

**THE APPLICATION OF KEGEL EXERCISE OF URINARY
INCONTINENCE IN THE ELDERLY IN PULISEN VILLAGE BOYOLALI
REGENCY**

Annisa Rosie Nirmala¹, Anjar Nurrohmah²
annisarosienirmala12@gmail.com
Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: *The elderly will experience various declines that have an impact on one of the problems in the urinary system, namely urinary incontinence experienced by 27.8% of the elderly population in Indonesia. Observations made there were 6 elderly people in Pulisen Village, Boyolali Regency who experienced stress and urgency urinary incontinence which caused urine leakage during activities that caused abdominal cavity distension and inability to hold urine. Urinary incontinence causes various impacts of other health problems in the elderly, such as sleep disturbances, the risk of falling to social isolation. To reduce the incidence of urinary incontinence, one of the non-pharmacological measures can be used, namely by doing Kegel exercises. **The objective of the research:** Describe the difference in the degree of frequency of urinary incontinence in the elderly before and after the implementation of Kegel exercises in Pulisen Village, Boyolali Regency. **Methods:** This type of research uses a case study method with a descriptive research design. **Results:** This study shows that before the application of Kegel exercises, both respondents were included in the moderate frequency of urinary incontinence and after the implementation of Kegel exercises for 6 times in 2 weeks, the frequency of urinary incontinence of the two respondents was included in the degree of frequency of mild urinary incontinence. **Summary:** There is a difference in the degree of frequency of urinary incontinence before and after Kegel exercises are decreased in the elderly.*

Keywords: *Elderly, urinary incontinence, kegel exercise*