

A STUDY TO ASCERTAIN THE EFFECTIVENESS OF DUAL TASK OVER SINGLE TASK TRAINING IN REDUCING FEAR OF FALLING AMONG THE ELDERLY

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ABSTRACT

The objective was “To ascertain the effectiveness of dual task over single task training in reducing fear of falling in the elderly population.” It was a Pre & post experimental study design. The study was conducted in two different Old Age Homes located in Chennai. The elderly between the age groups of 60 and 90 staying at the Old Age Homes were taken. The tools used were Mini-Mental Status Examination, Berg Balance Scale and Falls Efficacy Scale. The result shows that dual task training is more effective in reducing fear of falling than single task training. It can be concluded that fear of falling is one of the causes of falls in the geriatric population and it also affects their functional independence, therefore, reducing fear of falling through dual task training should be one of the techniques used in occupational therapy intervention.

KEYWORDS: *Dual Task Training, Single Task Training, Fear of Falling, Elderly Person*