

KEGEL EXERCISES AS AN EFFORT TO REDUCE URINE INCONTINENSIA SYMPTOMS IN LANSIA WITH VIDEO MEDIA

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SUMMARY

Background; *The aging process is a biological process that cannot be avoided and will be experienced by everyone. The aging process will cause health problems. The problem that is often encountered in the elderly is urinary incontinence. Urinary incontinence is a person's inability to hold out urine. This situation raises various medical, social, and economic problems. Urinary incontinence is common in elderly women.* **Method;** *This scientific paper is carried out using information and education methods that use the output, namely video.* **Result;** *The resulting output is in the form of educational video media for Kegel exercises for the elderly, which is useful for reducing symptoms of urinary incontinence, especially elderly women with an age limit of 60 years and over. The output in the form of video media can be viewed repeatedly so that it means that the video media can provide benefits to the people who see it.* **Conclusion;** *The results of the development of communication, information and education media are in the form of videos of the application of Kegel exercises to reduce symptoms of urinary incontinence in the elderly. Kegel exercises with a duration of routine exercise for one week can contribute to reducing symptoms of urinary incontinence in the elderly. This video media for the general public, especially the elderly, can more easily understand how to reduce symptoms of urinary incontinence in the elderly.*

Keywords:

Elderly, Urine Incontinence, Kegel Exercise