THE EFFECTIVENESS OF BLADDER TRAINING, KEGEL EXERCISES, AND A COMBINATION OF THE BOTH ON URINARY FUNCTION PATIENTS AT KARSA HUSADA BATU REGIONAL HOSPITAL

Azizah Putri Shafa

Bachelor of Applied Nursing Departement of Nursing, Health Polytechnic of the Ministry of Health Malang, Jl. Besar Ijen 77C, Malang City

ABSTRACT

Caesarean section is a surgical delivery procedure that carries the risk of urinary dysfunction due to trauma to the pelvic organs and damage to the nerves that control the bladder. This condition can cause decreased urinary sensation, detrusor muscle dysfunction, and even post-operative urinary incontinence. Interventions to address this problem, such as bladder training, kegel exercises, or a combination of the two, have never been performed at Karsa Husada Batu Regional Hospital. To determine the effectiveness of bladder training, kegel exercises, and combination of both on urinary function in patients who have undergone caesarean section at Karsa Husada Batu Regional General Hospital. This study is a pre-experimental design using a one-shot case study (post-test only) design. This study was conducted from 3 to 18 Desember 2025. The study population consisted of post-operative caesarean section patients at Karsa Husada Batu regional General Hospital. The sample size was 27 people. Data analysis using logistic regression analysis test. Which means that Ho is accepted and H1 is rejected. There is no difference in the effectiveness of bladder training, kegel exercise, and a combination of both on urinary function in post-operative caesarean section patients at Karsa Husada Batu Regional Hospital. It is recommended that health workers provide other complementary therapies that are more appropriate to the patient`s condition.

Keywords : bladder training, kegel exercise, urinary function