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Effect of Kegel exercise on urinary incontinence among adolescent girls of rural area

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Abstract

Urinary Incontinence means a person leaks urine by accident. Urinary Incontinence also called Overactive bladder. The experience of uncontrollably leaking urine can be embarrassing issues for many people. 50 adolescent girls were selected from Rural Area. One Month Kegel Exercise Session was conducted in three times a day. Data were collected using a questionnaire completed by the participants themselves. In this study Urinary Infection was the major correlates of SUI. In the present study we found that a high prevalence of Stress Urinary Incontinence among adolescent girls. Public awareness is needed to identify the condition for early diagnosis and treatment of UI.

Keywords: Urinary incontinence, adolescent girls, Kegel exercise

Introduction

Urinary Incontinence means a person leaks urine by accident. UI also called Overactive bladder. The experience of uncontrollably leaking urine can be an embarrassing issue for many people. Urinary incontinence is a loss of bladder control that's commonly seen in older. Urinary incontinence is a condition that impacts many people's lives. When you have incontinence, you may experience bladder control issues and leak urine. This leakage is often uncontrollable and can negatively impact your life. Urinary incontinence is not just a medical problem. It can affect emotional, psychological and social life. Many people who have urinary incontinence are afraid to do normal daily activities. There are several types of urinary incontinence, including: stress incontinence – when urine leaks out at times when your bladder is under pressure; for example, when you cough or laugh. Urge incontinence - when urine leaks as you feel a sudden, intense urge to pee, or soon afterwards. Overflow incontinence (chronic urinary retention) – when you're unable to fully empty your bladder, which causes frequent leaking. Total incontinence – when your bladder cannot store any urine at all, which causes you to pass urine constantly or have frequent leaking. Kegel exercises are simple clench-and-release exercises that you can do to make the muscles of your pelvic floor stronger. Your pelvis is the area between your hips that holds your reproductive organs. Kegel exercises can help make the muscles under the uterus, bladder, and bowel (large intestine) stronger. Kegel exercises can be done any time you are sitting or lying down. You can do them when you are eating, sitting at your desk, driving, and when you are resting or watching television.

Kegel Exercise

Make sure your bladder is empty, then sit or lie down, tighten your pelvic floor muscles. Hold tight and count 3 to 5 seconds, relax the muscles and count 3 to 5 seconds, Repeat 30 days, 3 times a day (morning, afternoon, and night).

Objectives

1. To find out the types of Urinary Incontinence among Adolescent girls.
2. To find out the reasons of Urinary Incontinence among adolescent girls.
3. To find out the effect of Kegel exercise on Urinary Incontinence among adolescent girls.

Hypothesis

It is Hypothesized that Kegel exercise might be decrease level of Urinary Incontinence among

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Adolescent girls of rural area.

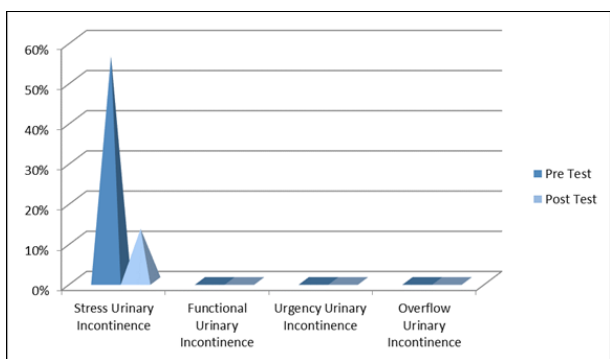
Methodology

For this Study 50 adolescent girls were selected from Rural Area. Random sampling method used for this study. One Month Kegel Exercise Session was conducted in three times a day. Data were collected using a questionnaire completed by the participants themselves.

Statistical Analysis

Table 1: Result of analysis of types of urinary incontinence

Variables	Pre-test	Post-test
Stress Urinary Incontinence	56%	13%
Functional Urinary Incontinence	0%	0%
Urgency Urinary Incontinence	0%	0%
Overflow Urinary Incontinence	0%	0%
Nil	0%	43%

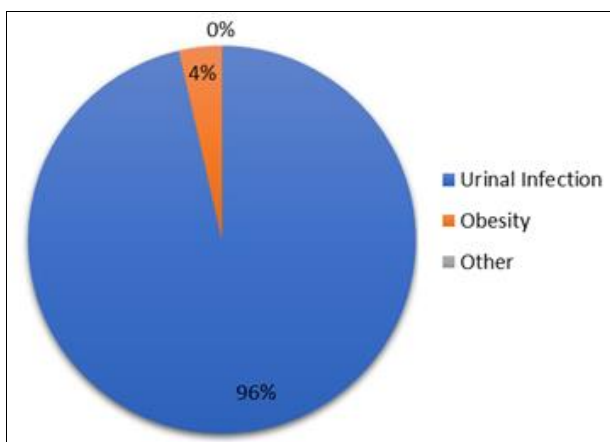


Graph 1: Result of analysis of types of urinary incontinence

This graph shows that 56% adolescent girls suffer from Stress Urinary Incontinence. After one month of Kegel exercise session percentage of Stress Urinary Incontinence was decreased.

Table 2: Result of analysis of risk factors associated with Urinary Incontinence

Variables	Percentage of Risk Factors
Urinal Infection	54%
Obesity	2%
Other	0%



Graph 2: Percentage of risk factors

This graph shows that urinary infection was the major correlate of stress urinary incontinence.

Result

Overall out of 50 adolescent girls 28 girls reported having UI. In this study 56% adolescent girls suffer from Stress UI. In the majority of adolescent girls who reported SUI cough and Sneezing were the commonest factors. Girls with SUI reported experiencing SUI more than once daily. After the one month Kegel exercise session percentage of SUI girls was decreased. Urinary Infection was the major correlates of SUI

Conclusion

In this study Urinary Infection was the major correlates of SUI. In the present study we found that a high prevalence of Stress Urinary Incontinence among adolescent girls. Public awareness is needed to identify the condition for early diagnosis and treatment of UI.

Recommendation

Adolescent girls need to be empowered by evidenced knowledge and good practice to modify their risk factors. They need to express their medical problems. They do the regular exercises and create awareness about UI. Prioritizing personal hygiene, clean toilets should be used.

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