

# GAMBARAN PERFORMA *DUAL-TASK* PADA LANSIA DI PANTI SOSIAL TRESNA WERDHA BUDI MULIA 3

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## Abstrak

**Latar Belakang :** Lansia mengalami berbagai perubahan pada fungsi fisiologis, kognitif, dan motorik yang dapat menurunkan kemampuan keseimbangan serta meningkatkan risiko jatuh, khususnya saat melakukan aktivitas yang menuntut pelaksanaan lebih dari satu tugas secara bersamaan (*dual-task*). Kemampuan *dual-task* yang mengombinasikan tugas motorik dan kognitif merupakan indikator penting dalam menilai fungsi mobilitas dan keseimbangan pada lansia. **Tujuan Penelitian :** Penelitian ini bertujuan untuk mengetahui gambaran performa *dual-task* pada lansia di Panti Sosial Tresna Werdha Budi Mulia 3. **Metode :** Penelitian menggunakan desain deskriptif dengan pendekatan *cross-sectional*. Sampel terdiri dari 81 lansia yang memenuhi kriteria inklusi dan eksklusi, dengan teknik total sampling. Penilaian performa *dual-task* dilakukan menggunakan *Timed Up and Go Test Dual-Task (TUG-DT)* yang disertai tugas kognitif. Analisis data dilakukan secara deskriptif berdasarkan karakteristik responden, meliputi usia, jenis kelamin, tingkat pendidikan, status pernikahan, dan riwayat pekerjaan. **Hasil :** Hasil penelitian menunjukkan bahwa sebagian besar lansia memiliki kategori mobilitas yang baik. Namun, penurunan performa *dual-task* lebih banyak ditemukan pada lansia usia lanjut dan responden dengan status pernikahan cerai mati. Temuan ini menunjukkan adanya hubungan antara karakteristik demografis dan kemampuan *dual-task*. Kesimpulan penelitian secara keseluruhan, performa *dual-task* lansia di panti sosial tergolong baik dan berpotensi mendukung peningkatan kualitas hidup. Oleh karena itu, penilaian *dual-task* penting untuk dipertimbangkan dalam evaluasi fisioterapi guna mendukung perencanaan intervensi yang tepat dalam pencegahan jatuh dan peningkatan kualitas hidup lansia.

**Kata kunci:** Lansia, *Dual-Task*, Keseimbangan, Risiko Jatuh, *Timed Up and Go Test Dual-Task*

# OVERVIEW OF DUAL-TASK PERFORMANCE IN ELDERLY PEOPLE AT THE TRESNA WERDHA BUDI MULIA 3 SOCIAL HOME

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## Abstract

**Background:** Older adults experience various changes in physiological, cognitive, and motor functions that can reduce balance and increase the risk of falling, especially when performing activities that require the execution of more than one task simultaneously (dual-task). Dual-task ability, which combines motor and cognitive tasks, is an important indicator in assessing mobility and balance in older adults. **Research Objective:** This study aims to describe the dual-task performance of older adults at the Budi Mulia 3 Social Welfare Home for Elderly. **Methods:** This study used a descriptive design with a cross-sectional approach. The sample consisted of 81 elderly people who met the inclusion and exclusion criteria, using total sampling technique. Dual-task performance was assessed using the Timed Up and Go Test Dual-Task (TUG-DT) accompanied by cognitive tasks. Data analysis was performed descriptively based on respondent characteristics, including age, gender, education level, marital status, and employment history. **Results:** The results of the study show that most elderly people have good mobility. However, a decline in dual-task performance was found more often in older elderly people and respondents who were widowed. These findings indicate a relationship between demographic characteristics and dual-task ability. Overall, the dual-task performance of elderly people in social institutions is relatively good and has the potential to support an improved quality of life. Therefore, dual-task assessment is important to consider in physiotherapy evaluation to support appropriate intervention planning in fall prevention and improving the quality of life of elderly people.

**Keywords:** Older Adults, Dual-Task, Balance, Fall Risk, Timed Up and Go Dual-Task Test