EFEKTIFITAS LATIHAN KEGEL TERHADAP
KESULITAN ORGASME PADA PEREMPUAN PASCA TERAPI KANKER SERVIKS

Dewi Puspasari*Yati Afiyati**Hayuni Rahmah**

ABSTRAK

Latar belakang Efek samping radioterapi adalah pemendekkan dan pengeringan vagina, sehingga menyebabkan kesulitan orgasme. Penelitian ini bertujuan untuk melihat efektifitas latihan Kegel dalam mengatasi kesulitan orgasme pada perempuan pasca terapi kanker serviks. Metode penelitian Desain penelitian kuasi eksperimen nonequivalent control group posttest-only design dengan jumlah responden 26 orang kelompok intervensi dan 26 orang kelompok kontrol. Pengambilan sampel menggunakan tehnik consecutive sampling. FSFI merupakan instrumen yang digunakan pada penelitian dalam mengukur kesulitan orgasme pada perempuan pasca terapi kanker serviks. Uji t-tes digunakan untuk melihat perbedaan pada kedua kelompok. Hasil penelitian dalam latihan Kegel menunjukkan perbedaan yang bermakna pada tingkat orgasme pada kedua kelompok dengan p value= 0.002 (< 0.05). Latihan Kegel terbukti memberikan peluang untuk menurunkan kesulitan orgasme sebanyak 3.897 kali (OR= 3.897). Simpulan latihan Kegel terbukti secara efektif menurunkan kesulitan orgasme pada perempuan pasca terapi kanker serviks. Peran perawat dalam upaya promotif, preventif dan rehabilitatif terhadap keluhan yang akan dirasakan setelah terapi kanker serviks sebagai upaya untuk meningkatkan derajat kesehatan perempuan dengan kanker serviks.

Kata Kunci: Latihan Kegel, Orgasme, Pasca terapi kanker serviks

ABSTRACT

Radiotherapy for cervical cancer has side effects which cause the vagina become smaller and drier so that it could reduce the flexibility and lubrication of the vagina. These side effects could change the sexual functions, which is orgasm difficulty. This study proves the effectiveness of Kegel exercises to overcome orgasm difficulty for the women after a cervical cancer therapy. Method The Quasi-experimental 'nonequivalent control group posttest-only design' was conducted to 26 intervention group and 26 control group. The sampling technique used consecutive sampling method. FSFI were obtained in order to measure orgasm difficulties to women after a servical cancer therapy. A t-test was used to examine differences between two groups. Result findings The Kegel exercises gave a significant changing of orgasm level with p value= 0.002 lower than 0.05. There was significance difference of orgasm level between intervention and control groups. Kegel exercises provided opportunies to reduce orgasm difficulties as much as 3.897 times (OR=3.897). Conclusion The Kegel exercises are proved to reduce effectively solve the disturbant of orgasm for women after a cervical cancer therapy. Nursing role are to promote, prevent and rehabilitate the complaint of women after cervical cancer therapy as an effort to improve health status of women with cervical cancer.

Keywords: Kegel exercises, Orgasm, After cervical cancer therapy