ABSTRACT

Complaints of frequent urination during the third trimester can cause discomfort for pregnant women. Physically, this condition can disrupt the mother's activity patterns, as the increased frequency of urination can hinder daily activities and disturb rest patterns. Kegel exercises, aimed at strengthening the bladder sphincter and pelvic floor muscles, were one method that could help reduce the frequency of urination in pregnant women. The purpose of this study was to determine the effect of Kegel exercises on urination frequency in pregnant women during their third trimester. This research was conducted as a quasi- experimental study with a nonequivalent group design, using the Wilcoxon statistical test. Sampling was performed through purposive sampling, with 15 participants in the intervention group and 15 in the control group. The results showed that, in the intervention group, the pre-test frequency of urination categorized as frequent was recorded for nine pregnant women. After the post- test, there was a change in urination frequency, with 12 pregnant women now categorized as infrequent. Meanwhile, in the control group, the pre-test frequency of urination categorized as frequent was recorded for four pregnant women. After the post-test, there was an increase, with 12 pregnant women still categorized as frequent. There was a significant effect of Kegel exercises on urination frequency in pregnant women during their third trimester, with a p-value of 0.001 <a 0.05. In conclusion, Kegel exercises affected the frequency of urination (BAK) in pregnant women during their third trimester at the Bongomeme Health Center.

Keywords : Kegel exercises; urination frequency; pregnant women

Abstrak

Keluhan sering buang air kecil pada trimester III dapat menyebabkan ketidaknyamanan pada ibu hamil. Secara fisik, kondisi ini dapat mengganggu pola aktivitas ibu, karena frekuensi buang air kecil yang meningkat dapat menghambat aktivitas dan mengganggu pola istirahat.Senam Kegel merupakan salah satu latihan yang dapat membantu mengurangi frekuensi BAK pada ibu hamil, tujuannya untuk memperkuat sfingter kandung kemih dan otot dasar panggul. Tujuan penelitian ini adalah untuk mengetahui pengaruh senam kegel terhadap frekuensi BAK pada ibu hamil trimester III. Penelitian ini merupakan *Quasi eksperimental* dengan desain *nonequivalent group design* menggunakan uji statistik *wilcoxon* dengan pengambilan sampel dilakukan secara *purposive sampling* sebanyak 15 intervensi dan 15 kontrol. Hasil penelitian didapatkan frekuensi BAK pada kelompok intervensi *Pre-test* dengan kategori sering sebanyak 9 ibu hamil setelah dilakukan *post-test* terjadi perubahan pada frekuensi BAK yaitu sebanyak 12 ibu hamil dengan kategori jarang. Sedangkan frekuensi BAK pada kelompok kontrol *pre-test* dengan kategori sering sebanyak 4 ibu hamil setelah di lakukan *post-test* terjadi peningkatan frekuensi BAK yaitu pada kategori sering sebanyak 12 ibu hamil, ada pengaruh senam kegel terhadap frekuensi buang air kecil pada ibu hamil trimester III dengan *p-value* 0,001 < α 0,05. Kesimpulannya ada pengaruh pemberian senam kegel terhadap frekuensi buang air kecil (BAK) pada ibu hamil trimester III di wilayah puskesmas bongomeme.

Kata kunci: senam kegel, Frekuensi BAK, Ibu Hamil