

KEGEL EXERCISES TO REDUCE URINE INNCONTINENCE SYMPTOMS IN ELDERLY PEOPLE THROUGH THE VIDEO

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SUMMARY

Background: *Symptoms of urinary incontinence is a complaint that often experienced by the elderly people. Urinary incontinence is a disease that is usually caused by reduced resistance of the striated muscles in the urethra and urethral sphincter, as well as physiological changes in the elderly people. Urinary incontinence oftenly unreported the patients or their families, partly because they think the problem is an embarrassing problem to talk about and think that condition is normal in the elderly people and does not need treatment. One of the non-pharmacological treatment that can be done in dealing with symptoms of urinary incontinence in the elderly people is kegel exercises, these kegel exercises can stimulate contractions and increase the smooth muscle tone of the bladder wall. The lack of public knowledge, especially the elderly people, about handling incontinence symptoms requires the right media to be used as health education, one of the media that can be used is a video.* **Purpose:** *a video can be used as a for health education in the community, especially for elderly people with urinary incontinence symptoms to increase the knowledge and the skills of the elderly about kegel exercises is to reduce symptoms of urinary incontinence.* **Output Description:** *The theme of this educational video is kegel exercises is to reduce symptoms of urinary incontinence in the elderly people through the video, it contains material exposure and kegel's exercises movement which are attractively packaged with music, writing and dubbing.* **Target:** *This video is aimed for elderly people who experience the symptoms of urinary incontinence to reduce it of urinary incontinence and medical personnel as a means of providing health education to the public.* **Conclusion:** *Kegel exercises video to reduce the symptoms of urinary incontinence in the elderly people can be used as a guide to doing exercise independently and increasing knowledge about Kegel exercises for elderly people with urinary incontinence symptoms.*

Keywords: *Kegel Exercise, Urine Incontinence Symptoms, Elderly People, Video.*