RESULTS

The results of the present study are presented in the following parts:

Part I. Socio-demographic characteristic of the studied sample regarding to their medical history and their present history of urinary incontinence problem. Tables (1,2a,2b). Figure (1)

Part II. Knowledge of the studied sample about urinary incontinence. Table: (3). Figure(2)

Part III. Physical health of the studied sample and their ability to practice their daily living activities . Tables: (4,5). Figure(3)

Part IV. Urinary incontinence effect on psychosocial status of the studied sample. Tables: (6a,6b). Figures(4,5)

Part VI. Relationship between urinary incontinence of the studied sample and their quality of life of daily living activities, relationship between urinary incontinence problem of the studied sample and their age, their sex and their educational level. Tables: (7-10)

Part I: Socio-demographic characteristics of the studied sample, regarding to their medical history and their present history of urinary incontinence problem.

Table (1): Distribution of the studied sample in relation to their socio demographic characteristics (n=150).

| Items	N	%
Age		
60-	54	36.0
65-	54	36.0
70+	42	28.0
Mean ±SD= (60.92±7.98)		
Sex		
Male	71	47.3
Female	79	52.7
Educational level		
Illiterate	82	54.7
Primary education	26	17.3
Secondary education	31	20.7
Universal education	11	7.3
Marital status		
Single/ Divorced	11	7.3
Widow	55	36.7
Married	84	56.0
Occupation		
Private work	31	20.7
Retire	65	43.3
House wife	54	36.0
Type of the family		
Single adult living alone	12	8.0
Nuclear family	38	25.3
Extended family	100	66.7
Family income		
Enough and saving	26	17.3
Enough	114	76.0
Not enough	10	6.7
Smoking (male)	42	28.0

Table (1): Revealed that (36%) of the sample ages 60- $\geq$ 65years, while (52.7%) of them were female, (59.7%) of the studied sample were illiterate while (56%) of them were married. As for occupation (43.3%) were retired, (66.7%) of them were extended family, (76%) of them had enough income and (28%) of the elderly male were smokers.

Fig (1): Distribution of the studied sample regarding to their past medical history   (n = 150).
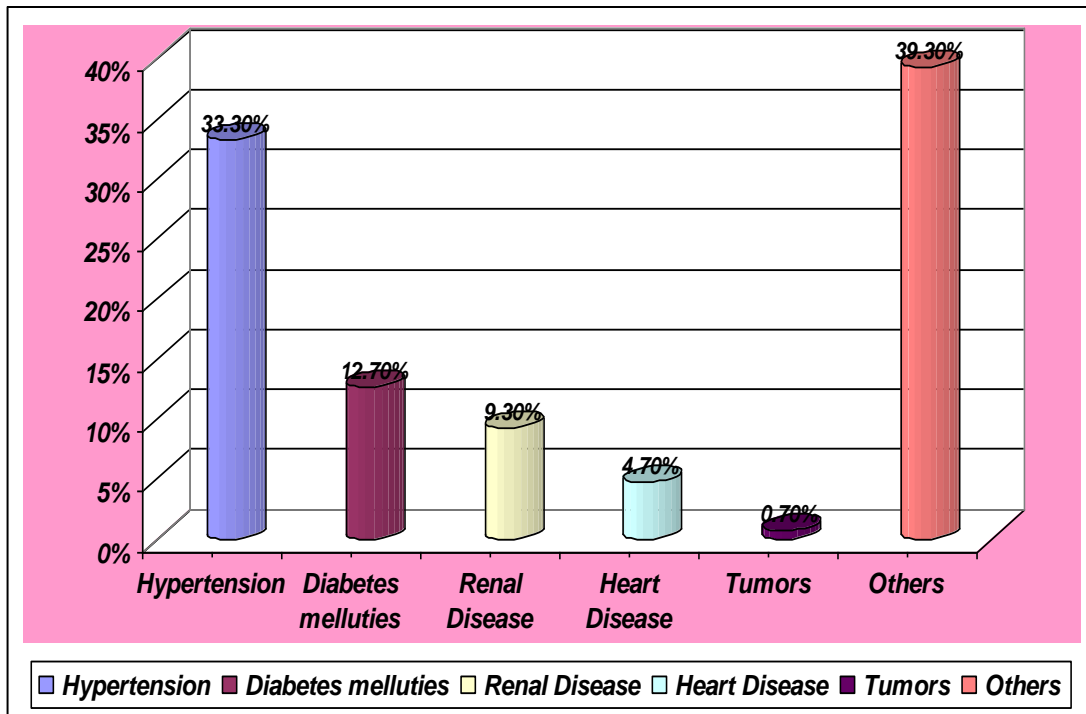
This figure showed that (39.3%) of the studied sample complained from other chronic diseases as (hepatitis & cholecystitis), while (33.3%) of them complained from hypertension and (12.7%) from diabetes mellitus.

Table (2a): Distribution of the studied sample regarding to their present history of urinary incontinence problem (n = 150).

Items	N	%
Numbers of urinary incontinence / day		
once/day	48	32.0
More than one time/day	97	64.7
Frequently /day	5	3.3
Time of complain with urinary incontinence		
<month ago	5	3.3
One -3 months ago	23	15.3
4 months to one year ago	64	42.7
One –five years ago	42	28.0
>5 years ago	16	10.7
Period of urinary incontinence		
At day	58	38.7
At night	35	23.3
At day and night	57	38.0
Amount of urine losing during urinary incontinence		
Few drops (stress incontinence)	76	50.7
Large amount (urge incontinence)	59	39.3
Few drops or large amount (mixed incontinence)	15	10.0

Table (2a): showed that the number of urinary incontinence in (64.7%) more than one time per day, while (42.7%) of them complain from this problem from 4 months to one year, (38.7%) of them urinate at day time and (50.7%) complained from the amount of urine was few drops.

Table (2b): Distribution of the studied sample regarding to their present history of urinary incontinence problem (n = 150).

Items	N	%
Getting up at night		
Never	18	12.0
One -3 times	96	64.0
More than 4 times	36	24.0
Factors associated with urinary incontinence		
Coughing, laughing and heavy works need to stress	50	33.3
In ability to control urine due to desire to urinate	89	59.3
Feeling of anxiety and tension	11	7.3
Bladder ability to control voiding process		
Few minutes	59	39.3
Uncontrol urine	80	53.3
Unable to feel full bladder	11	7.3
During voiding		
Urine flows slowly and intermittently	27	18.0
Need to launch an effort to urine	27	18.0
Feel pain or discomfort	42	28.0
Feel the burning sensation	26	17.3
Hematuria	28	18.7

Table (2b) : showed that (64%) of the studied sample getting up at night from one to 3 times to urinate. (59.3%) of them stated that inability to control urine due to desire to urinate. According to the bladder's ability to control voiding (53.3%) of them has uncontrol urine. while (28%) of them feel pain or discomfort during voiding.

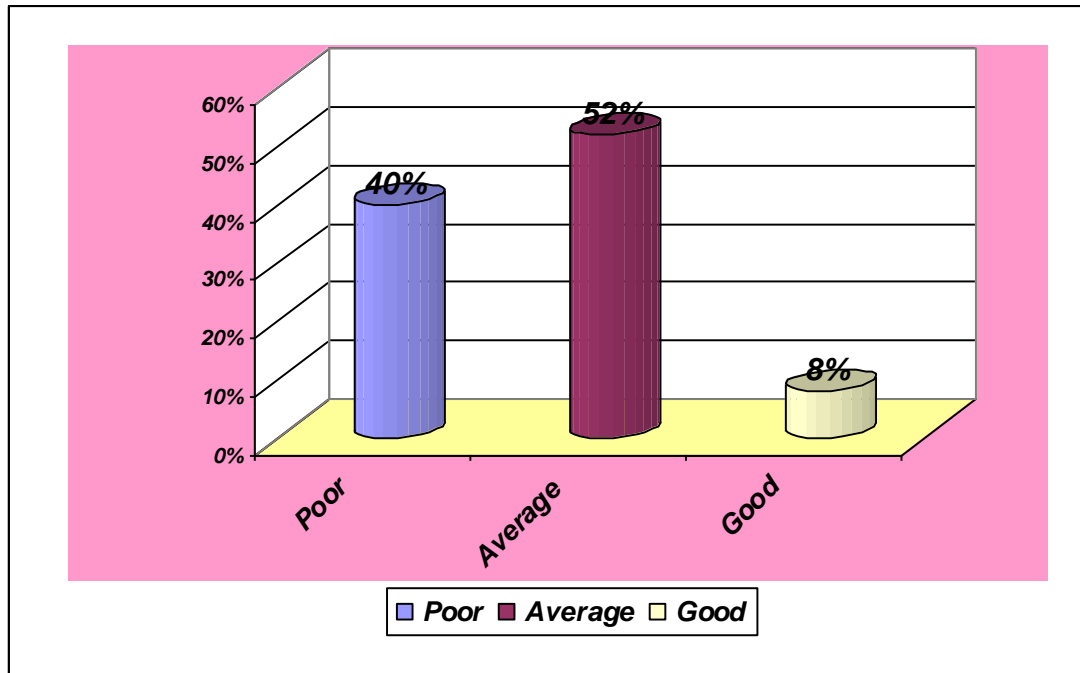## Part II: Knowledge of the studied sample about urinary incontinence.

Table (3): Distribution of the studied sample in relation to their knowledge about urinary incontinence: (n=150).

Knowledge item	Complete answer		Incomplete answer		Don't know	
	No	%	No	%	No	%
Meaning of urinary incontinence .	85	56.7	8	5.3	57	38.0
Types of urinary incontinence.	15	10.0	68	45.3	67	44.7
Causes of urinary incontinence.	18	12.0	118	78.7	14	9.3
Action toward urinary incontinence.	5	3.3	144	96.0	1	0.7
Treatment of urinary incontinence.	3	2.0	144	96.0	3	2.0
Complication of urinary incontinence.	18	12.0	95	63.3	37	24.7

Table (3): Showed knowledge of studied sample about urinary incontinence, the present results revealed that (56.7%) had complete answer about the meaning of urinary incontinence. While (96%) had incomplete answer about treatment and action toward urinary incontinence and (44.7%) of them unknown the types of urinary incontinence.

Fig (2): Distribution of the studied sample regarding to their total knowledge score (n=150) .

This figure showed that (52%) of the studied sample had average knowledge, meanwhile (40%) of them had poor knowledge and (8%) of them had good knowledge about the urinary incontinence problem .

.

Part III: Physical health of the studied sample and their ability to practice daily living activities.

Table (4): Distribution of the studied sample in relation to their physical assessment (n=150)

Items	N	%
Hearing		
Hear effectively	57	38.0
Hear loud voice only	85	56.7
Unable to hear	8	5.3
Attention		
Know all things around him/her	111	74.0
Know some things	34	22.7
Don't know	5	3.3
Memory		
Remember all things	84	56.0
Remember some things	64	42.7
Don't remember	2	1.3
Vision		
See effectively	53	35.3
See the near object only	95	63.3
See the far object only	2	1.3
Movement		
Move independently	105	70.0
Move dependent on other person	29	19.3
Move using stick	16	10.7

Items	N	%
Change clothes		
continuously change	92	4.7
After urinary incontinence	51	34.0
No change	7	61.3
Numbers of baths		
Daily	11	7.3
Twice/week	81	54.0
Once/week	58	38.7
Skin condition		
Skin sore	4	2.7
Redness	35	23.3
Intact	111	74.0
Fluid intake		
< 6 cups	6	4.0
6-8 cups	101	67.3
>8 cups	43	28.7

Table (4): Revealed that (56.7%) of them hear loud voice only. According to attention, (74%) of them identify every thing around them while (56%) of them remember all things . According to vision, (63.3%) of the sample see near things only while (70%) of them move independently. According to clothes change, (61.3%) of them change their clothes continuously while (54%) of them bath twice/ week. According to skin condition, (74%) of them their skin was intact while (67.3%) of them drink fluids 6-8 cups per day.
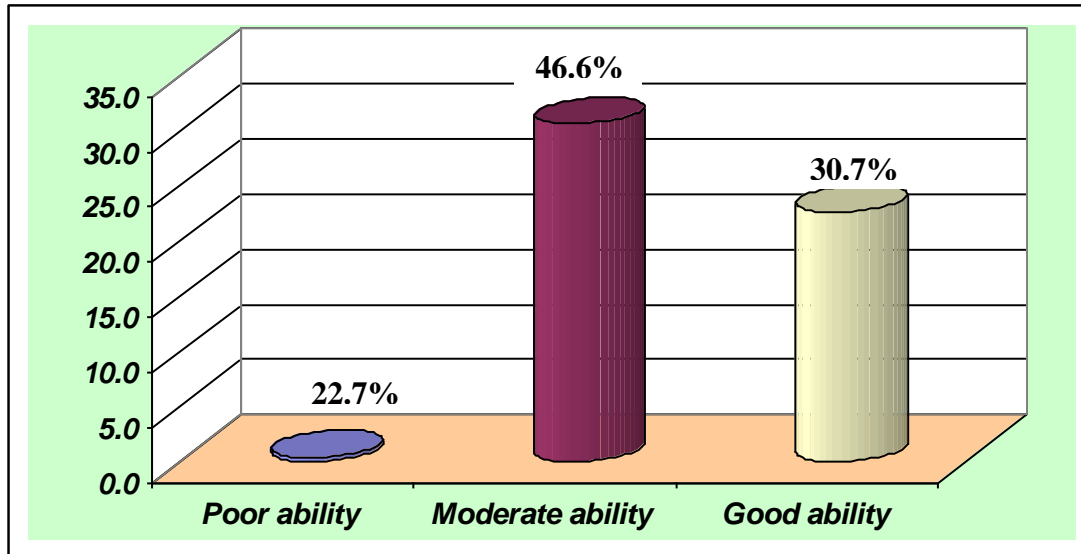
Table (5): Distribution of the studied sample in relation to their ability to practice daily living activities (n=150) .

Daily living activities	Completely Dependant		Partial Dependant		Fully Independent	
	No	%	No	%	No	%
Appearance	8	5.3	35	23.3	107	71.3
Bathing	4	2.7	32	21.3	114	76.0
Doing personal toilet	5	3.3	21	14.0	124	82.7
Dressing	4	2.7	27	18.0	119	79.3
Bowel control	4	2.7	21	14.0	125	83.3
Voiding control	39	26.0	21	14.0	90	60.0

Table (5): Showed that (26%) of the studied sample dependent completely on others in practicing task of activities of daily living in control voiding. On the other hand, partial dependent in practicing task of activities of daily living was observed from (23.3%) in appearance and (21.3%) of them in bathing. While fully independent in practicing task of activities of daily living was observed from (83.3%) of the sample in bowel control, (82.7%) in doing personal toilet and (79.3%) of them in dressing. While (76%) of them in bathing, (71.3%) of them in appearance, and (60%) in control voiding.

Fig(3) :Percentage distribution of total ability of the studied sample regarding to their practice of daily living activities(n=150).

This figure showed that (46.6%) of the studied sample had moderate ability to practice daily living activities while (30.7%) of them had good ability and (22.7%) had poor ability.

Part IV: Urinary incontinence effect on psychosocial status of the studied sample.
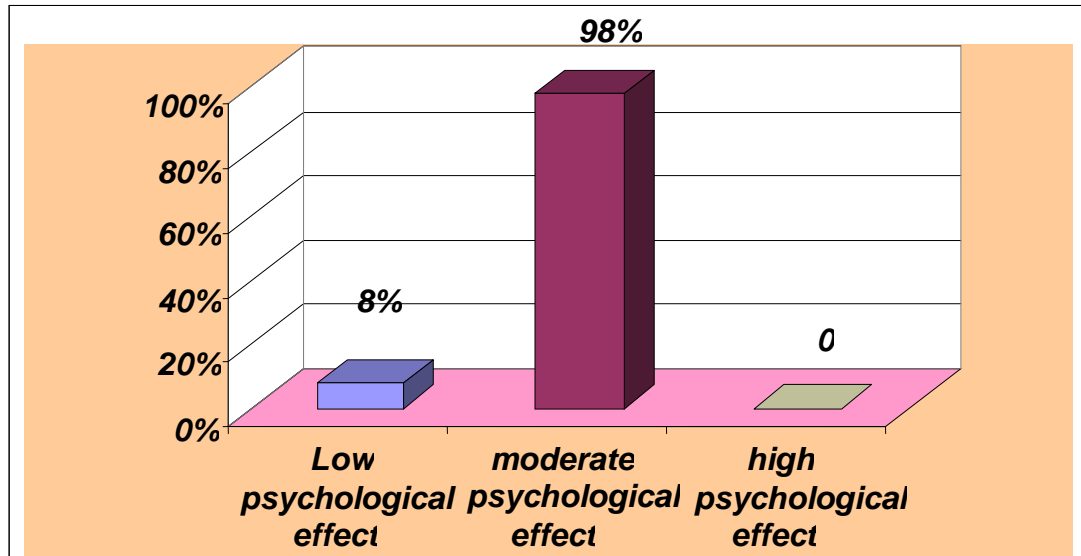
Table (6a): Distribution of the studied sample in relation to urinary incontinence effect psychological status (n=150).

Items	Not at all		A little of time		Most of time		All the time	
	No	%	No	%	No	%	No	%
Feeling nervous during the last month	5	3.3	44	29.3	91	60.7	10	6.7
Feeling uncomfortable and annoying during the last month	23	15.3	88	58.7	36	24.0	3	2.0
Feeling desperate and miserable during the last month	43	28.7	89	59.3	18	12.0	0	0.0
Feeling that life didn't deserve that man/woman live in	112	74.7	26	17.3	9	6.0	3	2.0

Table (6a): Showed that (74.7%) of the studied sample hadn't felt that the life didn't deserve living in, while a little of time(59.3%) had felt desperate and miserable during the last month.

Fig(4): Percentage distribution of the studied sample in relation to Urinary incontinence effect on psychological status (n=150).

This figure showed that (98%)of the studied sample had moderate psychological effect while(8%) of them had low psychological effect and (0%) had high psychological effect .

Table (6b): Distribution of the studied sample in relation to urinary incontinence effect on social status (n=150).

Items	Not at all		A little of time		Most of time		All the time	
	No	%	No	%	No	%	No	%
Like to be with people	2	1.3	19	12.7	37	24.7	92	61.3
Go to market to buy needs	32	21.3	70	46.7	36	24.0	12	8.0
There is any additional work to play	85	56.7	49	32.7	14	9.3	2	1.3
There is a change from the family	80	53.3	46	30.7	12	8.0	12	8.0
Feeling burden on my family	90	60.0	48	32.0	9	6.0	3	2.0
Disgusted of my self	95	63.37	40	26.7	11	7.3	4	2.7
Feeling my family members away	121	80.7	21	14.0	7	4.7	1	0.7

Table (6b): Showed that (80.7%) of the studied sample doesn't feel their family away about them, while(46.7%) of them go to market little to buy their needs, meanwhile (61.3%) of them like to be with other people all time.

Fig(5): Percentage distribution of the studied sample in relation to urinary incontinence effect on social status (n=150).
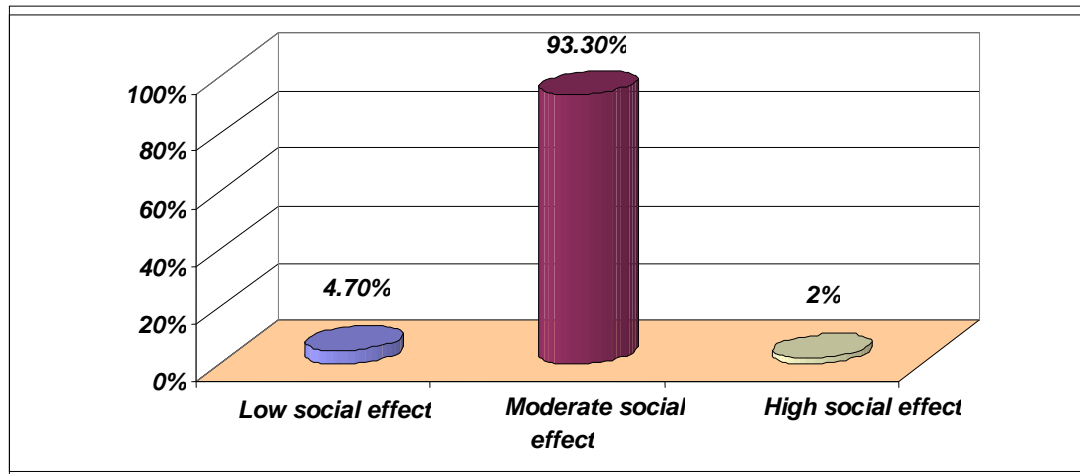
This figure showed that (93.3%) of the studied sample had moderate social effect while (4.7 %) of them had low social effect and (2%) had high social effect.

Part V: Relationship between urinary incontinence of the studied sample and their quality of life of daily living activities, their age group, their sex and their educational level.

According to research question No (1): Is urinary incontinence affect quality of life of daily living activities of elderly people?

Table (7): Statistical relationship between urinary incontinence of the studied sample and their quality of life of daily living activities (n=150)

Daily living activities	Types of urinary incontinence						X^2	P-value
	Stress incontinence		Urge incontinence		mixed incontinence			
	No	%	No	%	No	%		
Appearance								
Completely dependant	3	3.9	2	3.4	3	20.0	15.34	<0.05
Partial dependant	11	14.5	21	35.6	3	20.0		
Fully independent	62	81.6	36	61.0	9	60.0		
Bathing								
Completely dependant	1	1.3	1	1.7	2	13.3		
Partial dependant	10	13.2	20	33.9	2	13.3	16.29	<0.05
Fully independent	65	85.5	38	64.4	11	73.4		
Doing personal toilet								
Completely dependant	1	1.3	2	3.4	2	13.3	14.07	<0.05
Partial dependant	5	6.6	12	23.7	2	13.3		
Fully independent	70	92.1	43	72.9	11	73.4		
Dressing								
Completely dependant	1	1.3	1	1.7	2	13.3		
Partial dependant	10	13.2	16	27.1	1	6.7	12.77	<0.05
Fully independent	65	85.5	42	71.2	12	80.0		
Bowel control								
Completely dependant	1	1.3	1	1.7	2	13.3		
Partial dependant	6	7.9	12	20.3	3	20.0	12.44	<0.05
Fully independent	69	90.8	46	78.0	10	66.7		
Voiding control								
Completely dependant	12	15.8	22	37.3	5	33.3		
Partial dependant	7	9.2	10	16.9	4	26.7	15.42	<0.05
Fully independent	57	75.0	27	45.8	6	40.0		

Table (7): Revealed that there were a statistically significant relation between types of urinary incontinence and quality of life of daily living activities of the studied sample (P<0.05), that all of them fully independent in daily living activities in relation to stress incontinence type.

According to research question No (2): Is there a relationship between socio-demographic characteristics of elderly people and urinary incontinence problem?

Table (8): Statistical relationship between urinary incontinence problem of the studied sample and their age (n=150).

urinary incontinence problem	Age group						X^2	P-value
	60- years old		65- years old		≥70 years old			
	No	%	No	%	No	%		
Numbers of urinary incontinence/day								
once/day	24	44.4	13	24.1	11	26.2	13.16	<0.05
More than one time/day	29	53.7	41	75.9	27	64.3		
Frequently /day	1	1.9	0	0.0	4	9.5		
Time of complain with urinary incontinence								
<month ago	1	1.9	2	3.7	2	4.8	42.6	<0.05
One-3 months ago	18	33.3	2	3.7	3	7.1		
4 months to one year ago	15	27.8	37	68.5	12	28.6		
One –five years ago	12	22.2	12	22.2	18	42.9		
>5 years ago	8	14.8	1	1.9	7	16.7		
Period of urinary incontinence								
At day	26	48.2	19	35.2	13	31	5.03	>0.05
At night	10	18.5	16	29.6	9	21.4		
At day and night	18	33.3	19	35.2	20	47.6		
Getting up at night								
Never	7	13.0	8	14.8	3	7.1	3.48	>0.05
One - 3 times	32	59.3	37	68.5	27	64.3		
More than 4 times	15	27.7	9	16.7	12	28.6		

Table (8): Revealed that there were a statistically significant relation between numbers, time of complain with urinary incontinence of the studied sample and their age (p<0.05). On the other hand, there were no statistically significant relation between their age and period of urinary incontinence and getting up at night (p>0.05).

According to research question No (2): Is there a relationship between socio-demographic characteristics of elderly people and urinary incontinence problem?

Table (9): Statistical relationship between urinary incontinence problem of the studied sample and their sex (n=150).

urinary incontinence problem	Male		Female		X^2	P-value
	No	%	No	%		
Numbers of urinary incontinence/day						
once/day	19	26.8	29	36.7	3.47	>0.05
More than one time/day	48	67.6	49	62.0		
Frequently /day	4	5.6	1	1.3		
Time of complain with urinary incontinence						
<month ago	0	0.0	5	6.3	23.99	>0.05
One -3 months ago	6	8.5	17	21.5		
4 months to one year ago	40	56.3	24	30.4		
One –five years ago	13	18.3	29	36.7		
>5 years ago	12	16.9	4	5.1		
Period of urinary incontinence						
At day	25	35.2	39	49.4	1.83	>0.05
At night	15	33.8	35	44.3		
At day and night	31	14.1	5	6.3		
Getting up at night						
Never	8	11.3	10	12.7	0.282	>0.05
One- 3 times	47	66.2	49	62.2		
More than 4 times	16	22.5	20	35.3		

Table (9): Revealed that there were no statistically significant relation between numbers, time of complain with urinary incontinence, period of urinary incontinence and getting up at night of the studied sample and their sex (p>0.05).

According to research question No (2): Is there a relationship between socio-demographic characteristics of elderly people and urinary incontinence problem?

Table (10): Statistical relationship between urinary incontinence problem of the studied sample and their educational level (n=150)

Urinary incontinence problem	Level of education								X^2	P-value
	Illiterate		Primary education		Secondary education		Universal education			
	No	%	No	%	No	%	No	%		
Numbers of urinary incontinence/day										
once/day	29	35.4	4	15.4	14	45.2	1	1.9	13.87	<0.05
More than one time/day	48	58.5	22	84.6	17	54.8	10	90.9		
Frequently /day	5	6.1	0	0.0	0	0.0	0	0.0		
Time of complain with urinary incontinence										
<month ago	4	4.9	0	0.0	1	3.2	0	0.0	22.39	<0.05
One-3 months ago	10	12.2	6	23.1	7	22.6	0	0.0		
4 months to one year ago	31	37.8	7	26.9	18	58.1	8	72.7		
One –five years ago	28	34.1	10	38.5	1	3.2	3	27.3		
>5 years ago	9	11.0	3	11.5	4	12.9	0	0.0		
Period of urinary incontinence										
At day	27	32.9	12	46.2	13	41.9	6	54.5	3.92	>0.05
At night	20	24.4	5	19.2	7	22.6	3	27.3		
At day and night	35	42.7	9	34.6	11	35.5	2	18.2		
Getting up at night										
Never	7	8.5	5	19.2	4	12.9	2	18.2	5.08	>0.05
One- 3 times	51	62.2	16	61.6	21	67.7	8	72.7		
More than 4 times	24	29.3	5	19.2	6	19.4	1	9.1		

Table (10): Revealed that there were a statistically significant relation between numbers, time of complain with urinary incontinence of the studied sample and their level of education (p<0.05). On the other hand, there were no statistically significant relation between period of urinary incontinence and getting up at night of the studied sample and their level of education (p>0.05).