

**PENERAPAN SENAM KEGEL TERHADAP PENURUNAN
INKONTINENSIA URINE PADA LANSIA
DI WILAYAH KERJA PUSKESMAS
TERAS BOYOLALI**

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ABSTRACT

Background: *Urinary incontinence is the elimination of uncontrolled urine from the bladder to reduced ability of the pelvic floor muscles. Incontinence problems are widespread and harmful problems. The high incidence of urinary incontinence causes the need for appropriate treatment, because if not treated immediately incontinence can cause various complications. This situation concerns individuals of all ages although it is most often found among the elderly. Exercises to strengthen pelvic muscles (often called Kegel exercises) have long been used to treat / reduce urinary incontinence.* **Objective:** *To find out the results of the application of Kegel exercises to overcome urinary incontinence in the elderly in the Working Area of the Boyolali Terrace Health Center.* **Research Method:** *Observational method with research instrument using voiding frequency observation sheet before and after Kegel exercises performed with frequency measurement every 24 hours.* **Results:** *After Kegel exercises were carried out 3 times every day in 4 consecutive weeks, the frequency of urination of the two respondents decreased.* **Conclusion:** *Kegel exercises are proven to reduce the frequency of urination in the elderly who experience urinary incontinence, the more regularly the elderly are doing Kegel exercises, the frequency of urination can decrease effectively.*

Keywords: *Kegel exercises, Urine Incontinence, Elderly*