

THE CORELATIONOF URINARY INCONTINENCE WITH DEPRESSION LEVEL IN ELDERLY

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ABSTRACT

Urinary incontinence is a disorder of bladder function, which provides problems with sleep disorders, skin problems, physical problems, social isolation, and psychological problems. Based on population projection data, estimated in 2017 there are 23.66 million people in Indonesian elderly people (9.03%). Prediction of elderly population in 2020 (27.08 million), 2025 (33.69 million), year 2030 (40.95 million) and year 2035 (48.19 million).

To see the urinary incontinence relationship with depression level in the elderly in the village of Cilebut west of Sukaraja District Bogor West Java in 2019.

This research is an analytical deskriptif study, with a correlation design. The population of this research is the elderly who are in the village Cilebut West Sukaraja District Bogor West Java and who entered the criteria of inclusion as much as 73 sampling. Data retrieval using a questionnaire of 23 questions. Data analysis techniques using Chi Square analysis (X²).

There is a significant relationship between the urinary incontinence with depression level in the elderly in the village of West Cilebut Sukaraja District Bogor Regency West Java, which is shown with the results of the Chi-Square there are as many as 21 respondents (52.5%). In the statistical test, the result of H₀ was rejected and H_a received, where p-value ≤ α, then the significant P-value ≤ 0.05. Thus, in conclusion of statistical test, there is a link between urinary incontinence with depression rate in elderly in rural Cilebut West District Sukaraja Bogor District, 2019. These results are expected to add insight to the elderly about urinary incontinence and depression so that age is not worried when experiencing the problem.

Keywords : elderly, urinary incontinence, depression

PRELIMINARY

Based on population projection data, it is estimated that in 2017 there were 23.66 million elderly people in Indonesia (9.03%). Prediction of the number of elderly population in 2020 (27.08 million), 2025 (33.69 million), 2030 (40.95 million) and 2035 (48.19 million).¹

Data from the World Health Organization (WHO) in 2015 showed that aging experienced the highest level of expectation since 2000. The population of elderly people in the world also experienced an increase every year, in 2013 the highest proportion was obtained in the elderly at 8.1% of the total population².

The increasing number of elderly people needs serious handling because scientifically the elderly experience a decrease both in terms of physical, biological, and mental. This is inseparable from economic, social, and cultural issues, so there is a need for family participation and social roles in handling because it is the main support system for the elderly in maintaining their health. The role of the family in the care of the elderly among other physical care, psychological care, social care, spiritual care. Nurses have an important role to play in the health of the elderly, namely improving the quality of the elderly and creating independence for the elderly in the maintenance and handling of

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physical and mental health problems, so as to be able to utilize various resources available in the family and community.

Aging is a process that occurs continuously and continuity, then will cause anatomical, physiological, and biochemical changes in the body so that it will affect the overall function and ability of the body. Incontinence is a condition where the urine is involuntary clear and objective and becomes a social and hygienic problem. Epidemiologically urinary incontinence is the excretion of urine that is not controlled in the period of a year or more than episodes in a month.⁵

Urinary incontinence in the elderly population is a serious problem. The National Kidney and Urologic Diseases Advisory Board says there are around 13 million individuals in the United States suffering from urinary incontinence, with the highest incidence occurring in the elderly who are either being treated at nursing homes or not. In all, it is estimated that about half of the elderly who are treated at home or in nursing homes experience incontinence.⁷

Depression is a type of emotional disturbance that includes psychological components: distress, depressed, sad, hopeless, and unhappy, as well as somatic components: anorexia, constipation, moist skin, blood pressure and decreased pulse rate.⁴

Depression is a disorder of feeling (effect) characterized by a dysphoric effect (loss of excitement / arousal) accompanied by other symptoms, such as sleep disturbance and decreased appetite.⁶

The results of this study are in line with Devrisa Nova Fernandes in 2014 entitled *The Relationship Between Urinary Incontinence and the Degree of Depression in Aged Women*. Next at the Dharma Bakti Surakarta Nursing Home and the Posyandu under the guidance of the Surakarta Manahan Health Center. The results showed that moderate depression is the most frequent degree of depression experienced by elderly women by 25 respondents (34.25%). Consisting of 22 elderly age groups. While the smallest percentage is severe depression by 9 respondents (12.33%).

Based on the results of a survey conducted in the District of West Cilebut Village Sukaraja District Bogor Regency West Java in 2019 in August it was found that the number of elderly people in the West Cilebut Village Sukaraja District Bogor Regency during the study found 90 elderly. From the elderly data after conducting a preliminary study, as many as 73 elderly people experienced Urinary Incontinence.

Based on the results of observations that have been made in the District of West Cilebut Village Sukaraja District Bogor Regency West Java in 2019 there are some elderly who experience depression. The elderly suffer more depression in those who are immobilized or have chronic diseases. Elderly who are immobilized, all day just lying in bed. Likewise with the elderly who have chronic diseases such as arthritis. They don't get along with other elderly people because of their limitations or illness. Under these circumstances, signs of depression are often seen. So many elderly people are identified as having signs and symptoms of depression but they are not given any medical or nursing care to cure them.

The impact of depression on the elderly is very bad. Untreated depression causes increased use of health and medical facilities, negatively affects quality of life and

increases mortality. Whereas with prolonged urinary incontinence that is not handled properly will indirectly affect the quality of life of a person, causing life problems in terms of medical, social, economic and psychological.

Based on the description above this makes researchers interested in taking this title to be the basis of research, is there a relationship between Urinary Incontinence and the Depression Level in the Elderly in the Region of West Cilebut Village Sukaraja District Bogor Regency West Java.

RESEARCH METHODS

This type of research uses quantitative analytics. Analytic is research that tries to explore how and why health phenomena occur. Analytical research can be done quantitatively so that statistical analysis can be carried out.

The research design is the final result of a decision stage made by the researcher relating to how the research can be applied. The approach taken is cross sectional.

Cross sectional is a study to study the dynamics of correlation to find out the relationship between urinary incontinence and the level of depression in the elderly by approaching, observing or collecting data at the same time. This design is to find out the relationship between urinary incontinence and the level of depression in the elderly of Cilebut Barat Village, Sukaraja District, Bogor Regency, West Java .

This research was conducted on September 13-20 in the Region of West Cilebut Village Sukaraja District Bogor Regency West Java in 2019. The population in this study were the elderly in the West Cilebut Village Region Sukaraja District Bogor West Java with a total of 90 elderly from several Rw in the village In this research using Quota Sampling, there is a limitation on the sampling quota that the selected sample must be a certain number (quotum) from each predetermined subgroup of a population.

RESEARCH RESULT

Based on the frequency distribution of urinary incontinence by sex in the West Cilebut Village Region Sukaraja District Bogor Regency West Java, shows that of the 73 respondents most of the respondents were Elderly Women as many as 38 respondents (52.1%).

Distribution of Frequency of Urinary Incontinence in the West Cilebut Village Area Sukaraja District Bogor Regency West Java shows that of the 73 respondents most respondents experienced severe Urinary Incontinence as many as 41 respondents (56.2%).

Based on the frequency distribution of depression levels in the Cilebut Barat Village Region, Sukaraja District, Bogor Regency, West Java, shows that of the 73 respondents namely the number of elderly people who experienced severe depression as many as 55 respondents (75.3%).

The Relationship between Urinary Incontinence and Depression Level in the Elderly in the District of West Cilebut Village, Sukaraja District, Bogor, West Java, shows that from 73 respondents, the number of elderly women who experience depression due to severe incontinence was 21 respondents (52.5%).

From the results of statistical tests using Chi-square shows the value P -value = 0,000, which means value-value <0.05 , so the decision taken is H_0 accepted H_0 rejected, which means there is a significant relationship between Urinary Incontinence with the Depression Level in the Elderly in West Cilebut Region Sukaraja District Bogor Regency West Java.

DISCUSSION

1. Characteristics of Research Subjects by Gender

Obtained the results of 73 respondents found the majority of respondents, namely Elderly Women as many as 38 respondents (52.1%), while Elderly Men as many as 35 respondents (47.9%).

2. Univariate Results

Based on the results of the study showed that of 74 respondents in the West Cilebut Village Area Sukaraja District Bogor Regency West Java it can be seen that 41 respondents (56.2%) who experienced severe incontinence in the West Cilebut Village Region Sukaraja District Bogor Regency West Java. It's only natural that the elderly are not in a serious physical or mental illness condition that requires them to get serious health care. Environmental factors, environmental factors that are clean, healthy and conducive contribute to contribute to one's health level. The quality of health services in the West Cilebut Village Area Sukaraja District, Bogor Regency, West Java, the better the elderly, the easier it is to check and control the health conditions of the elderly.

The results of this study are inversely proportional to Angelina Mediatrice Wilson, Rina kudre, Fanly Onibala in 2017 The Relationship of Urinary Incontinence With Depression Rates in the Elderly at Bethania Lembean Werdha Nursing Home. The results showed that of the total 39 respondents (100%) there were 29 respondents (74.4%) experiencing mild urinary incontinence. Whereas 10 respondents (25.6%) experienced severe urinary incontinence.

Urinary incontinence in the elderly population is a serious problem. The National Kidney and Urologic Diseases Advisory Board says there are around 13 million individuals in the United States suffering from urinary incontinence, with the highest incidence occurring in the elderly who are either being treated at nursing homes or not. In all, it is estimated that about half of the elderly who are treated at home or in nursing homes experience incontinence.⁸ Incontinence is a condition wherein urine is seen involuntarily clear and objective and become social and hygienic problems. Epidemiologically, urinary incontinence is the excretion of urine that is not in control within a year or more than episodes in a month.⁹

Urinary disorders or urinary incontinence is defined as a condition where a person cannot control urination.¹⁰ Although urinary incontinence is not a life-threatening disease, incontinence can affect a person's psychological condition. Refusal from the community, limited social activity due to unusual fear feelings control urination. This is what will cause psychological disorders such as depression.¹¹

The factors that influence this condition are caused by too much urinary tract

muscles to hold urine when there is pressure. Bladder muscles can weaken due to various factors, for example, due to labor, excess body weight, or complications from surgery.

Based on the results of the frequency distribution and the percentage of types of urinary incontinence in the elderly in the Region of West Cilebut Village, Sukaraja District, Bogor Regency, West Java, the majority of respondents experienced urgent urinary incontinence. Urinary urinary incontinence is the most common type of incontinence in the elderly in the village. Urinary incontinence urgency is involuntary urine output, urine discharge before reaching the toilet, the need to rush to go to the toilet, and the inability to hold urine. Old people in the village of West Cilebut, District of Sukaraja, Bogor Regency could not hold their urine until they entered the toilet. Urine will come out when they are on their way to the toilet and when they open their pants and clothes when they reach the toilet.

Based on the results of the research assumptions that researchers can conclude that the occurrence of severe urinary incontinence can be caused by decreased resistance to the urethra and bladder estuary. As well as the unstable bladder detrusor muscles that react to urinate or urinate before they enter the toilet, and without being noticed by the elderly the clothes / pants they wear are wet because urine cannot be held by the elderly.

b. Depression on Lasia in the West Cilebut Village Region Sukaraja District Bogor Regency West Java

Based on the results of the study showed that of 73 respondents, stated that the majority of those experiencing depression were 55 respondents (75.3%) in the West Cilebut Region Sukaraja District, Bogor Regency, West Java. This can be seen from the advanced age in the Region Cilebut Barat Village Sukaraja District Bogor Regency West Java experiences depression, sadness, loss of life passion, no enthusiasm, and feel helpless, feel failure and guilt, do not feel satisfied with life, are useless and hopeless.

The results of this study are in line with Devrisa Nova Fernandes in 2014 entitled *The Relationship Between Urinary Incontinence and the Degree of Depression in Older Women at the Dharma Bakti Surakarta Nursing Home and Posyandu* under the guidance of the Manahan Public Health Center Surakarta. The results showed that moderate depression is the most frequent degree of depression experienced by elderly women by 25 respondents (34.25%). Consisting of 22 elderly age groups. While the smallest percentage is severe depression by 9 respondents (12.33%).

Depression is a word that has many nuances of meaning. Most of us have felt sad or annoyed, lead a life full of problems, feel disappointed, lost and frustrated, which easily leads to unhappiness and despair. However, in general this feeling is quite normal and is a healthy reaction that lasts quite short and easily dispelled. Depression is a disorder of feeling (effect) characterized by a dysforic effect (loss of excitement / arousal) accompanied by other symptoms, such as sleep disturbance and decreased appetite.⁶ Depression is a type of emotional disturbance that includes psychological components: distress, depressed, sad, hopeless, and unhappy, as well as somatic

components: anorexia, constipation, moist skin, blood pressure and decreased pulse rate⁶

Depression is not a condition due to a single pathology, but is usually multifactorial. In old age, where environmental stress often causes depression and adaptability has decreased, due to depression in old age is often not as good as young age.¹² The factors that influence are economic status, and social support, physical illness, urinary incontinence, gender, marital status, geographics, age.

Based on the results of research that the elderly experience changes such as vision and hearing disorders, the limitation is at risk of causing depression in old age. Depression in the elderly in the area of West Cilebut Village Sukaraja District Bogor Regency according to the characteristics of depression in the elderly is more common in women. It is suspected that women seek treatment more often so that depression is diagnosed more frequently, and states that women experience environmental stressors more frequently and lower threshold for stressors in men.

Also emphasized is severe anxiety, anxiety, disability, continuing social activities, work and household affairs. This makes it easy for old people to feel bored so that the emergence of sadness, depressed, pessimistic, and others. Thus it is only natural that respondents who experience depression in the West Cilebut Village Region Sukaraja District Bogor Regency West Java is very high 55 respondents (75.5%).

Based on the results of research on the assumptions that researchers can conclude that the occurrence of depression in the elderly due to urinary incontinence that can cause an attitude of withdrawal in the elderly because they consider themselves smelly and useless in the environment where they live, and the elderly have difficulty in facing and continuing good activities social and their work as usual.

2. Bivariate Results

Based on the results of the study, it can be concluded that there are 21 respondents (52.5%) Elderly who experience severe urinary incontinence with depression is more common in the elderly women, while when researching the elderly laiki only 17 respondents (51.5%) were found. This suggests that urinary incontinence with a degree of depression is often experienced in older women than in elderly men.

The results of this study are in line with Desby Juananda, Dhany Febriantara with the title Urinary Incontinence in the Elderly in Pani Werdha, Riau Province in 2017. The research subjects were divided into two groups, namely the elderly who experienced urinary incontinence and non- urinary incontinence. Based on age classification, the elderly are divided into three age groups, namely elderly (60-75 years old), old (75-90 years old), very old (> 90), whereas based on the sexes of the elderly the elderly are classified into male and female. In this study it was found that urinary incontinence was experienced by (53.33%) and mainly women (56.25%).

As for those that affect urinary incontinence with increasing age, the bladder capacity decreases. Remaining urine in the bladder after each urination tends to increase and irregular contractions of the bladder muscles become more frequent. The occurrence of urinary incontinence which results in the elderly woman appearing with insecurity to

socialize with other people, even to the point that they have no function to live.

RESEARCH LIMITATIONS

This research has been attempted and carried out in accordance with scientific procedures, however it still has limitations, namely: data collection is only based on the contents of the questionnaire not by observation, so that only answers based on the answers that have been provided, At a age that is less cooperative it is difficult to communicate, especially for respondents who can not read, the language written is not the same as the language said.

IMPLICATIONS

In studies of elderly who experience severe urinary incontinence with depression, health services need to provide therapy to elderly people who experience severe urinary incontinence in the form of counseling about urinary incontinence, bladder training, pelvic floor muscle training, habit training, prompted voiding, biofeedback therapy, electrical stimulation, neuromeduling. So that the number of elderly who experience depression due to severe urinary incontinence, one effort that can be given by the family is social support and attention to the elderly, so that the elderly does not experience severe depression resulting in increased suicide rates.

CONCLUSION

1. Distribution of Frequency of Urinary Incontinence in the Elderly in the Region of West Cilebut Village, Sukaraja District, Bogor Regency in 2019 shows that of the 73 respondents most respondents experienced severe urinary incontinence as many as 41 respondents (56.2%).
2. Distribution of Urinary Incontinence Frequency in Lasi by sex in the area of West Cilebut Village Sukaraja District Bogor Regency shows that of the 73 respondents most of the respondents were elderly women as many as 38 respondents (52.1%).
3. Frequency Distribution of Depression Levels in the Elderly in the Region of West Cilebut Village Sukaraja District Bogor District Year shows that of the 73 respondents most of the respondents are 55 respondents (75.3%) who experience depression.
4. The Relationship between Urinary Incontinence and the Level of Depression in the Elderly in the West Cilebut Village Region Sukaraja District Bogor District is known that from 73 respondents found the majority of elderly people experience severe urinary incontinence with the level of depression in elderly women as many as 21 respondents (52.5 %). From the results of statistical tests using Chi-square address value $p\text{-value} = 0,000$, which means <0.05 , so the decision taken is H_0 accepted H_0 rejected, which means that there is a significant relationship between Urinary Incontinence with Depression Level in Lansi in the Village Area Cilebut Barat Sukaraja District Bogor Regency.

SUGGESTION

1. Nursing Student Wijaya Husada After reading the results of this study, it is expected that Wijaya Husada students can increase their knowledge by reading the results of other studies specifically about the Relationship of Urinary Incontinence and the Depression Level in the Elderly in the Region of West Cilebut Village, Sukaraja District, Bogor Regency, West Java, thereby expanding knowledge and adding new knowledge to students especially about nursing care subjects.
2. For the West Cilebut Village Region, Sukaraja District, Bogor Regency It is hoped that this research will be able to provide information to all related parties as one of the provisions in efforts to improve the incidence of anemia in pregnant women and can help carry out health service delivery to pregnant women.
3. For Researchers It is expected that the results of this study can provide information and input for the researched land institutions, especially in the West Cilebit Village, Sukaraja District, Bogor Regency, the elderly can change their mindset so that they do not feel depressed because of the health conditions they suffer

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