

**PROFIL KEKUATAN OTOT DAN PERFOMA FISIK DENGAN
KEJADIAN INKONTINENSIA URIN PADA WANITA USIA LANJUT
(Penelitian Deskriptif Retrospektif)**

ABSTRAK

Latar Belakang: Inkontinensia urin (UI) merupakan penyakit yang banyak terjadi pada wanita usia lanjut. Inkontinensia urin merupakan penurunan kapasitas dan berkurangnya kemampuan tahanan otot lurik pada uretra karena perubahan fisiologis pada lansia. Terjadinya proses penuaan yang menimbulkan penurunan kekuatan otot dan perfoma fisik dan dapat menyebabkan kejadian inkontinensia urin.

Tujuan: Mengetahui profil kekuatan otot dan perfoma fisik dengan kejadian inkontinensia urin pada wanita usia lanjut.

Metode: Penelitian ini merupakan penelitian deskriptif retrospektif berdasarkan hasil pengisian kuesioner dan penilaian secara langsung di Puskesmas Tambak Rejo, Surabaya. Pada penelitian ini dilakukan evaluasi profil wanita lanjut usia dengan mencatat usia, kekuatan otot, perfoma fisik dengan melihat cara berjalan, status kognitif, status depresi dan status keganasan kandungan.

Hasil: Berdasarkan tabulasi data didapatkan 38 wanita usia lanjut sebagai sampel penelitian. Didapatkan hasil kekuatan otot tangan kiri pada lansia di Puskesmas Tambak Rejo (15,8%) kekuatan otot sedang, (23,7%) kekuatan otot kurang, (60,5%) kekuatan otot yang sangat kurang. Kekuatan otot tangan kanan tidak didapatkan hasil untuk kekuatan otot sedang, (26,3%) kekuatan otot kurang, (73,7%) kekuatan otot yang sangat kurang. Pada perfoma fisik didapatkan (57%) perfoma fisik normal dan (42,1%) perfoma fisik kurang. Pada inkontinensia urin (31,6%) tidak mengalami inkontinensia urin, (50%) inkontinensia urin ringan, (13,2%) inkontinensia urin ringan-sedang dan (5,3%) inkontinensia sedang. Pada kekuatan otot kiri dengan inkontinensia urin didapatkan hasil lansia terkena inkontinensia urin terbanyak pada kekuatan otot kurang sekali sebanyak (42,1%). Pada kekuatan otot kanan dan inkontinensia urin didapatkan hasil lansia terkena inkontinensia urin terbanyak pada kekuatan otot kurang sekali sebanyak (50%). Pada pefoma fisik dengan kejadian inkontinensia urin sebanyak (57,8 %) normal dan (42,1%) perfoma fisik kurang.

Kesimpulan: Kekuatan otot dan perfoma fisik dapat dijadikan alat ukur untuk mengetahui kejadian inkontinensia urin lebih awal.

Kata Kunci: Kekuatan otot, perfoma fisik, inkontinensia urin, penelitian deskriptif retrospektif.

**PROFILE OF MUSCLE STRENGTH AND PHYSICAL PERFORMANCE
WITH THE INCIDENCE OF URINARY INCONTINENCE IN ELDERLY
WOMEN
(Retrospective Descriptive Research)**

ABSTRACT

Background: Urinary incontinence (UI) is a disease that often occurs in elderly women. Urinary incontinence is a decrease in capacity and reduced ability of striated muscle resistance to the urethra due to physiological changes in the elderly. The occurrence of the aging process which causes a decrease in muscle strength and physical performance and can cause urinary incontinence.

Purpose: Knowing the profile of muscle strength and physical performance with the incidence of urinary incontinence in elderly women.

Methods: This research is a retrospective descriptive study based on the results of filling out the questionnaire and evaluating it directly at the Tambak Rejo Health Center, Surabaya. In this study an evaluation of the profile of elderly women was recorded by recording age, muscle strength, physical performance by looking at walking, cognitive status, depressive status and uterine malignancy status.

Result: Based on tabulated data, 38 elderly women were selected as the study sample. The results of left hand muscle strength in the elderly at Puskesmas Tambak Rejo were (15.8%) with moderate muscle strength, (23.7%) with poor muscle strength, and (60.5%) with very poor muscle strength. For right hand muscle strength, there were zero results for moderate muscle strength, (26.3%) with poor muscle strength, and (73.7%) with very poor muscle strength. Physical performance was found (57%) with normal physical performance and (42.1%) with poor physical performance. In urinary incontinence (31.6%) did not experience urinary incontinence, (50%) mild urinary incontinence, (13.2%) mild-moderate urinary incontinence and (5.3%) moderate incontinence. There were (42,1%) urinary incontinence on elderly with very poor left hand muscle strength and (50%) urinary incontinence on elderly with very poor right hand muscle strength. In physical performance with urinary incontinence as many as (57.8%) were normal and (42.1%) were poor.

Conclusions: Muscle strength and physical performance can be used as a measurement to early detection of the urinary incontinence.

Keyword: Muscle strength, physical performance, urinary incontinence, descriptive retrospective study.