PENERAPAN SENAM KEGEL DALAM ASUHAN KEPERAWATAN LANSIA DENGAN INKONTINENSIA URIN DI UPTD PPSGL SATPEL GRIYA LANSIA KAB GARUT TAHUN 2026

LINGGAR AMARIS MAULDINA

231FK06062

ABSTRAK

Latar Belakang: Inkontinensia urin merupakan masalah yang sering dialami lansia akibat penurunan kekuatan otot dasar panggul dan dapat berdampak pada kondisi fisik maupun psikososial. Hasil studi pendahuluan di UPTD PPSGL Satpel Griya Lansia Kabupaten Garut menunjukkan bahwa penanganan inkontinensia urin masih didominasi penggunaan popok dan perawatan kebersihan, sedangkan senam Kegel belum diterapkan secara terstruktur. **Metode:** Karya tulis ilmiah ini menggunakan metode deskriptif kualitatif dengan pendekatan studi kasus melalui proses asuhan keperawatan yang meliputi pengkajian, penetapan diagnosis, perencanaan, implementasi, dan evaluasi pada dua orang lansia dengan inkontinensia urin selama tujuh hari. Data diperoleh melalui wawancara, observasi, dan studi dokumentasi. **Hasil:** Setelah penerapan senam Kegel secara terjadwal selama tujuh hari, frekuensi berkemih responden pertama menurun dari 10–14 kali menjadi 6–7 kali sehari. Responden kedua mengalami peningkatan kemampuan mengontrol berkemih, perbaikan residu urine, dan kondisi kulit menjadi lebih sehat meskipun masih sesekali mengalami kebocoran urin. Kedua responden juga menunjukkan peningkatan pengetahuan dan kemampuan melakukan senam Kegel secara mandiri. **Kesimpulan:** Penerapan senam Kegel secara terjadwal efektif sebagai intervensi nonfarmakologis dalam membantu menurunkan frekuensi inkontinensia urin dan meningkatkan kontrol eliminasi urin pada lansia. **Saran:** Senam Kegel perlu dilanjutkan secara rutin dan terjadwal dengan dukungan perawat, pengasuh, maupun keluarga agar hasil intervensi dapat dipertahankan.

Kata kunci: Lansia, Inkontinensia Urin, Senam Kegel, Asuhan Keperawatan Gerontik.

IMPLEMENTATION OF KEGEL EXERCES IN NURSING CARE FOR THE ELDERLY WITH URINARY INCONTINENCE AT THE GRIYA LANSIA ELDERLY CARE UNIT UPTD PPSGL SATPEL GARUT REGENCY 2026

LINGGAR AMARIS MAULDINA

231FK06062

ABSTRACT

Background: Urinary incontinence is a common problem among older adults due to decreased pelvic floor muscle strength and can affect both physical and psychosocial conditions. A preliminary study at UPTD PPSGL Satpel Griya Lansia, Garut Regency, showed that the management of urinary incontinence was still dominated by the use of diapers and hygiene care, while Kegel exercises had not been implemented systematically. Methods: This scientific paper used a qualitative descriptive method with a case study approach through the nursing care process, including assessment, nursing diagnosis, planning, implementation, and evaluation, involving two older adults with urinary incontinence for seven days. Data were collected through interviews, observation, and documentation studies. Results: After the implementation of scheduled Kegel exercises for seven days, the first respondent's urination frequency decreased from 10–14 times to 6–7 times per day. The second respondent experienced improved ability to control urination, improved residual urine, and healthier skin condition, although occasional urine leakage still occurred. Both respondents also demonstrated increased knowledge and ability to perform Kegel exercises independently. Conclusion: Scheduled Kegel exercises were effective as a non-pharmacological intervention in helping reduce the frequency of urinary incontinence and improve urinary elimination control among older adults. Recommendation: Kegel exercises should be continued regularly and systematically with support from nurses, caregivers, and family members to maintain the intervention outcomes.

Keywords: *Older Adults, Urinary Incontinence, Kegel Exercises, Gerontic Nursing Care.*