

## **ABSTRAK**

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### **Gambaran Kejadian Inkontinensia Urine Pada Lansia Perempuan**

**Pendahuluan:** Inkontinensia urine yaitu masalah kesehatan yang sering terjadi pada kelompok lansia, masalah kesehatan ini disebabkan oleh terjadinya penurunan fungsi otot pada vesika urinaria, selain itu juga diakibatkan oleh berkurangnya fungsi otot-otot lurik pada uretra karena adanya perubahan secara fisiologis organ ataupun sistem organ pada lansia.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui gambaran kejadian inkontinensia urine pada lansia.

**Metode Penelitian:** Penelitian ini menggunakan metode penelitian deskriptif kuantitatif dengan rancangan *cross sectional*. Sampel yang digunakan pada penelitian ini sebanyak 87 responden dengan metode *cluster sampling*. Data yang sudah didapatkan dianalisa menggunakan analisa univariat yang menghasilkan distribusi frekuensi dan persentase.

**Hasil Penelitian:** Terdapat faktor resiko terjadinya inkontinensia urine berupa usia dengan kategori middle age sebanyak 44 (50,6%), IMT dengan kategori *normoweight* sebanyak 47 (54,0%) , jumlah paritas dengan kategori multipara sebanyak 55 (63,2%), dan riwayat melahirkan dengan cara normal sebanyak 78 (89,7%) dari 87 responden.

**Simpulan:** Faktor resiko kejadian inkontinensia urine yaitu usia, IMT, paritas, dan riwayat melahirkan.

**Saran:** Penelitian ini diharapkan dapat digunakan untuk referensi mengenai faktorkejadian inkontinensia urine pada lansia perempuan.

**Kata kunci:** Inkontinensia urine, lansia perempuan

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**ABSTRACT**

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***Description of the incidence of urinary incontinence in elderly women***

***Introduction:*** Urinary incontinence is a health problem that often occurs in the elderly group; this health problem is caused by a decrease in muscle function in urinary vesicles but is also caused by reduced function of striated muscles in the urethra due to physiological changes in organs or organ systems in the elderly.

***Objective:*** This study aims to determine the incidence of urinary incontinence in the elderly.

***Research Method:*** This study uses a quantitative descriptive research method with a cross-sectional design. The sample used in this study was 87 respondents with a cluster sampling method. The data obtained were analyzed using univariate analysis, which resulted in frequency and percentage distributions.

***Research Results:*** There were risk factors for urinary incontinence in the form of age with the middle age category as much as 44 (50.6%), BMI with the norm weight category as much as 47 (54.0%), the number parity with the multiparous category as much as 55 (63.2%), and history of childbirth in the normal way as much as 78 (89.7%) from 87 respondents.

***Conclusion:*** Risk factors for urinary incontinence are age, BMI, parity, and history of childbirth.

***Suggestion:*** This study is expected to be used as a reference factor for the incidence of urinary incontinence in older women.

***Keywords:*** Urinary incontinence, elderly women

***Bibliography:*** 38 (2013-2023)