

ABSTRAK

Elsa Annesa Asril (2024). *Penerapan Senam Kegel Untuk Menurunkan Inkontinensia Urine Pada Lansia Di Upt Pstw Husnul Khotimah Provinsi Riau*. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Riau, Jurusan Keperawatan, Poltekkes Kemenkes Riau. Pembimbing (I) Ns. Ardenny, S.Kep.,M.Kep, (II) Ns. Masnun,SST.,S.Kep.,M.Biomed.

Inkontinensia Urine adalah ketidakmampuan lansia dalam mengontrol buang air kecil yang keluar secara tiba tiba. Hal ini dapat disebabkan oleh proses menua yang mengalami perubahan, baik perubahan biologis maupun psikologis. Ada pun cara untuk mengatasi inkontinensia urine ini dengan teknik non farmakologis seperti latihan senam kegel. Tujuan penelitian ini untuk mengetahui keefektifan senam kegel dalam mengatasi inkontinensia urine pada lansia. Subyek penelitian dilakukan pada 2 orang subyek dengan kasus yang sama yaitu pada lansia dengan inkontinensia urine penelitian ini dilakukan 15 hari, dilaksanakan pada 24 april-10 mei 2024. Senam kegel dilakukan sebanyak 12 kali latihan. Hasil penelitian menunjukkan bahwa setelah beberapa kali dilakukan senam kegel dapat menurunkan frekuensi urine pada lansia

Kata kunci: Inkontinensia Urine, Senam Kegel, Lansia.

ABSTRACT

Elsa Annesa Asril (2024). *Application of Kegel Exercises to Reduce Urinary Incontinence in the Elderly in Upt Pstw Husnul Khotimah, Riau Province*. Case Study Scientific Writing, Riau Nursing DIII Study Program, Nursing Department, Riau Ministry of Health Polytechnic. Supervisor (I) Ns. Ardenny, S.Kep., M.Kep, (II) Ns. Masnun, SST., S.Kep., M. Biomed.

Urinary Incontinence is the inability of the elderly to control urination that comes out suddenly. This can be caused by the aging process which experiences changes, both biological and psychological changes. There are also ways to treat urinary incontinence with non-pharmacological techniques such as Kegel exercises. The aim of this study was to determine the effectiveness of Kegel exercises in treating urinary incontinence in the elderly. The research subjects were carried out on 2 subjects with the same case, namely elderly people with urinary incontinence. This research was carried out for 15 days, carried out on 24 April-10 May 2024. Kegel exercises were carried out 12 times. The results of the research show that after several Kegel exercises can reduce the frequency of urine in the elderly

Key words: Urinary Incontinence, Kegel Exercises, Elderly.