

Safe Movement, Comfortable Living: Optimizing Health and Productivity among Older Adults at RPTRA Masudela, Sawah Besar District

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ABSTRACT

Falls remain one of the most frequent health concerns among older adults, often affecting mobility, independence, and overall well-being. Limited understanding of fall risk factors may increase the likelihood of accidents and reduce participation in daily activities. This community service activity was conducted to improve older adults' knowledge of fall prevention, safe movement, mobility maintenance, and productive aging. The program took place on June 2, 2026, at RPTRA Masudela, Sawah Besar District, Central Jakarta, and involved 30 female participants aged 60–68 years. The activity consisted of health education sessions, interactive discussions, balance and mobility exercise demonstrations, and knowledge assessments using pre-test and post-test questionnaires. Participants received information on common causes of falls, preventive strategies in everyday life, and the importance of maintaining physical activity in later years. Following the intervention, participants showed a noticeable improvement in their understanding of the topics presented. The average knowledge score increased from 62 before the activity to 88 after the intervention. In addition, more participants achieved good and very good knowledge categories in the post-test assessment. These results suggest that combining health education with practical exercise demonstrations can be an effective approach to increasing awareness of fall prevention and encouraging active aging among older adults.

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INTRODUCTION

The increasing life expectancy observed worldwide has contributed to a rapid growth in the older adult population. According to the United Nations, the number of people aged 60 years and above is expected to increase substantially in the coming decades, creating new challenges in maintaining health, independence, and quality of life among older adults (United Nations Department of Economic and Social Affairs, 2022). This demographic transition reflects improvements in healthcare and living conditions but also increases the prevalence of age-related health conditions that may affect functional ability and daily activities (World Health Organization, 2021a).

Falls are among the most common health problems experienced by older adults and represent a major public health concern. Fall-related injuries may lead to hospitalization, disability, loss of independence, and reduced quality of life (Montero-Odasso & others, 2022; World Health Organization, 2021b). The Centers for Disease Control and Prevention reported that falls remain one of the leading causes of injury among older adults and contribute significantly to healthcare utilization and functional decline (Centers for Disease Control and Prevention, 2024). Similarly, the National Institute on Aging emphasizes that preventing falls is essential for maintaining independence and healthy aging (National Institute on Aging, 2024).

Age-related physiological changes, including reduced muscle strength, impaired balance, decreased flexibility, and slower reaction times, increase the likelihood of falls (Montero-Odasso & others, 2022). In addition, sedentary behavior and reduced physical activity have been associated with musculoskeletal problems and diminished physical function (Dzakpasu et al., 2021; Kallings & others, 2021). Maintaining mobility through regular physical activity is therefore considered an important strategy for reducing fall risk and preserving functional independence among older adults (Wang & others, 2021).

The concept of healthy and active ageing emphasizes the importance of maintaining functional ability, social participation, and well-being throughout later life (Keating & others, 2022; World Health Organization, 2021a). Previous studies have shown that exercise interventions, balance training, and mobility-focused activities can improve physical performance and reduce fall-related risks among older adults (Németh & Makai, 2023). Furthermore, implementation of the World Falls Guidelines has highlighted the importance of combining health education with practical interventions to support fall prevention in community settings (Katiri & others, 2024; Seppala & others, 2025).

RPTRA Masudela in Sawah Besar District serves as a public community space frequently used by older adults for social and recreational activities. Preliminary observations indicated that several participants had limited knowledge regarding fall risk factors, preventive measures, and the importance of maintaining mobility. Similar community-based programs have demonstrated that educational interventions and movement-based activities can improve awareness of injury prevention and promote healthier movement behaviors (Chairunisa et al., 2024, 2025).

Therefore, a community service program entitled “Safe Movement, Comfortable Living: Optimizing Health and Productivity among Older Adults through Fall Prevention Education at RPTRA Masudela, Sawah Besar District” was conducted. The program aimed to improve older adults’ knowledge regarding fall risks, fall prevention strategies, mobility enhancement, and productive ageing through health education and practical exercise demonstrations.

METHOD

This community service program was carried out on June 2, 2026, at RPTRA Masudela, Sawah Besar District, Central Jakarta. A total of 30 female older adults aged 60–68 years participated in the activity. The program focused on improving knowledge related to fall risks, fall prevention, mobility maintenance, and productive aging.

The activity was implemented through three stages: preparation, implementation, and evaluation. During the preparation stage, coordination was conducted with the management of RPTRA Masudela, educational materials were developed, and pre-test and post-test questionnaires were prepared. Supporting facilities and equipment were also arranged prior to the activity.

The implementation stage began with a pre-test to assess participants’ baseline knowledge regarding fall prevention and mobility. Health education was then delivered through interactive presentations and group discussions. The topics included common risk factors for falls, preventive measures in daily activities, the importance of maintaining physical activity, mobility enhancement, and strategies to support active and productive aging. To reinforce the educational session, participants were guided through simple balance and mobility exercises that could be safely performed at home.

At the end of the activity, participants completed a post-test to evaluate changes in their knowledge. The pre-test and post-test results were subsequently compared to assess the effectiveness of the educational intervention.

Procedure of the Community Service Program:



Figure 1. Flowchart of the implementation of the “Safe Movement, Comfortable Living: Optimizing Health and Productivity among Older Adults at RPTRA Masudela, Sawah Besar District”

RESULTS AND DISCUSSION

The community service program entitled “Safe Movement, Comfortable Living: Optimizing Health and Productivity among Older Adults” was conducted at RPTRA Masudela, Sawah Besar District, Central Jakarta, with the participation of 30 female older adults aged 60–68 years. The activity focused on increasing awareness of fall risks, fall prevention strategies, mobility maintenance, and productive aging through health education and practical exercise demonstrations.

Table 1. Characteristics of Participants

Characteristics	Frequency (n)	Percentage (%)
Female	30	100
Age 60–64 years	18	60.0
Age 65–68 years	12	40.0
Total	30	100

All participants were female older adults. Most of them were between 60 and 64 years old (60.0%), while the remaining participants were aged 65–68 years (40.0%). This age group is commonly associated with gradual declines in balance, muscle strength, and mobility, which may increase susceptibility to falls and related injuries.

To evaluate the effectiveness of the educational activity, participants completed a knowledge assessment before and after the intervention.

Table 2. Distribution of Knowledge Levels Before and After the Intervention

Knowledge	Pre-test		Post-test	
	Participant	%	Participant	%
Very Good (≥ 90)	2	6.7	12	40.0
Good (80–89)	5	16.7	11	36.7
Fair (60–79)	13	43.3	6	20.0
Poor (< 60)	10	33.3	1	3.3
Total	30	100	30	100
Mean Score	62		88	

The pre-test results indicated that participants had varying levels of understanding regarding fall prevention and safe movement. Most participants were classified in the fair knowledge category

(43.3%), while one-third demonstrated poor knowledge. Only a small proportion achieved very good scores before the educational

Following the intervention, noticeable changes were observed in participants' knowledge levels. The proportion of participants in the very good category increased substantially from 6.7% to 40.0%, whereas the proportion classified as having poor knowledge decreased from 33.3% to 3.3%. The mean knowledge score also increased from 62 before the intervention to 88 after the intervention, suggesting that the educational materials were well understood by the participants.



Figure 2. Documentation of health education on fall prevention and healthy ageing at RPTRA Masudela

The results of this community service program demonstrated a considerable improvement in participants' knowledge regarding fall risks, fall prevention strategies, mobility enhancement, and productive ageing. The increase in post-test scores indicates that the educational intervention successfully enhanced participants' understanding of safe movement practices and fall prevention. Similar findings have been reported in previous studies showing that community-based educational programs can effectively improve health literacy and awareness among older adults (Keating & others, 2022; Montero-Odasso & others, 2022).

The improvement in participants' knowledge may be attributed to the interactive educational approach used during the program. In addition to receiving information through lectures, participants actively engaged in discussions and shared personal experiences related to balance difficulties and concerns about falling. This approach enabled participants to connect educational content with their daily experiences, thereby facilitating better understanding and retention of information.

Another important aspect of the program was the delivery of practical information on safe movement and fall prevention strategies that could be applied in daily activities. The educational

sessions emphasized environmental safety, awareness of fall risk factors, and the importance of maintaining mobility through regular physical activity. These topics provided participants with practical knowledge to support independent and healthy ageing. Age-related declines in muscle strength, flexibility, and postural control are recognized contributors to fall risk among older adults (Montero-Odasso & others, 2022). Previous studies have demonstrated that exercise-based interventions are effective in improving balance, lower-extremity strength, and mobility while reducing the risk of falls and fall-related injuries among community-dwelling older adults (Németh & Makai, 2023). Furthermore, maintaining an active lifestyle has been associated with improved musculoskeletal health and reduced sedentary behavior (Dzakpasu et al., 2021; Kallings & others, 2021).

Several participants reported experiencing balance difficulties while walking, climbing stairs, or performing household activities. These experiences reflected common concerns among older adults and reinforced the importance of providing accessible health education on fall prevention. These findings are consistent with reports from international organizations indicating that mobility limitations and fear of falling frequently affect community-dwelling older adults (Centers for Disease Control and Prevention, 2024; World Health Organization, 2021b). Therefore, the educational sessions provided participants with opportunities to learn practical strategies for safe movement and fall prevention that could be applied in their everyday lives.

The program also emphasized the relationship between mobility and productive ageing. Older adults who maintain good mobility are more likely to preserve independence and continue participating in family, social, and community activities (World Health Organization, 2021a). This perspective is consistent with the healthy ageing framework proposed by the World Health Organization and the research framework for the United Nations Decade of Healthy Ageing (Keating & others, 2022; World Health Organization, 2021a). Supporting mobility therefore contributes not only to fall prevention but also to improved quality of life and social participation.

The findings are further supported by recent recommendations on the implementation of the World Falls Guidelines, which emphasize integrating education, physical activity, and community engagement into fall prevention programs (Katiri & others, 2024; Seppala & others, 2025). Similar outcomes have also been reported in community-based mobility promotion programs that successfully improved awareness of injury prevention and healthy movement practices among participants (Chairunisa et al., 2024, 2025).

Although the program achieved positive outcomes, several limitations should be acknowledged. The activity involved a relatively small number of participants and was conducted in a single community setting. In addition, the evaluation focused on short-term changes in knowledge immediately after the intervention. Future programs should consider follow-up assessments to determine whether improvements in knowledge are maintained over time and translated into sustained behavioral changes.

Overall, the findings suggest that community-based health education and interactive discussions can effectively improve older adults' knowledge and awareness regarding fall prevention. Similar programs should be implemented regularly to support healthy, active, independent, and productive ageing within the community.

CONCLUSION

The community service program entitled "Safe Movement, Comfortable Living: Optimizing Health and Productivity among Older Adults through Fall Prevention Education at RPTRA Masudela, Sawah Besar District" successfully improved participants' knowledge regarding fall risks, fall prevention strategies, mobility enhancement, and productive ageing. The increase in the average knowledge score from 62 in the pre-test to 88 in the post-test indicates that the health education sessions and interactive discussions were effective in enhancing participants' understanding of safe movement practices and fall prevention.

The program also increased participants' awareness of the importance of maintaining mobility and adopting safe behaviors in daily activities to support healthy and productive ageing. These findings suggest that community-based health education can serve as an effective strategy for

promoting healthy, active, independent, and productive ageing among older adults. Similar programs are recommended for continuous implementation to improve older adults' quality of life and reduce fall-related risks within the community.

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