COMBINATION OF KEGEL EXERCISE AND CORE STABILITY INTERVENTION IN ELDERLY WOMEN WITH URINARY INCONTINENCE

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SUMMARY

Background **:** *Urinary incontinence in elderly women is a decrease in pelvic floor muscle strength in the elderly, which is part of the aging process of the musculoskeletal system known as sarcopenia, namely the progressive decline in muscle mass, quality, and function with age. The pelvic floor muscles in the elderly undergo more complex changes than merely a reduction in muscle size. In addition to atrophy, there is structural degeneration in the form of increased fibrotic tissue and intramuscular fat infiltration, which significantly reduces the muscle's ability to contract effectively. Kegel exercises and core stability are a non-pharmacological approach to addressing urinary incontinence because they have advantages over other exercises, particularly in terms of ease, effectiveness, and flexibility.* ***Objective*** *: This study aims to provide health education, particularly to the elderly and health cadres, about the importance of ways to reduce and prevent urinary incontinence through the media of "Video" and is expected to increase knowledge about how important urinary incontinence prevention is to the community.* ***Method*** *: The method used is the creation of Communication, Information, and Education (KIE) media in the form of a video through YouTube.* ***Result*** *: The output produced by this KIE is a video about Kegel exercises and Core Stability as an effort to reduce urinary incontinence in elderly women and health cadres. It aims to increase knowledge about Kegel exercises and Core Stability by preventing urinary incontinence. The application used in video creation is InShot; the resulting video has a duration of 06:14 minutes and a size of 646.7 MB. The explanation in the video is quite easy for elderly women to understand.*

Keywords *: Urinary incoontinence, kegel exercise, core stability, health education physiotherapy*