

## ABSTRACT

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***Effect of Kegel Exercises on Decreasing Urinary Incontinence in the Elderly at the Patronage Center of Puskesmas Talang Betutu Palembang***

**SKRIPSI**

**PROGRAM STUDI S1 KEPERAWATAN**

**FAKULTAS ILMU KESEHATAN**

**UNIVERSITAS KATOLIK MUSI CHARITAS**

***Background:*** Elderly people will experience a gradual decline in body function. One of the decreases in the function experienced by the elderly is the urinary system, which causes the elderly to experience a disruption in controlling urine output. This disruption is called urinary incontinence. The efforts to overcome urinary incontinence include non-pharmacological therapies; one of them is Kegel exercises.

***Objectives:*** This study was to determine the effect of Kegel exercises on decreasing urinary incontinence in the elderly..

***Method:*** This study uses a quantitative method with the design of Quasi Experiment with the pre- and post-test Non-equivalent Control Group approach. The samples were 38 elderly who were divided into two groups: 19 for the intervention group and 19 for the control group. The sampling technique was random. Data analysis used Wilcoxon and Mann Whitney test.

***Results:*** The research results showed that in the experimental group, the average value of urinary incontinence pretest 16.37 and posttest was 10.37. Meanwhile, in control group, the average value of urinary incontinence pretest was 12.16 and posttest was 11.79. The intervention group's Wilcoxon test results showed differences in urinary incontinence pretest and posttest (p = 0.001) in experimental group. Meanwhile, in control group there were no difference in urine incontinence pretest and posttest (p = 0.340). The Mann Whitney test did not show differences in posttest urinary incontinence between the intervention group and the control group (p = 0.066).

***Recommendation:*** For those results, it is necessary to routinely provide Kegel exercises for urinary incontinence in the elderly to decline.

***Keywords:*** Kegel exercises, urinary incontinence, elderly