

ABSTRAK

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PERBEDAAN PENGARUH *KEGEL EXERCISE* DAN *DELAY URINATION* TERHADAP PENURUNAN *INKONTINENSIA URINE* PADA LANSIA DI POSYANDU LANSIA DESA NGORO TENGAH MOJOLABAN SUKOHARJO

ABSTRAK

Latar Belakang ; Seiring dengan bertambahnya usia mengakibatkan terjadinya perubahan anatomi dan fungsi organ kemih yang disebabkan karena melemahnya otot dasar panggul. Di Indonesia 32,2% lansia mengalami *Inkontinensia urin* yang merupakan masalah dan keluhan utama pada lansia, tetapi penanganannya masih sangat kurang. **Tujuan** ; Mengetahui Perbedaan Pengaruh *Kegel Exercise* Dan *Delay Urination* Terhadap Penurunan *Inkontinensia Urine* Pada Lansia Di Posyandu Lansia Desa Ngoro Tengah Mojolaban Sukoharjo. **Metode** ; Jenis penelitian adalah *true eksperimental* dengan menggunakan desain penelitian *pre and post two group design*. Populasi semua lansia di Posyandu Lansia desa Ngoro Tengah Mojolaban Sukoharjo yang berjumlah 55 orang. Teknik sampling dalam penelitian ini adalah *simple random sampling* dengan jumlah 20 orang untuk perlakuan *Kegel Exercise* dan 20 orang untuk perlakuan *Delay Urination*. Instrumen penelitian menggunakan *ISI Short Form*. Eksperimen dilakukan 1 minggu 3 kali dalam 1 bulan. Data dianalisis secara Univariat dan untuk Bivariat menggunakan uji normalitas *Shapiro Wilk*. Analisa data menggunakan uji *Paired Sample Test* untuk beda pengaruh dalam satu kelompok dan uji *Independent Sample T-Test* beda pengaruh antar kelompok. **Hasil** ; Pada kelompok latihan *Kegel Exercise* sebelum perlakuan rata – rata 9.40 (parah) dan kelompok latihan *Delay Urination* sebelum perlakuan rata – rata 8.90 (parah), sesudah perlakuan pada kelompok latihan *Kegel Exercise* dengan rata – rata 4.95 (cukup) dan kelompok latihan *Delay Urination* dengan rata – rata 5.25 (cukup). **Simpulan** ; Terdapat pengaruh signifikan latihan *Kegel Exercise* terhadap penurunan *Inkontinensia Urine* di Posyandu Lansia desa Ngoro Tengah. Terdapat pengaruh signifikan *Delay Urination* terhadap penurunan *Inkontinensia Urine* di Posyandu lansia desa Ngoro Tengah. Terdapat perbedaan pengaruh *Kegel Exercise* dan *Delay Urination* terhadap penurunan *Inkontinensia Urine* pada Lansia di Posyandu Lansia desa Ngoro Tengah.

Kata Kunci ; *Inkontinensia Urine, Kegel Exercise, Delay Urination, Lansia.*

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Background ; Along with increasing age leads to changes in anatomy and urinary organ function caused by weakening pelvic floor muscles. In Indonesia 32.2% of the elderly have urinary incontinence which is a major problem and complaint in the elderly, but handling is still lacking. **Purpose** ; Knowing the Differences Effect of Kegel Exercise And Delay Urination Against Urinary Incontinence In Elderly At Posyandu Ngoro Tengah Village Mojolaban Sukoharjo. **Method** ; Type of research is true experimental by using pre and post research design two group design. Population of all elderly in Posyandu elderly of Middle Ngoro village Mojolaban Sukoharjo which amount to 55 people. Sampling technique in this research is simple random sampling with amount of 20 people for Kegel Exercise treatment and 20 people for treatment of Delay Urination. The research instrument used ISI Short Form. The experiment is done 1 week 3 times in 1 month. Data were analyzed by Univariate and for Bivariat using Shapiro Wilk normality test. Data analysis using Paired Sample Test to different influence in one group and Independent Sample T-Test test different influence between groups. **Results** ; In the Kegel Exercise training group before the average treatment of 9.40 (severe) and the Delay Urination training group before treatment averaged 8.90 (severe), after treatment in the Kegel Exercise exercise group with an average of 4.95 (moderate) and the Delay Urination training group average 5.25 (enough). **Conclusion** ; There is significant effect of Kegel Exercise exercise on decreasing Incontinence Urine at Elderly Posyandu Ngoro Tengah village. There is a significant influence of Delay Urination on decreasing Urinary incontinence in Posyandu elderly of Ngoro Tengah village. There are differences of Kegel Exercise and Delay Urination effect on decreasing Urine Incontinence in Elderly Posyandu of Ngoro Tengah village.

Keywords ; *Incontinensia Urine, Kegel Exercise, Delay Urination, Elderly.*