

ABSTRAK

ANALISIS HUBUNGAN SINDROM METABOLIK TERHADAP INKONTINENSIA URIN WANITA PRALANSIA PADA ANGGOTA PERSIT KODIM 0410 KOTA BANDAR LAMPUNG

Oleh

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Latar Belakang: Inkontinensia merupakan gangguan berkemih dan seiring bertambahnya usia, kapasitas kandung kemih menurun sehingga sisa urin dalam kandung kemih cenderung meningkat. Penelitian ini bertujuan untuk mengetahui apakah terdapat hubungan sindrom metabolik terhadap inkontinensia urin yang dilakukan pada bulan November 2022.

Metode : Jenis penelitian adalah penelitian analitik observasional dengan pendekatan *cross sectional* di Kodim 0410 Kota Bandar Lampung.

Hasil : Penelitian ini menggunakan kuisioner dan Hasil Laboratorium, berdasarkan hasil wanita usia reproduktif yang mengalami gejala inkontinensia urin ringan 12 orang (36,4%), tidak mengalami gejala 11 orang (33,3%), gejala berat sebanyak 7 orang (21,2%), gejala sedang sebanyak 3 orang (9,1%). Pada wanita usia pralansia yang mengalami gejala inkontinensia urin ringan 12 orang (36,4%), tidak mengalami gejala 10 orang (30,3%), gejala berat sebanyak 8 orang (24,2%), gejala sedang sebanyak 2 orang (6,1%) dan gejala sangat berat sebanyak 1 orang (3,0%).

Kesimpulan: Kejadian Inkontinensia urin lebih tinggi pada wanita pralansia dibandingkan wanita reproduktif, dimana frekuensi kejadian inkontinensia urin pada wanita reproduktif sebanyak 21 orang (63,6%) dan frekuensi kejadian inkontinensia urin pada wanita sebanyak 23 orang (69,7%).

Kata kunci: Inkontinensia Urin, Sindrom Metabolik, UDI-6

ABSTRACT

ANALYSIS OF THE METABOLIC SYNDROME OF ELDERLY WOMEN ON URINARY INCONTINENCE OF ELDERLY WOMEN IN MEMBERS OF PERSIT KODIM 0410 BANDAR LAMPUNG

By

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Background: Incontinence is a urinary disorder and with age, bladder capacity decreases so that the remaining urine in the bladder tends to increase. This study aims to determine whether there is a relationship between metabolic syndrome and urinary incontinence which will be conducted in November 2022.

Method: Types of research is an observational analytic study with a *cross sectional* at Kodim 0410 Bandar Lampung.

Results: This study used a questionnaire and laboratory results, based on the results of women of reproductive age who experienced symptoms of mild urinary incontinence, 12 people (36.4%), 11 people (33.3%) had no symptoms, 7 people (21.2%) had severe symptoms. 3 people (9.1%) had moderate symptoms, 12 people (36.4%) had mild symptoms of urinary incontinence, 10 people (30.3%) had no symptoms, 8 people had severe symptoms (24.2%), moderate symptoms in 2 people (6.1%) and very severe symptoms in 1 person (3.0%).

Conclusion: The incidence of urinary incontinence was higher in pre-elderly women than reproductive women, where the frequency of urinary incontinence in reproductive women was 21 people (63.6%) and the frequency of urinary incontinence in women was 23 people (69.7%).

Keywords: Urinary Incontinence, Metabolic Syndrome, UDI-6