

**KEGEL EXERCISE TO REDUCE INCONTINENCE
URIN ON ELDERLY WOMAN**

Silvyana Putri Anindyasari, Ari Sapti Mei Leni

silvyanasilvyana642@gmail.com

University 'Aisyiyah Surakarta

SUMMARY

Background: *elderly (elderly) is someone who has reached more than 60 years, both male and female. The elderly experience significant anatomical and physiological changes due to the reduced number and ability of body cells which causes health problems experienced by the elderly, including urinary incontinence. Urinary incontinence is uncontrolled or uncontrolled discharge of urine. Objectively, urinary incontinence can be demonstrated and is a social or hygienic problem. Objective: to determine the procedure for implementing Kegel exercises as a reference to reduce urinary incontinence in elderly women. Methods: the method used is using IEC media, namely booklets to be an alternative for physiotherapists in teaching the elderly about Kegel exercises. Result: This booklet IEC media will be disseminated to posyandu cadres and elderly women as an easy and practical guide in conducting interventions.*

Conclusion: *as a medium of education and information for posyandu cadres, the elderly and facilitate the Kegel exercise intervention.*

Keywords : *Elderly, Urine Incontinence, Kegel Exercise, Booklet*