

SUMMARY

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ABDOMINAL MASSAGE WITH EFFLEURAGE, KNEADING, STROKING AND VIBRATION TECHNIQUES TO OVERCOME PAIN DUE TO CONSTIPATION IN ERDERLY

SUMMARY

Backgrounds: *Entering old age where at this time a person experiences physical, mental and social deterioration little by little so that he cannot do his daily duties anymore. Based on the risk of elderly people who are categorized as elderly people who are prone to constipation, it often occurs in the elderly aged 60 years and over. Most constipation in the elderly is associated with decreased colonic motility (mixing and pushing movements), reduced mobility of physical activity, low fiber intake and fluid intake in the elderly. Risk factors for constipation, such as age, diet, lifestyle, abdominal muscle weakness, delay or neglect of defecation, inadequate toileting, irregular bowel habits, depression, stress, and hemorrhoids.* **Objective:** *To determine the procedure for implementing abdominal massage using effleurage, kneading, stroking and vibration techniques as a reference in dealing with pain due to constipation in the elderly.* **Methods:** *The method used is using IEC media, namely booklets as a tool to improve knowledge and skills of physiotherapy, posyandu cadres and the elderly in handling elderly pain due to constipation.* **Result:** *IEC Media This booklet will be distributed to physiotherapists, posyandu cadres and the elderly as an easy and practical guide in conducting interventions.* **Conclusion:** *As a medium of education and information for physiotherapy, posyandu cadres, the elderly and facilitate the intervention of abdominal massage using effleurage, kneading, stroking and vibration techniques.*

Keywords: *Abdominal Massage, Pain, Constipation and Booklet*

