

Abstract

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Title: Urinary incontinence in female athletes aged 18-30 yeears

Objectives: The aim of this study is to quantitatively analyse the prevalence and nature of urinary incontinence in young female athletes aged 18-30 years using a self-constructed online questionnaire.

Methods: The research was conducted using a quantitative method in the form of an online questionnaire of our own design. It was distributed on social media and emailed to sports clubs and fitness centres. The questionnaire contained 24 questions. Respondents could choose closed or open-ended answers.

Results: The results of the questionnaire survey show that urinary incontinence is a relatively common problem among young female athletes aged 18-30 years. The sample consisted of 132 women, of which 46.2 % of respondents had experience of urinary incontinence during sporting activities. From the analysis of the questionnaire responses, it can be inferred that most of the respondents (98) have partial or no knowledge about pelvic floor. There would be a need for better education and awareness in this area. Attitudes towards preventive measures and training were mostly positive, with a high willingness to participate in preventive programs. 94 (71.2 %), showed interest in the preventive inclusion of pelvic floor exercises in training.

Conclusion: Urinary incontinence is a significant problem among young female athletes, underscoring the need for increased awareness and implementation of prevention programs focused on pelvic floor health. Further research and educational activities are crucial to effectively manage this issue. This work provides valuable insights that can contribute to improving the quality of life of young female athletes and their sport performance.

Keywords: pelvic floor, prevention, deep spinal stabilization system, bladder laxity, women, quality of life, methods, sports