 minggu

Metode: 55 subjek terdiagnosis inkontinensia urin tekanan (berdasarkan nilai (QUID >4) dan tes pembalut positif 60 menit) diberikan latihan Kegel di Poliklinik Rehabilitasi Medik RSCM selama 12 minggu.

Pengumpulan data, seperti kuesioner UDI-6; tes pembalut 60 menit; dan kuesioner IIQ-7 akan dicatat oleh subjek penelitian dalam buku kegiatan 4, 8, dan 12 minggu. Selain itu, evaluasi biofeedback(Myomed 932) dari kekuatan serat otot lambat dan serat otot cepat dilakukan setiap 2 minggu untuk menilai perbaikan.

Hasil: Hasil penelitian menunjukkan bahwa adanya perbedaan bermakna antara skor UDI-6 dan IIQ-7 subjek sebelum latihan dan setelah latihan 4, 8, dan 12 minggu (uji Wilcoxon;  $p < 0.05$ ). Selain itu, adanya perbedaan yang signifikan pada kekuatan serat otot lambat dan serat cepat antara sebelum latihan dengan pasca latihan 8 minggu dan sebelum latihan dengan pasca 12 minggu. (dengan uji Wilcoxon;  $p < 0.05$ ).

Kesimpulan : Latihan Kegel yang dilakukan dengan durasi minimal 8 minggu dapat memperbaiki gejala, kekuatan otot dasar panggul dan kualitas hidup wanita dengan inkontinensia urin tekanan.

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<b>ABSTRACT</b><br>

Kegel exercise is recommended by ICS, as a conservative therapy to improve stress urinary incontinence for 12 weeks. However, several studies have shown that Kegel exercise for 4 and 8 weeks can improve symptoms of incontinence, quality of life and increase pelvic floor muscle strength.

Objective: To identify the improvement subjective and objective symptoms, increasing pelvic floor muscle strength, and improvement quality of life among women with stress urinary incontinence who performed kegel exercise 4, 8, and 12 weeks.

Method: 55 subjects were diagnosed with stress urinary incontinence (based on (QUID score >4) and positive result of pad test 60 minutes) and were given the Kegel exercise at RSCM for 12 weeks. Datas such as UDI-6, pad test 60 minutes, and IIQ-7 will be documented by each subject in the book for 4, 8, and 12 weeks. In addition, Pelvic floor muscle (slow and fast fibers twitch) were assessed by biofeedback (myomed

932) every 2 weeks.

Result: The results show that there is a significant difference between the UDI-6 and IIQ-7 scores before, after 4, 8, and 12 weeks Kegel exercise. (Wilcoxon test  $p < 0.05$ ).

In addition, there is a significant difference in the pelvic floor muscle strength (slow and fast fibers twitch) between before with after exercise for 8 weeks Kegel exercise and between before and after 12 weeks Kegel exercise. (Wilcoxon test;  $p < 0.05$ ).

Conclusion: Performing Kegel exercise with a minimum duration of 8 weeks can improve symptoms, pelvic floor muscle strength and quality of life for women with stress urinary incontinence