

**“A STUDY TO ESTIMATE PREVALENCE AND TO ASSESS THE IMPACT OF  
KEGAL EXERCISE ON URINARY INCONTINENCE AND QUALITY OF LIFE  
AMONG THE WOMEN IN SELECTED RURAL AREA OF KARAD TALUKA”**

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**ABSTRACT**

Urinary incontinence is more common disease in women with several causes and has an effect on their quality of life.. World Health Organization(WHO) mentioned that around 200 million people worldwide experience urinary incontinence. Data in the United States is estimated at around 10-12 million adults with urinary incontinence with 85% of them occurring in women. Mostly Indian women usually do not take a treatment, they do not verbalize their symptoms of urinary incontinence and also they do not ready to consult regarding their problem and they are having a high tolerance for seeking treatment. The reasons given by women for non consultation are the Shyness, lack of money/ time, fear of pain and surgery.<sup>1</sup>

In this review paper reviewer will provide short overview about the impact of Kegal exercise on urinary incontinence and quality of life among the women.

**Key words:** Kegal Exercise, Urinary incontinence, Quality of Life.

**BACKGROUND**

Urinary continence is the ability of the urinary bladder to hold the urine. In situations where this ability is lost, there can be a involuntary loss of urine, which is termed as urinary incontinence. Incontinence is a social and hygienic problem and is demonstrable objectively. Though it is not a threat to life, it could possibly affect the person's quality of life, and may restrict social activity.

Urinary incontinence is a common clinical complaint, particularly in post-menopausal women and Stress urinary incontinence (SUI) is the type of urinary incontinence which is defined as any involuntary leakage of urine related to any abdominal effort like a sneezing or coughing. A primary level significant task for all health workers is a prevention of urinary incontinence. To enhance primary prevention, researchers need to identify populations at risk and focus on early treatment to eliminate symptoms or disease progression.

A worldwide statistics of urinary incontinence is - The prevalence of female UI was 27.6% (range: 4.8–58.4%) and the prevalence of significant incontinence increased with age. The stress urinary incontinence (50%), mixed urinary incontinence (32%) and urge (14%).<sup>1</sup>

Urinary incontinence is more common in women with several causes and has a significant impact on their quality of life. World Health Organization(WHO) mentioned that around 200 million people worldwide experience urinary incontinence. Data in the United States is estimated at around 10-12 million adults with urinary incontinence with 85% of them occurring in women<sup>2</sup>

## **METHODS**

### **Impact Of Kegel Exercise**

In India, women with urinary problems silently suffer with symptoms even when their symptoms cause major distress and hinder daily activities due to culture of silence. Literature reported that lack of awareness of the condition, psychosocial embarrassment, financial constraints for consultations, and fear of treatment were the few factors influencing low health-seeking behavior and poor QOL among women with UI<sup>3</sup>.

Kegel exercise is the most preferred method in managing urinary incontinence in all age groups and advised by many physicians worldwide. The investigator is interested to do the study on the effectiveness of Kegel exercises since it is a non-pharmacological, noninvasive method. In addition to that it is an easy method to practice by all women and economical to follow by all age groups. This would pave the way to happy no dribbling life.

### **Search engines and time period**

### **Search engines and time period**

Studies identified through the available literature in five computerized databases: CINAHL, Medline (PubMed), PsycInfo, Scopus, and the Google scholar. Current article covers all full review publications that appeared in English language women's having urinary incontinence related journals between January 2015 and 31 December 2021.

The problem of urinary incontinence is more pronounced in India, where women usually do not seek treatment for their reproductive health problems and do not vocalize their symptoms. There is a culture of silence and Indian women's not ready for consultation regarding such problems<sup>4</sup> Women in India have also been reported to have a high tolerance threshold for seeking treatment. Embarrassment, shyness, lack of money/time, fear of surgery and pain are usually the reasons given by women for non-consultation.

The rapidly increasing population is the global population and women are the older population (65%). The prevalence range of urinary incontinence is between 3 to 53% among community older women are the of them.<sup>4</sup>

### **Overall outlook of the reviews**

Currently systematic reviews and meta-analyses regarding 'improve quality of life of women having urinary incontinence.

- Studies related to risk factors and Prevalence of urinary incontinence among women

- Studies related to Prevalence of urinary incontinence in women and its impact on quality of life
- Studies related to effect of Kegel Exercise on urinary incontinence and Quality of Life of women

### **Studies related to Prevalence and risk factors of urinary incontinence and its impact on quality of life among women**

A population based study conducted by Agarwal BK et al among the 464 women were interviewed at SRMS -IMS, Bareilly, Uttar Pradesh, India. Result reveals that out of that 236 women were selected in the study and out of 236 only 28 women found with urinary incontinence so prevalence in this study was 12% and the significant association was found in between age and presence of urinary incontinence. This study concluded that there is effect of urinary incontinence on woman quality of life and impact of personal factor do not have much impact on urinary incontinence.<sup>1</sup>

A observational study conducted by Bhanupriya, Singh N, Goel N (2015) with an objective to investigate risk factors and the prevalence of urinary incontinence in postpartum period women. 500 women's were interviewed by using questionnaire over a period of six weeks. Out of 500 women's 185 primipara participated in study and of those 81 had incontinence. So the prevalence incontinence in primipara was 43.7%. 315 multipara were taken participated in this study and of those 163 had incontinence so the prevalence is 53.4% in multipara women and also the significant association were found between urinary incontinence and chronic cough and constipation. This study concluded that in urinary incontinence stress urinary incontinence is more found in pregnant women than the urge and mixed incontinence.<sup>5</sup>

A cross sectional study conducted by Poomalar GK, Priyadarshini M. on Prevalence of urinary incontinence in reproductive women and its impact on quality of life. At Sri Manakula Vinayagar Medical College and Hospital, Pondicherry, India. Result shows that in this study prevalence of UI was 34.1%. Out of them 73.2% had mild incontinence, 19.6% had moderate incontinence and 7.2% had severe incontinence. This study concluded that Urinary incontinence had higher impact on emotional and social well-being. Awareness has to be created about available treatment options among women.<sup>6</sup>

A observational study conducted by Bhanupriya, Singh N, Goel N, et al among Out of 500 participants, 185 primipara participated in study and of those 185 participants, 81 subjects reported incontinence. The prevalence of incontinence was 43.7% in primipara. This study concluded that A significant number of antenatal women are suffering from UI and it is substantially affecting the quality of life. In India women's are suffering from unawareness about the condition, hence making it difficult to diagnose for physician and further early treatment. Primary prevention of UI is needed by increasing public awareness about pelvic floor muscle exercise<sup>7</sup>

## **Studies related to Impact of Kegel Exercise on urinary incontinence and Quality of Life of women**

A quasi experimental study conducted by Deshmane S, MemchaubiN, A quasi experimental Quantitative approach were used among the 30 women for experimental and 30 women for control group at the age group of 25 to 65 yrs in study. Result reveals that The p-value was 0.20 before the intervention of pelvic floor exercise which is greater than 0.05, and which then reduced to 0.02 after the intervention of pelvic floor exercise (Less than 0.05), so this proved that pelvic floor exercise was most effective in the management of Urinary incontinence among women<sup>8</sup>

A Quasi experimental study conducted by Hanan Gaber M, Hafez SK, Basyoun NR on Effect Of Pelvic Floor Muscle Strengthening-Kegel's Exercise On Severity Of Stress Urinary Incontinence And Quality Of Life Among Women. In the present study 60 women's were recruited by purposive sampling approach. In this study it can be concluded that; Kegel's exercise for a duration not less than six weeks is an effective practice for SUI in women. Nurses could describe the exercise to women. As Kegel has a great advantage of being easy and can be done at any time without being noticed by others..<sup>9</sup>

This study conducted by *Marcin Z, Daria K, Maria M, et.al* in the years 2015–2016 on a group of 80 women recruited among obstetric department patients in Krakow. According to this research result, urinary incontinence may affect the women is up to 45% of women in the postpartum period, and although subsequently its incidence significantly drops, incontinence substantially reduced the quality of life of the study group od of prophylaxis and therapy of urine leakage during the antenatal and the post-partum period. The conclusion drawn from this study that the importance of educating the public about the role of prophylaxis in the urinary incontinence prevention and confirms that pelvic floor training is an effective method of prophylaxis and therapy of urine leakage during pregnancy and the postpartum period <sup>10</sup>

A intervention based experimental study conducted by Hamid RH, Dhupkar A. among 30 nullipara women's were screened by using Questionnaire to diagnose the Urinary Incontinence Diagnosis and Kings Health Questionnaire to assess the quality of life. For one month they were doing pelvic floor exercises 3 times in a week. Second screening was done after completion of one month and this study concluded that Pelvic floor exercises have a good effect in reducing the severity of incontinence which is related to menstrual cycle in nulliparous females of 18-25 years so this type of exercise is an very effective method in improving the quality of life of the females of 18-25 years of age.<sup>11</sup>

### **Intervention On KegalExersize**

#### **Intervention consist of**

Women's having urinary incontinence will be taught Kegal exercise at home with educational material. Exercises include controlled contraction and release of the muscles at the base of the

pelvis where the woman should hold the muscles with contraction for 10 seconds followed by relaxation for 10 seconds, like this she should perform 10-15 times at one time and three times (morning, evening and bed time) per day for 6 weeks.

### Impact measures

1. Quality of life is assessed by using Kings' health questionnaire
2. Effect of Kegel exercise on urinary incontinence is assessed by using questionnaire on urinary incontinence

### Conclusion :-

It was concluded that the Kegel exercise can be effective on improving quality of life of women having urinary incontinence. many studies proven and the existing literature shows that interventions have efficacy for improve the health of women. Most studies capturing exposure information from 10 or more years ago.

After evaluating existing studies we identified research gap and its greatly needed focus on new research studies that will allow integration for introduce new interventions for improve the quality of life of women.

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