

ABSTRAK

Literature Review Pengaruh Pemberian Bladder Training Kegel Exercise Terhadap Pemulihan Fungsi Miksi Pada Pasien Stroke. Emilia Dyah Novitasari (2020). Skripsi Program Studi Sarjana Terapan Keperawatan Malang. Dosen Pembimbing: Joko Pitoyo, S.Kep., M.Kep, Rudi Hamarno, S.Kep., Ns., M.Kep.

Stroke merupakan gangguan fungsi saraf akut yang disebabkan oleh adanya gangguan peredaran darah otak secara mendadak yang mengakibatkan defisit neurologis. Selama defisit neurologis kandung kemih menjadi atonik, dengan kerusakan sensasi dalam respons terhadap pengisian kandung kemih, kontrol sfingter urinarius eksternal hilang atau berkurang mengakibatkan munculnya masalah pada fungsi miksi. Penelitian ini bertujuan untuk mengetahui apakah ada pengaruh tindakan bladder training kegel exercise terhadap pemulihan fungsi miksi pada pasien stroke. Penelitian ini menggunakan tradisional *literature review*. Pencarian *database* yang digunakan adalah Google Scholar. Kata kunci yang digunakan bladder training, kegel exercise, inkontinensia dan mendapat 5 jurnal sesuai rumusan masalah yang diteliti melalui analisa, tujuan, sampel, metode, hasil, dan kesimpulan setiap jurnal. Hasil berdasarkan 5 penelitian didapatkan bahwa sebelum dilakukan bladder training kegel exercise pasien mengalami masalah pada kandung kemih, setelah diberikan intervensi hampir seluruh responden mengalami penurunan inkontinensia dan fungsi miksi membaik. Ada pengaruh bladder training kegel exercise terhadap pemulihan fungsi miksi pada pasien stroke. Peneliti selanjutnya dapat meneliti masalah serupa dengan memodifikasi tindakan atau menggunakan metode lain dan desain yang berbeda.

Kata Kunci: Bladder Training, Kegel Exercise, Pemulihan Fungsi Miksi.

ABSTRACT

Literature Review Effect of giving Bladder Training Kegel Exercise on Recovery of Miction Function in Stroke Patients. Emilia Dyah Novitasari (2020). Thesis Bachelor of Applied Nursing Undergraduate Study Program in Malang. Supervisor: Joko Pitoyo, S.Kep., M.Kep, Rudi Hamarno, S.Kep., Ns., M.Kep.

Stroke is an acute nerve function disorder caused by sudden brain blood circulation disorders which results in neurological deficits. As long as the neurological deficit of the bladder becomes atonic, with sensational damage in response to bladder filling, the control of the external urinary sphincter is lost or diminished resulting in problems with micturition. This study aims to determine whether there is an effect of bladder training kegel exercise on recovery of miction function in stroke patients. This study uses traditional literature review. Database search used is Google Scholar. The keywords used are bladder training, kegel exercise, incontinence and get 5 journals according to the formulation of the problem studied through analysis, objectives, samples, methods, results, and conclusions of each journal. The results based on 5 studies showed that before bladder training kegel kexercise patients experienced bladder problems, after given the intervention almost all respondents experienced a decrease in incontinence and improved micturition function. There is an effect of bladder training kegel exercise on recovery of micturition function in stroke patients. Researchers can then examine similar problems by modifying actions or using different methods and designs.

Keywords: *Bladder Training, Kegel Exercise, Recovery of Miction Function.*