

PENGARUH *YOGELVIC EXERCISE* TERHADAP STRES INKONTINENSIA URINE PADA IBU POSTPARTUM SPONTAN DI WILAYAH KERJA PUSKESMAS CILODONG KOTA DEPOK

Femy Putri Nurlathifah

Abstrak

Stres inkontinensia urine merupakan salah satu masalah kesehatan yang sering dialami oleh ibu postpartum, terutama setelah melahirkan secara spontan. Kondisi ini terjadi karena otot dasar panggul yang melemah selama masa kehamilan dan proses persalinan. Stres Inkontinensia urine dapat mengganggu aktivitas sehari-hari serta menurunkan kualitas hidup ibu postpartum. Penelitian bertujuan untuk mengetahui pengaruh *yogelvic exercise* terhadap stres inkontinensia urine pada ibu postpartum spontan di wilayah kerja Puskesmas Cilodong Kota Depok. Metode penelitian menggunakan desain *Quasi Eksperimen* dengan pendekatan *one group pretest-posttest*, melibatkan 34 responden yang dipilih menggunakan teknik total sampling. Pengumpulan data dilakukan menggunakan kuesioner *International Consultation on Incontinence Questionnaire-Urinary Incontinence Short Form* (ICIQ-UI SF). Hasil penelitian menunjukkan bahwa rata-rata skor stres inkontinensia urine sebelum intervensi adalah 10,68, dan setelah intervensi menurun menjadi 1,65. Hasil uji *Wilcoxon* menunjukkan bahwa adanya pengaruh *yogelvic exercise* yang signifikan terhadap stres inkontinensia urine dengan nilai $p\text{-value} = 0,001$ ($p < 0,05$). Peneliti selanjutnya disarankan untuk meneliti efektivitas durasi intervensi yang lebih lama dengan gerakan yang berbeda serta menggunakan kelompok kontrol, serta ibu postpartum diharapkan dapat melakukan latihan mandiri secara rutin untuk memperkuat otot dasar panggul dan mengurangi risiko terjadinya kembali stres inkontinensia urine.

Kata Kunci: Ibu Postpartum Spontan, Stres Inkontinensia Urine, *Yogelvic Exercise*

**THE EFFECT OF YOGELVIC EXERCISE ON STRESS
URINARY INCONTINENCE IN SPONTANEOUS POSTPARTUM
MOTHERS IN THE WORKING AREA OF THE CILODONG
PUBLIC HEALTH CENTER DEPOK CITY**

Femy Putri Nurlathifah

Abstract

Stress urinary incontinence is a common health problem experienced by postpartum mothers, especially after spontaneous childbirth. This condition occurs due to weakened pelvic floor muscles during pregnancy and childbirth. Stress urinary incontinence can disrupt daily activities and reduce the quality of life of postpartum mothers. This study aims to determine the effect of Yogelvic exercise on stress urinary incontinence in spontaneous postpartum mothers in the Cilodong Community Health Center, Depok City. The research method used a Quasi-Experimental design with a one-group pretest–posttest approach, involving 34 respondents selected using a total sampling technique. Data collection was carried out using the International Consultation on Incontinence Questionnaire–Urinary Incontinence Short Form (ICIQ–UI SF) questionnaire. The results showed that the average stress urinary incontinence score before the intervention was 10.68, and after the intervention decreased to 1.65. The Wilcoxon test results showed a significant effect of Yogelvic exercise on stress urinary incontinence with a p-value of 0.001 ($p < 0.05$). Future researchers are advised to examine the effectiveness of longer intervention durations with different movements and using a control group. Postpartum mothers are also expected to perform regular independent exercises to strengthen pelvic floor muscles and reduce the risk of recurrence of stress urinary incontinence.

Keywords: *Spontaneous Postpartum Mothers, Stress Urinary Incontinence, Yogelvic Exercise*