

POLITEKNIK KESEHATAN TANJUNGPUR

**JURUSAN KEPERAWATAN PROGRAM STUDI SARJANA TERAPAN
KEPERAWATAN**

SKRIPSI, Juni 2025

Andrey Perdana Sefa

**EFEKTIVITAS *BLADDER TRAINING* TERHADAP INKONTINENSIA
URINE PASIEN POST OPERASI *BENIGNA PROSTATE HYPERPLASIA* DI
RS BHAYANGKARA RUWA JURAI KOTA BANDAR LAMPUNG TAHUN
2025.**

xvii + 52 halaman, 7 tabel, 3 bagan, 16 lampiran

ABSTRAK

Inkontinensia urine menjadi salah satu komplikasi umum yang terjadi pada pasien BPH post operasi *Transurethral Resection of the Prostate* (TURP). Kondisi ini memerlukan perawatan salah satunya *bladder training* untuk meningkatkan kontrol kandung kemih dengan metode *scheduled urination*. Penelitian ini bertujuan untuk mengetahui efektivitas *bladder training* terhadap kejadian inkontinensia urine pada pasien post operasi BPH. Penelitian ini menggunakan desain *quasi-eksperiment* dengan pendekatan pre-test dan post-test pada kelompok intervensi dan kontrol. Instrumen yang digunakan adalah kuesioner *Revised Urinary Incontinence Scale* (RUIS) dan dianalisis menggunakan uji statistik *Wilcoxon signed ranks* dan *Mann-Whitney*. Sampel penelitian adalah pasien post operasi BPH di RS Bhayangkara Ruwa Jurai yang dibagi dalam kelompok intervensi dan kontrol. Sampel berjumlah 15 responden pada masing-masing kelompok. Hasil penelitian menunjukkan bahwa terdapat penurunan signifikan skor RUIS setelah dilakukan *bladder training* pada kelompok intervensi dibandingkan dengan kelompok kontrol ($p < 0,05$). Hal ini menunjukkan bahwa *bladder training* efektif dalam menurunkan kejadian inkontinensia urine. *Bladder training* efektif dalam mengurangi kejadian inkontinensia urine pada pasien post operasi BPH dan dapat direkomendasikan dalam perawatan pasca operasi BPH.

Kata Kunci : *Bladder Training*, Inkontinensia Urine, BPH, TURP.

Pustaka : 28 (2010-2025)

TANJUNGKARANG HEALTH POLYTECHNIC

**DEPARTEMENT OF NURSING GRADUATE STUDY PROGRAM APPLIED
NURSING**

Thesis, June 2025

Andrey Perdana Sefa

***THE EFFECTIVENESS OF BLADDER TRAINING ON URINARY
INCONTINENCE IN POST-OPERATIVE BENIGN PROSTATIC HYPERPLASIA
PATIENTS AT BHAYANGKARA RUWA JURAI HOSPITAL, BANDAR
LAMPUNG CITY, IN 2025.***

xvii + 52 pages, 7 tables, 3 charts, 16 attachments

ABSTRACT

Non-communicable diseases remain a serious concern for men, one of which is Benign Prostatic Hyperplasia (BPH). Urinary incontinence is a common complication that occurs after Transurethral Resection of the Prostate (TURP) surgery in patients with BPH. Bladder training is one nursing intervention that can be used to improve bladder control. One method of bladder training is scheduled urination. This study aims to determine the effectiveness of bladder training on the incidence of urinary incontinence in post-operative BPH patients. This study used a quasi-experimental design with a pre-test and post-test approach in both the intervention and control groups. The instrument used was the Revised Urinary Incontinence Scale (RUIS) questionnaire, and data were analyzed using the Wilcoxon signed ranks test and the Mann-Whitney test. The sample consisted of post-operative BPH patients at Bhayangkara Ruwa Jurai Hospital, divided into intervention and control groups, with 15 respondents in each group. The results showed a significant decrease in RUIS scores after bladder training in the intervention group compared to the control group ($p < 0.05$). This indicates that bladder training is effective in reducing the incidence of urinary incontinence. Bladder training is effective in reducing urinary incontinence in post-operative BPH patients and can be recommended as a standard intervention in post-operative BPH care.

*Keywords : Bladder Training, Urinary Incontinence, BPH, TURP
Literature : 28 (2010-2025)*