

# Faktor-faktor yang berhubungan dengan inkontinensia urin pipe stres pada perempuan usia lanjut di RSCM Jakarta = Factors related to stress urinary incontinence in elderly women at Cipto Mangunkusumo Hospital Jakarta

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## Abstrak

Latar Belakang: Meningkatnya populasi usia lanjut. masalah kesehatan pada kelompok usia tersebut juga meningkat. Salah satu masalah kesehatan yang sering dijumpai adalah inkontinensia urin tipe stres (IUS). Beberapa penelitian telah dilakukan untuk melihat faktor-faktor risiko terjadinya IUS, tetapi hasilnya tidak konsisten.

Tujuan: Mengetahui hubungan antara usia, riwayat cara persalinan, jumlah persalinan lama menopause dan IMT dengan IUS pada perempuan usia lanjut di RSCM Jakarta.

Metodologi: Desain penelitian potong-lintang. Subyek pada perempuan >60 tahun yang memenuhi kriteria inklusi. Inkontinensia Urin tipe Stres dinilai dari anamnesis, pemeriksaan fisik serta pemeriksaan kontraksi vagina dengan nerineometri.

Hasil: Didapatkan hasil 35 kasus dan 47 kontrol. Subyek penelitian dengan usia >75 tahun didapatkan 8 (53.3%) IUS riwayat cara persalinan mengalami tindakan didapatkan 18 (100.0%) IUS. jumlah persalinan lebih dari 2 kali didapatkan 30 (43,5%) IUS lama menopause lebih dari 7 tahun didapatkan 35 (45,5%) IUS, IMT > 26 didapatkan 14 (58.3%) IUS. Dilakukan analisis bivariat didapatkan hasil antara usia dan IUS dengan OR 1.69 (IK 95% 0.55 - 5.22).. antara riwayat cara persalinan dan IUS dengan OR 1,71 (TTY 95% 0.70 - 4.14) antara jumlah persalinan dan MS dengan OR 1.23 (IK 95% 0.37 - 4.15). antara IMT > 26 dan IUS dengan OR 2.47 (IK 95% 0,93 - 6.52). Lama menopause tidak dapat dianalisis karena tidak didapatkan lama menopause < 7 tahun harus mengalami IUS. Seluruh variabel hasil analisis bivariat yang memiliki p mendekati 0.25 diikutsertakan dalam analisis multivariat. Setelah dilakukan analisis multivariat dengan regresi logistik didapatkan bahwa IMT yang tampaknya berhubungan dengan IUS (OR 2.991 IK 95% 1.07- 8.361)

Simpulan: Indeks massa tubuh merupakan faktor risiko terjadinya IUS.

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Background: The increase of elderly nonulation leads to the increase of health problems among those who belongs to this population. Stress urinary incontinence (SUI) is one of many problems which is frequently found. Several studies have been carried out to detect risk factors for SUI. but the results were still inconsistent.

Objective: To assess the relationship between age. types of delivery. Parity, menopausal period, and BMI with SUI in elderly women at Cipto Mangunkusumo Hospital, Jakarta.

Method: A cross-sectional study of elderly women > 60 years who met the inclusion criteria. SUI was evaluated from interviews, physical examinations and vaginal contractions measured with a perineometer.

Results: This study comprised 35 cases and 47 controls. SUI were detected in 8 (53.3%) of subjects who were > 75 years, in 18 (50.0%) of those who had intervention during delivery, in 30 (43,5%) of those who had parity > 2, in 35 (45.5%) of those who had had menopause > 7 years, and in 14 (58.3%) of those with BMI > 26. Bivariate analyses were performed and the results are OR 1,69 (95% CI 0.55-5.22) between age and SUI, OR 1.71 (95% CI 0.70 - 4.14) between types of delivery and SUI, OR 1.23 (95% CI 0,37 - 4.15) between parity > 2 and SUI, OR 2.47 (95% CI 0,93 - 6.52) between BMI > 26 and SUI. Menopausal period could not be analyzed because no subjects who had less than 7 year - period of menopause was found to have SUI. Variables which had p close to 0.25 in bivariate analyses were measured in multivariate analyses with logistic regression. Those variables were types of delivery and BMI. As a result BMI was the only variable which was related to SUI (OR 2.99[95% CI 1,07-8,36 ).

Conclusion: BMI is a risk factor for SUI