

## ABSTRAK

Murni Sri Sofiyani NIM. E2014026 Program Studi DIV Fisioterapi	Dosen Pembimbing 1. Winarni, S.SiT., MPH 2. Ari Sapti M, SSt.FT., M.Or
--	--

### **PERBEDAAN PENGARUH *KEGEL EXERCISE* DAN *CORE STABILITY EXERCISE* TERHADAP PENURUNAN INKONTINENSIA URIN PADA LANSIA**

## ABSTRAK

**Latar Belakang:** Keluhan yang banyak terjadi pada lansia berupa kesulitan mengontrol BAK yang disebabkan oleh penurunan fungsi sistem perkemihan dan kelemahan ODP. Prevalensi inkontinensia urin pada tahun 2017 sekitar 47% dari jumlah lansia di Surakarta dan sebagian besar lansia belum mengetahui cara menangani inkontinensia urin. Modalitas fisioterapi yang dapat diberikan untuk menangani inkontinensia urin tersebut berupa *kegel exercise* dan *core stability exercise*. **Tujuan:** Untuk mengetahui perbedaan pengaruh *kegel exercise* dan *core stability exercise* terhadap penurunan inkontinensia urin pada lansia. **Metode Penelitian:** Metode eksperimental dengan rancangan penelitian *two groups pre dan post design*. Pengambilan sampel dengan teknik *random sampling* sebanyak 46 orang dan dibagi menjadi 2 kelompok. Latihan dilakukan 3 kali seminggu selama 4 minggu. Alat ukur yang digunakan RUIS. **Hasil:** Uji pengaruh diperoleh nilai  $p < 0,001$  ( $p < 0,05$ ) yang berarti ada pengaruh pemberian *kegel exercise* dan *core stability exercise* terhadap penurunan inkontinensia urin pada lansia. Uji beda pengaruh diperoleh nilai  $p < 0,001$  ( $p < 0,05$ ) yang berarti ada perbedaan pengaruh antara pemberian *kegel exercise* dan *core stability exercise* terhadap penurunan inkontinensia urin pada lansia. **Kesimpulan:** Ada perbedaan pengaruh *kegel exercise* dan *core stability exercise* terhadap penurunan inkontinensia urin pada lansia. *Kegel exercise* lebih efektif dalam menurunkan inkontinensia urin pada lansia.

**Kata Kunci:** *Kegel Exercise, Core Stability Exercise, Inkontinensia Urin, RUIS*

## ABSTRACT

Murni Sri Sofiyani

NIM. E2014026

DIV grade of Physical Therapy Department

Consultants

1. Winarni, S.SiT., M.PH

2. Ari Sapti M, SSt.FT., M.Or

### **DIFFERENT EFFECT ON GIVING *KEGEL EXERCISE* AND *CORE STABILITY EXERCISE* TO FREQUENCY DECREASE OF INCONTINENCE URINARY ON ELDERLY**

## ABSTRACT

**Background:** Many complaints experienced at elderly is difficulty controlling the BAK caused by the decline in urinary system function and ODP weakness. The prevalence of urinary incontinence in 2017 is about 47% of the elderly population in Surakarta. Many elderly people do not understand how to deal with urinary incontinence. Physiotherapy modalities that can be given to treat urinary incontinence include kegel exercise and core stability exercise. **Objective:** The study aimed to investigate different effect of giving kegel exercise and core stability exercise to frequency decrease of incontinency urinary on elderly. **Methods:** The study employed experimental method with two groups pre and post design. Sampling with random sampling technique with 46 people and divided into 2 groups. The exercise was conducted with three times a week during 4 weeks. Measurement instrument used RUIS. **Results:** The result of influence test with Wilcoxon test got obtained  $p\text{ value} = <0,001$  ( $p < 0,005$ ) meaning that there was effect of giving kegel exercise and core stability exercise to frequency decrease on incontinency urinary. Resut of differences influence test with Mann Whitney got obtained  $p\text{ value} = <0,001$  ( $p < 0,005$ ) meaning that there was different effect of giving kegel exercise and core stability exercise to frequency decrease on incontinency urinary. **Conclusion:** There was different effect of giving kegel exercise and core stability exercise to frequency decrease on incontinency urinary.

**Keywords:** *Kegel Exercise, Core Stability Exercise, Incontinence Urine, RUIS*