

ABSTRAK

Nama : dr. Suryadi
Program Studi : Obstetri dan Ginekologi
Judul : Hubungan Luas Hiatus Genitalis dengan Kekuatan Otot Dasar Panggul pada Perempuan Prolaps Organ Panggul Derajat Berat
Pembimbing : dr. Arufiadi Anityo Mochtar, MSi.Med, Sp.OG, Subsp.Urogin RE

PENDAHULUAN: Prolaps organ panggul (POP) adalah kondisi di mana organ panggul mengalami herniasi ke dalam vagina akibat kelemahan ligamen atau otot penyokong panggul. POP berkaitan erat dengan pelebaran hiatus genitalis dan kelemahan otot dasar panggul.

TUJUAN: Mengetahui hubungan luas hiatus genitalis dengan kekuatan otot dasar panggul pada perempuan prolaps organ panggul derajat berat.

METODE: Penelitian cross sectional di RSUP Dr. Kariadi Semarang melibatkan 20 pasien prolaps organ panggul derajat berat. Evaluasi dilakukan terhadap luas hiatus genitalis dan kekuatan otot dasar panggul. Analisis dilakukan menggunakan uji korelasi Pearson, uji korelasi Spearman dan Mann Whitney U dengan hasil signifikan $p < 0.05$.

HASIL: Pasien prolaps organ panggul derajat berat didominasi oleh usia 60-74 tahun (65%), IMT *overweight*-obesitas (60%) dan multipara (65%). Peningkatan luas hiatus genitalis secara signifikan akan diikuti oleh penurunan kekuatan otot dasar panggul ($p < 0.001$; $r = -0.817$).

SIMPULAN: Evaluasi luas hiatus genitalis dapat digunakan untuk memprediksi kekuatan otot dasar panggul pada pemeriksaan rutin pasien.

Kata kunci: kekuatan otot dasar panggul, luas hiatus genitalis, prolaps organ panggul

ABSTRACT

Name : dr. Suryadi
Study Program : Obstetrics and Gynecology
Title : Relationship between Genital Hiatus Width and Pelvic Floor
Muscle Strength in Women with Severe Pelvic Organ Prolapse
Supervisor : dr. Arufiadi Anityo Mochtar, MSi.Med, Sp.OG, Subsp.Urogin
RE

INTRODUCTION: Pelvic organ prolapse (POP) is a condition in which pelvic organs herniate into the vagina due to weakness of the ligaments or muscles supporting the pelvis. POP is closely related to widening of the genital hiatus and weakness of the pelvic floor muscles.

AIM: To determine the relationship between the width of the genital hiatus and the strength of the pelvic floor muscles in women with severe pelvic organ prolapse.

METHODS: A cross-sectional study at Dr. Kariadi General Hospital in Semarang involved 20 patients with severe pelvic organ prolapse. Evaluations were conducted on the width of the genital hiatus and pelvic floor muscle strength. Analysis was performed using Pearson correlation, Spearman correlation, and Mann-Whitney U tests, with a significant result of $p < 0.05$.

RESULTS: Patients with severe pelvic organ prolapse are predominantly aged 60-74 years (65%), overweight-obese (60%), and multiparous (65%). An increase in the width of the genital hiatus is significantly accompanied by a decrease in pelvic floor muscle strength ($p < 0.001$; $r = -0.817$).

CONCLUSION: Evaluation of the width of the genital hiatus can be used to predict pelvic floor muscle strength in routine patient examinations.

Keywords: pelvic floor muscle strength, genital hiatus width, pelvic organ prolapse