

***THE EFFECT PF KEGEL EXERCISE IN COMBINATION WITH
BLADDER TRAINING ON REDUCING THE DEGREE OF URINARY
INCONTINENCE IN THE ELDERLY***

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SUMMARY

Background: Urinary incontinence is a common issue in the elderly due to weakened pelvic floor muscles and decreased bladder function, affecting their quality of life. Non-pharmacological interventions like kegel exercise and bladder training are proven to improve urinary control. ***Objective:*** To develop a Communication, Information, Education (KIE) media in the form of a video to help elderly individuals understand and perform kegel exercises and bladder training to reduce urinary incontinence severity. ***Method:*** The project involved creating an educational video through pre-production, production, and post-production phases. A trial was conducted with three elderly respondents at Posyandu Lansia Menur Jebres to evaluate clarity, design, and content usefulness. ***Results:*** The video was considered easy to understand, engaging, and effective in guiding the elderly to practice exercises independently. Respondents gave positive feedback on content and visuals. ***Conclusion:*** The KIE video is effective educational tool to enhance elderly knowledge and practice of urinary incontinence management through kegel and bladder trainign exercises.

Keywords: Urinary Incontinence, Elderly, Kegel Exercise, Bladder Training