

## INTISARI

Inkontinensia urin merupakan salah satu masalah besar yang umumnya terjadi pada usia lanjut. Berbagai masalah serius dapat timbul secara persisten kronik apabila inkontinensia urin tidak ditangani sejak dini. Pemahaman yang benar tentang inkontinensia urin sangat diperlukan agar dapat menangani masalah yang ditimbulkan dengan baik.

Tujuan dari penelitian ini untuk mengetahui insidensi berbagai macam tipe inkontinensia urin persisten kronik pada usia lanjut, khususnya tipe urgensi dan tipe stres. Penelitian secara deskriptif dengan teknik *purposive sampling* dilakukan pada 60 orang usia lanjut pada panti jompo Abiyoso Yogyakarta, terdiri dari 39 subyek wanita dan 21 subyek pria, berusia 55-100 tahun diwawancarai secara langsung dengan alat bantu kuesioner pengkajian inkontinensia urin persisten kronik.

Insidensi inkontinensia urin didapatkan pada 5 subyek pria dan 10 subyek wanita. Tipe inkontinensia urin yang paling banyak dijumpai adalah inkontinensia urin tipe urgensi, yaitu 50% dari subyek wanita dan 80% dari subyek pria. Selain itu juga ditemukan inkontinensia urin tipe stres pada subyek wanita (20%), inkontinensia urin tipe campuran pada subyek wanita (20%) serta gejala kandung kemih hiperaktif pada 71,8% subyek wanita dan 57,1% subyek pria.

**Kata kunci:** usia lanjut, inkontinensia urin, masalah kesehatan

## ABSTRACT

Urinary incontinence is a common, disruptive and potentially disabling condition in the elderly. It is frequently not well managed since it is considered as a part of aging process, resulting in many seriously problems. Good understanding about urinary incontinence is needed to manage this problem well.

The purpose of this study was to known incidence of incontinence urinary chronic persistent in elderly people, especially urgency incontinence and stress incontinence. Subject of this descriptive study in purposive sampling were 60 elderly i.e. 39 women and 21 men, aged 55-100 years interviewed directly with questionnaire of evaluation urinary incontinence chronic persistent.

Incidences of urinary incontinence in women were 10 person and men were 5 person. Urgency incontinence was higher than the others types, which 50% in women and 80% in men. Other types of incontinence urinary were found in this study, there were stress incontinence especially in 20% women and mixed incontinence in 20% women. Some signs and symptoms of overactive bladder (OAB) were also found in this survey which 57.1% in men and 71.8% in women.

**Key words:** elderly, urinary incontinence, health problem