

**HUBUNGAN USIA, PARITAS, DAN JENIS PERSALINAN DENGAN
KEJADIAN *OVERACTIVE BLADDER* (OAB) PADA WANITA
PASCAMENOPAUSE DI PUSKESMAS BELIMBING
KOTA PADANG**



Skripsi

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ABSTRACT

The Relationship Between Age, Parity and Type of Delivery with the Incidence of Overactive Bladder (OAB) in Postmenopausal Women at Belimbing Community Health Center, Padang City

By

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Overactive bladder (OAB) is a lower urinary tract dysfunction characterized by urinary urgency, high frequency, and nocturia, which may be accompanied by urinary incontinence. The incidence of OAB increases in postmenopausal women due to decreased estrogen levels and changes in pelvic floor muscle structure. This study aims to determine the relationship between age, parity, and type of delivery and the incidence of OAB in postmenopausal women in the Belimbing Community Health Center, Padang City.

This study used a quantitative cross-sectional design. The sample consisted of postmenopausal women selected using consecutive sampling. The research instrument was the Overactive Bladder Symptom Score (OABSS) questionnaire, and data analysis was performed using the chi-square test.

The results showed that 43% of respondents experienced OAB. Most respondents were aged 52–59 years (55.1%), were multiparous (72.9%), and had a history of vaginal delivery (84.1%). Analysis using the chi-square test showed a significant association between age ($p = 0.002$; $OR = 3.771$), parity ($p = 0.001$; $OR = 12.218$), and type of delivery ($p = 0.042$; $OR = 4.27$) and the incidence of OAB.

Based on these findings, it can be concluded that age, parity, and type of delivery are significantly associated with the incidence of OAB in postmenopausal women at the Belimbing Community Health Center in Padang City. Primary care providers are expected to conduct screening and early detection of high-risk women. Preventive education, including pelvic floor muscle training, weight management, drinking habits, and urinary function monitoring, should be integrated into maternal health programs starting during the postpartum period to reduce the incidence of OAB and improve the quality of life of postmenopausal women.

Keywords: *Overactive Bladder, Postmenopausal Women, Age, Parity, Type of Delivery, OABSS*

ABSTRAK

Hubungan Usia, Paritas, Dan Jenis Persalinan Dengan Kejadian *Overactive Bladder* (Oab) Pada Wanita Pascamenopause Di Puskesmas Belimbing Kota Padang

Oleh

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Overactive Bladder (OAB) merupakan gangguan fungsi saluran kemih bawah yang ditandai dengan urgensi berkemih, frekuensi tinggi, dan nokturia, yang dapat disertai inkontinensia urin. Kejadian OAB meningkat pada wanita pascamenopause akibat penurunan kadar estrogen dan perubahan struktur otot dasar panggul. Penelitian ini bertujuan untuk mengetahui hubungan antara usia, paritas, dan jenis persalinan terhadap kejadian OAB pada wanita pascamenopause di wilayah kerja Puskesmas Belimbing Kota Padang.

Jenis penelitian yang digunakan adalah kuantitatif dengan desain *cross sectional*. Sampel penelitian terdiri atas wanita pascamenopause yang dipilih menggunakan teknik *consecutive sampling*. Instrumen penelitian berupa kuesioner *Overactive Bladder Symptom Score* (OABSS), sedangkan analisis data dilakukan dengan uji chi-square.

Hasil penelitian menunjukkan bahwa sebanyak 43,% responden mengalami OAB. Sebagian besar responden berusia 52–59 tahun (55,1%), memiliki paritas multipara (72,9%), dan memiliki riwayat persalinan pervaginam (84,1%). Analisis menggunakan uji *chi-square* menunjukkan adanya hubungan yang signifikan antara usia ($p = 0,002$; OR = 3,771), paritas ($p = 0,001$; OR = 12,218), dan jenis persalinan ($p = 0,042$; OR = 4,27) dengan kejadian OAB.

Berdasarkan temuan tersebut dapat disimpulkan bahwa usia, paritas, dan jenis persalinan berhubungan signifikan dengan kejadian OAB pada wanita pascamenopause di Puskesmas Belimbing Kota Padang. Tenaga kesehatan di layanan primer diharapkan melakukan skrining dan deteksi dini pada wanita berisiko tinggi. Edukasi pencegahan, termasuk latihan otot dasar panggul, pengendalian berat badan, pengaturan pola minum, dan pemantauan fungsi kemih, sebaiknya diintegrasikan ke dalam program kesehatan ibu sejak masa nifas untuk menurunkan kejadian OAB dan meningkatkan kualitas hidup wanita pascamenopause.

Kata Kunci: *Overactive Bladder*, Wanita Pascamenopause, Usia, Paritas, Jenis Persalinan, OABSS