

**PENGARUH SENAM KEGEL TERHADAP FREKUENSI INKONTINENSIA URIN  
PADA LANJUT USIA DI WILAYAH PUSKESMAS BANYUDONO 2 KECAMATAN  
BANYUDONO KABUPATEN BOYOLALI**

**‘Anggi Fitria Defiana<sup>1</sup>, ‘Irma Mustika Sari<sup>2</sup>’**

[anggifitria507@gmail.com](mailto:anggifitria507@gmail.com)

Universitas ‘Aisyiyah Surakarta

**ABSTTRACT**

**Background:** urinary incontinence is a common condition frequently experienced by the elderly, primarily due to the weakening of the pelvic floor muscles. Incidence in Indonesia, this issue is significant, whit an estimated prevalence of around 4.7%, affecting approximately 5-7 million people, and 60% of them experiencing urinary incontinence. Recorded in central java, it is that 32.848 million people, or about 87,5%, reported frequently experiencing urinary incontinence, particularly in the service area of Banyudono 2 public health center, Banyudono district, Boyolali regency. One of the non-pharmacological management efforts is regularly performing kegel exercises. **Objective:** this study aims to determine the effect of kegel exercises on the frequency of urinary incontinence among the elderly in the working area of Banyudono 2 public health center. **Methods:** this study a pre-experimental design whit a one-group pre-test and post-test approach. The sample consisted of 15 elderly individuals selected throught purposive sampling. The intervention was carried out for four weeks whit a frequency of twice per week. Data were collected using an observation sheet to record the frequency of urinary incontinence. **Results:** the Wilcoxon statistical test showed a significant decrease in the frequency of urinary incontinence after the kegel exercise intervention, whit a p-value of 0.001 ( $p < 0.05$ ). **Conclusion:** kegel exercises are effective in reducing the frequency of urinary incontinence among the elderly. Kegrel exercise are recommended as an alternative therapy for managing urinary incontinence in older adults.

**Keywords:** Kegrel Exercise, Urinary Incontinence, Elderly