ABSTRAK

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Tania Febiola
Program Studi S-1 Fisioterapi,
Fakultas Fisioterapi
Universitas Esa Unggul

Perbedaan Kegel *Exercise* dan *Bridging Exercise* Terhadap Penurunan Inkontinensia Urin Pada Lansia
Terdiri V1 Bab, 45 halaman, 6 Tabel, 8 Gambar, 3 Skema, 23 Lampiran

Tujuan: Untuk mengetahui perbedaan kegel *exercise* dan *bridging exercise* terhadap penurunan inkontinensia urin pada lansia. **Metode:** Penelitian ini bersifat *quasy eksperimental* dengan *pre test-post test design group*. Sampel terdiri atas 20 orang lansia di Panti Werdha Wisma Mulia dengan teknik *simple random sampling*. Sampel dibagi menjadi dua kelompok yang masing-masing terdiri atas 10 lansia. Kelompok I diberi intervensi berupa kegel *exercise* dan kelompok II diberi intervensi berupa *bridging exercise*. Inkontinensia urin diukur menggunakan kuesioner *ICIQ-SF International Consulation Incontinence Questionnair Short Form.* **Hasil:** Uji normalitas dengan *Saphiro wilk test* didapatkan data berdistribusi normal. Uji homogenitas dengan *Levene's test* didapatkan varian bersifat homogen. Hasil uji hipotesis I dengan *paired sampel t-test* menunjukkan adanya pengaruh yang signifikan kegel *exercise* terhadap inkontinensia urin (p≤0,001) dengan *mean*±SD sebelum = 16,00±10,30 dan sesudah 10,30±0,95. Pada uji hipotesis II dengan *paired sampel t-test* menunjukkan adanya pengaruh yang signifikan *bridging exercise* terhadap inkontinensia urin (p≤0,001) dengan *mean*±SD sebelum 15,80±10,40 dan sesudah 5,80±10,40. Selanjutnya pada uji hipotesis III dengan *independent t-test* menunjukkan tidak ada perbedaan yang signifikan antara intervensi kegel *exercise* dan *bridging exercise* terhadap penurunan inkontinensia urin (p=0,652), namun kegel *exercise* menunjukkan penurunan inkontinensia urin yang lebih baik (*mean*±SD = 5,70±1,49) dibandingan *bridging exercise* (*mean*±*SD* 5,40±1,43). **Kesimpulan:** Tidak ada perbedaan yang signifikan antara intervensi kegel *exercise* dan *bridging exercise* terhadap penurunan inkontinensia urin pada lansia.

Kata Kunci: Kegel *exercise*, *Bridging exercise*, Inkontinensia *ICIQ-SF*.

ABSTRACT

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Tania Febiola
S1 Program of Physiotherapy
Faculty of Physiotherapy
Esa Unggul *University*

DIFFERENCES BETWEEN KEGEL EXERCISE AND BRIDGING EXERCISE ON DECREASING URINARY INCONTINENCE IN THE ELDERLY
Consisting VI Chapters, 45 Pages, 6nTable, 8nImages, 3 Scheme, 23 Attachments

Objective *To find out the difference between Kegel exercise and bridging exercise at the Wisma Mulia Nursing Home consisting of 2 groups containing 20 people each in 1 group. Group 1 consisted of 10 people with the Kegel exercise intervention, and group 2 received the bridging exercise intervention with 10 samples. Then urinary incontinence was measured using the ICIQ-SF International Consulation Incontinence Questionnaire Short Form questionnaire.* ***Results: :****Normality test with the Shapiro Wilk test showed that the data was normally distributed. Homogeneity test with Levene's test showed that the variants were homogeneous. The results of hypothesis I testing with paired sample t-test showed that there was a significant effect of Kegel exercise on urinary incontinence (p≤0.001) with mean ± SD before = 16.00 ± 10.30 and after 10.30 ± 0.95. In hypothesis II testing with a paired sample t-test, it showed that there was a significant effect of bridging exercise on urinary incontinence (p≤0.001) with a mean ± SD before 15.80 ± 10.40 and after 5.80 ± 10.40. Furthermore, hypothesis III testing with an independent t-test showed that there was no significant difference between the kegel exercise and bridging exercise interventions in reducing urinary incontinence (p = 0.652), but kegel exercise showed a better reduction in urinary incontinence (mean ± SD = 5, 70 ± 1.49) compared to bridging exercise (mean ± SD 5.40 ± 1.43).* ***Conclusion*** *There is no significant difference between the intervention of kegel exercise and bridging exercise to reduce urinary incontinence in the elderly.*

Keywords: *Kegel exercise, Bridging exercise, Inkontinence, ICIQ*