

# Hubungan kekuatan otot dasar panggul dengan kejadian inkontinensia urin tekanan pada kehamilan trimester tiga akhir dan faktor-faktor yang berpengaruh = Relationship between pelvic floor muscle and stress urinary incontinence in late third trimester of pregnancy and its associated factors

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## Abstrak

Inkontinensia urin tekanan sering ditemukan pada kehamilan dengan prevalensi tertinggi pada empat minggu terakhir kehamilan. Diketahui bahwa kelemahan otot dasar panggul merupakan salah satu penyebab inkontinensia urin tekanan. Penelitian ini bertujuan untuk mengetahui hubungan kekuatan otot dasar panggul dengan inkontinensia urin tekanan pada perempuan hamil trimester ketiga akhir, dan faktor-faktor yang mempengaruhinya. Penelitian ini menggunakan desain potong lintang dengan melibatkan perempuan hamil 36-40 minggu di poli Obstetri dan Ginekologi RSUD Tebet Jakarta. Data yang diperoleh berupa hasil anamnesis, Questionnaire for Urinary Incontinence Diagnosis QUID, pemeriksaan fisik, perineometer, dan tes batuk. Sampel berjumlah 142 orang dengan 54,2 diantaranya mengalami inkontinensia urin tekanan. Diketahui bahwa kekuatan otot dasar panggul dan taksiran berat janin memiliki perbedaan bermakna dengan inkontinensia urin tekanan  $p = 0,002$ ,  $< 0,001$ , secara berurutan. Uji multivariat menunjukkan bahwa kekuatan otot dasar le; 25,5 cmH<sub>2</sub>O panggul dan TBJ ge; 3.100 gram paling mempengaruhi kejadian inkontinensia urin tekanan OR = 2,52,  $p = 0,021$  dan OR = 3,34,  $p = 0,001$ , secara berurutan. Uji probabilitas menunjukkan bahwa apabila TBJ >3.100 gram dan kekuatan otot dasar panggul <hr />Stess urinary incontinence is the most frequent found during pregnancy with the highest prevalence in the last four weeks of pregnancy. It is known that weaken pelvic floor muscle is one of the causes of stress urinary incontinence. This study aims to know the relationship between the strength of pelvic floor muscle and stress urinary incontinence in late third trimester of pregnancy and its associated factors. A cross sectional study was conducted involving women with 36 until 40 weeks of pregnancy at Obstetric and Gynecology clinic of Tebet Subdistrict Hospital, Jakarta. Collected data included medical interview, Questionnaire for Urinary Incontinence Diagnosis QUID, physical examination, perineometer, and cough test. Among 142 samples, 54.2 had stress urinary incontinence. Discovered that pelvic floor muscle, and estimated fetal weight had significant differences with SUI  $p 0.002$ ,  $0.001$ , respectively. Multivariate analysis showed the strength of pelvic floor muscle le 25.5 cmH<sub>2</sub>O, and EFW ge 3,100 gram were the most influenced factors for SUI OR 2.52,  $p 0.021$  dan OR 3.34,  $p 0.001$ , respectively. The likelihood of SUI was 75.39 if the strength of PFM was le 25.5 cmH<sub>2</sub>O, and EFW ge 3,100 gram. Weaken pelvic floor muscle, and EFW were the factors influencing SUI.