

Abstrak

Stroke merupakan kondisi serius yang mengancam jiwa yang terjadi ketika pasokan darah ke bagian otak terputus. Stroke merupakan penyebab utama disabilitas dan kematian nomor dua di dunia. Penelitian ini bertujuan untuk mengetahui pengaruh *bladder training* terhadap kemampuan berkemih pasien stroke yang terpasang kateter di Rumah Sakit Royal Prima Medan. Jenis penelitian ini adalah kuantitatif dengan menggunakan desain *quasi experiment one group pretest-posttest*. Sampel dalam penelitian ini ditentukan dengan teknik pengambilan sampel menggunakan total sampling berjumlah 31 orang. Instrumen penelitian menggunakan lembar observasi yang berisikan tentang kemampuan berkemih pasien. Data yang telah terkumpul dianalisis secara univariat dan bivariat. Analisis univariat dilakukan untuk melihat distribusi frekuensi data demografi, variabel independen, dan variabel dependen penelitian sedangkan analisis bivariat menggunakan uji *Wilcoxon* untuk melihat pengaruh *bladder training* terhadap kemampuan berkemih pasien stroke yang terpasang kateter. Hasil analisis menunjukkan bahwa ada pengaruh *bladder training* terhadap kemampuan berkemih pasien stroke yang terpasang kateter di Rumah Sakit Royal Prima Medan dengan *p* value 0,000. Kesimpulan, ada pengaruh yang signifikan *bladder training* terhadap kemampuan berkemih pasien stroke yang terpasang kateter. Disarankan kepada manajemen rumah sakit agar menerapkan *bladder training* pada pasien stroke yang terpasang kateter agar pasien memiliki kemampuan untuk berkemih.

Kata Kunci : *Bladder training*, Stroke, Kemampuan berkemih

Abstract

*Stroke is a serious, life-threatening condition that occurs when the blood supply to part of the brain is disrupted. Stroke is the second leading cause of disability and death in the world. This study aims to determine the effect of bladder training on the ability to urinate in catheterized stroke patients at Royal Prima Hospital Medan. This type of research is quantitative using a quasi-experimental one group pretest-posttest design. The sample in this study was determined by a sampling technique using a total sampling of 31 people. The research instrument used an observation sheet containing information about the patient's ability to urinate. The data that has been collected is described univariately and bivariately. Univariate analysis was carried out to see the frequency distribution of demographic data, independent variables, and dependent variables of the study, while bivariate analysis used the Wilcoxon test to see the effect of bladder training on the ability to urinate in catheterized stroke patients. The results of the analysis showed that there was an effect of bladder training on the ability to urinate in catheterized stroke patients at Royal Prima Hospital Medan with a *p* value of 0.000. In conclusion, there is a significant effect of bladder training on the ability to urinate in catheterized stroke*

patients. It is recommended for hospital management to implement bladder training in stroke patients who have catheters so that patients have the ability to urinate.

Keywords: Bladder training, Stroke, urination ability