

ABSTRAK

PENERAPAN TEKNIK *KEGEL EXERCISE* UNTUK MENINGKATKAN ELIMINASI URIN PADA PASIEN BATU URETER DI RSUP Dr. TAJUDDIN CHALID MAKASSAR

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Latar Belakang : batu ureter merupakan salah satu masalah urologi yang sering menimbulkan gangguan eliminasi urin seperti retensi, nyeri hebat, dan risiko komplikasi. Penanganan yang umum dilakukan lebih berfokus pada terapi medikamentosa dan tindakan invasif, sementara intervensi non farmakologis masih jarang diterapkan. *Kegel exercise* adalah salah satu latihan otot dasar panggul yang bertujuan memperbaiki kontrol berkemih dan meningkatkan eliminasi urin.

Tujuan : Untuk mengetahui efektivitas penerapan *Kegel exercise* terhadap peningkatan eliminasi urin di ruang IGD RSUP Dr. Tajuddin Chalid Makassar.

Metode : menggunakan desain studi kasus pada pasien laki-laki usia 21 tahun dengan diagnosis batu ureter. Asuhan keperawatan dilaksanakan melalui tahapan pengkajian, penetapan diagnosis, intervensi, implementasi, dan evaluasi. Intervensi utama berupa edukasi dan latihan *Kegel exercise*.

Hasil : menunjukkan adanya perbaikan eliminasi urin berupa aliran urin yang lebih lancar, berkurangnya keluhan tidak puas setelah berkemih, serta penurunan intensitas nyeri.

Kesimpulan : *Kegel exercise* dapat dijadikan intervensi non-farmakologis yang sederhana, aman, dan efektif untuk membantu meningkatkan eliminasi urin. Saran, latihan ini dapat dijadikan alternatif terapi pendukung dalam asuhan keperawatan di IGD untuk pasien dengan gangguan eliminasi urin.

Kata Kunci : Batu ureter, eliminasi urin, *Kegel exercise*, retensi urin

ABSTRACT

APPLICATION OF KEGEL EXERCISE TECHNIQUE TO IMPROVE URINARY ELIMINATION IN URETERAL STONE PATIENTS AT DR. TAJUDDIN CHALID GENERAL HOSPITAL, MAKASSAR

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Background: Ureteral stones are one of the most common urological problems that often cause urinary elimination disorders such as retention, severe pain, and risk of complications. Management is generally focused on pharmacological therapy and invasive procedures, while non-pharmacological interventions are still rarely applied. Kegel exercise is a pelvic floor muscle training aimed at improving urinary control and enhancing urinary elimination.

Objective: To determine the effectiveness of Kegel exercise in improving urinary elimination in the Emergency Department of Dr. Tajuddin Chalid General Hospital, Makassar.

Method: This study used a case study design involving a 21-year-old male patient diagnosed with ureteral stones. Nursing care was provided through assessment, diagnosis, intervention, implementation, and evaluation. The main intervention consisted of education and Kegel exercise training.

Results: Findings showed improvements in urinary elimination, including smoother urine flow, reduced complaints of incomplete voiding, and decreased pain intensity.

Conclusion: Kegel exercise can serve as a simple, safe, and effective non pharmacological intervention to improve urinary elimination. **Recommendation:** This exercise may be considered as a supportive therapy in emergency nursing care for patients with urinary elimination disorders.

Keywords: Ureteral stone, urinary elimination, Kegel exercise, urinary retention