

EFFORTS TO REDUCE THE FREQUENCY OF URINE INCONTINENCE ON THE ELDERLY WITH KEGEL EXERCISES USING VIDEO

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SUMMARY

Background: *Elderly often experience incontinence, this is because the aging process causes a person to experience deterioration of body functions, one of the health problems that is very susceptible to decreased function is urination. Data in the United States is estimated that about 10-20 million adults experience urinary incontinence. At the age of 35-65 years it reaches 12% then increases to 16% at the age of more than 65 years. Urinary incontinence is the unconscious excretion of urine, in sufficient quantity and frequency to cause health, social, hygienic, psychosocial and economic problems. One of the non-pharmacological therapies for incontinence is Kegel exercises. Even so, many elderly people don't know how to do Kegel exercises.* **Purpose:** *Education needs to be done so that the elderly understand how to do Kegel exercises through video media.* **Method:** *videos were chosen as learning media because video has advantages such as easier to understand, save time and can be played back.* **Result:** *The resulting video is entitled "Kegel Exercise to Overcome Bedwetting (Urine Incontinence) in the Elderly".* **Conclusion:** *Kegel exercise videos contain material about urinary incontinence and Kegel exercises. It is hoped that the elderly who have watched the videotape demonstration of Kegel exercises are expected to be able and willing to do Kegel exercises, so that their urinary incontinence is lowered.*

Keywords: *elderly, urinary incontinence, kegel exercises, video*