THE EFFECTIVENESS OF DUAL TASK MOTOR-COGNITIVE TRAINING FOR REDUCING THE RISK OF FALLS IN THE ELDERLY

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ABSTRACT

Background: *The aging process in the elderly causes a decline in physiological functions such as reduced muscle strength, nervous system disorders, and decreased balance, which increase the risk of falls. One intervention to address this is Dual Task Motor-Cognitive Training, which combines physical exercise and cognitive tasks simultaneously.* ***Objective****: To determine the effectiveness of providing Dual Task Motor-Cognitive Training on reducing the risk of falls in the elderly.* ***Method:*** *This study used a quantitative method with a quasi-experimental design using a one-group pre-test and post-test without a control group. The sample size was 33 elderly respondents at the ILP 6 SPM Bibis Luhur Elderly Health Post. Respondents were predominantly female (78.8%) and aged 60-69 years (66.7%). The Time Up Go Test (TUGT) was used to measure fall risk, and the Mini-Mental State Examination (MMSE) was used to measure cognitive function. Data analysis used the Wilcoxon test.* ***Results:*** *The statistical test showed a significance value of $p = 0.004$ ($p < 0.05$), indicating a significant effect of Dual Task Motor-Cognitive Training on reducing fall risk.* ***Conclusion:*** *There is an effect of Dual Task Motor-Cognitive Training on reducing fall risk in the elderly.*

Keywords: *Dual Task Training, Elderly, Fall Risk, Motor-Cognitive, Time Up Go Test (TUGT).*