

Tabel 1. Participant characteristics in the treatment and control group

No	characteristics	Treatment group	Control group	
		n=42	n=29	p
		n(%)	n(%)	
1.	Age (year)			
	60-74	26(61)	23(79)	0,06
	75-85	12(29)	6(21)	
	>85	4 (10)	0(0)	
2.	Duration of stay (month)			0,62
	≥24	26(62)	16(55)	0,39
	<24	16(38)	13(45)	
3.	Gender			
	Male	2(5)	3(10)	0,08
	Female	40(95)	26(90)	
4.	Education			
	Low	19(45)	24(83)	0,78
	Middle	18(43)	5(17)	
	High	5(12)	0(0)	
5.	Comorbid			
	with	11(26)	9(31)	0,78
	without	31(74)	20(69)	

n: number of participants; SD: Standar Deviation, p: significant (0.05)

Tabel 2. Mean different within groups, between group, and effect size

	treatment group			Control group			Between group		Effect Size
Variabel	Mean (SD)		p value	Mean (SD)		p value	p value		
	Pre n=42	Post n=42		Pre test n=29	Post test n=29		Pre test	Post test	
Quality of life domain:									
a. Physical Health	50.86 (11.87)	59.88 ± 8.97	0,03	50.79 ± 8.50	56.62 ±10.61	0,98	0.130	0,00	0,33
b. Psychological	52.19 ± 10.22	70.69 ±10.24	0,00	51.38 ± 7.82	62.55 ± 11.92	0,00	0.72	0,00	0,7
c. Social relationship	54.98 ± 10.48	72.48 ±11.23	0,00	56.41 ± 10.20	61.79 ± 10.30	0,09	0.57	0,00	0,9
d. Environment	58.33 ± 9.557	72.05 ± 9.45	0,00	54.21 ± 7.90	65.66 ± 8.55	0,00	0.06	0,00	0,7
Anxiety	14,17 ± 3,25	11,10 ± 2,46	0,00	15.55 ± 3.41	14,17 ± 3,21	0,05	0.09	0,00	1,0
Fall risk	48.98 (2.70)	49.79 (2.70)	0.00	47.86 (2.72)	46.21 (3.16)	0.00	0.09	0.00	1.2
Systolic Blood pressure	148.07 (17.07)	146.10 (20.07)	0.12	150.0 (22.53)	148.59 (23.20)	0.60	0.68	0.63	-
Diastolic Blood pressure	88.58 (14.92)	84.10 (13.76)	0.00	86.10 (14.40)	84.03 (13.0)	0.23	0.49	0.99	-
Physical fitness	51.64 (5.44)	60.26 (7.64)	0.00	49.38 (6.70)	49.59 (11.67)	0.93	0.12	0.00	1.1

n: number of participants; SD: Standar Deviation; p: significant (0.05)

Tabel 3. Different in Different (DiD) test

Variabel	Coefficient	95% CI	p-value
Quality of life domain:			
a. Physical Health	7,34	0,31 – 14,37	0,041
b. Psychological	9,135	2,093 – 16,176	0,011
c. Social relationship	13,014	5,679 – 20,260	0,000
d. Environment	9,59	2,422 – 16,77	0,009
Anxiety	-3,387	-5,094 - -1,167	0,000
Fall risk	2.502	1.363 - 3.641	0.000
Systolic Blood pressure	-0,556	-6,208 – 5,096	0,847
Diastolic Blood pressure	-2,403	-5,97 – 1,163	0,187
Physical fitness	8.402	3.450 - 13.354	0.001

Tabel 4. Average attendance and adverse event

Nursing home	Attendance	Adverse event during intervention	Adverse event during measurement
	n(%)	n(%)	n(%)
A	45(90)	0(0)	0(0)
B	48(96)	0(0)	0(0)
C	46(92)	0(0)	0(0)
Average	46(92)	0(0)	0(0)

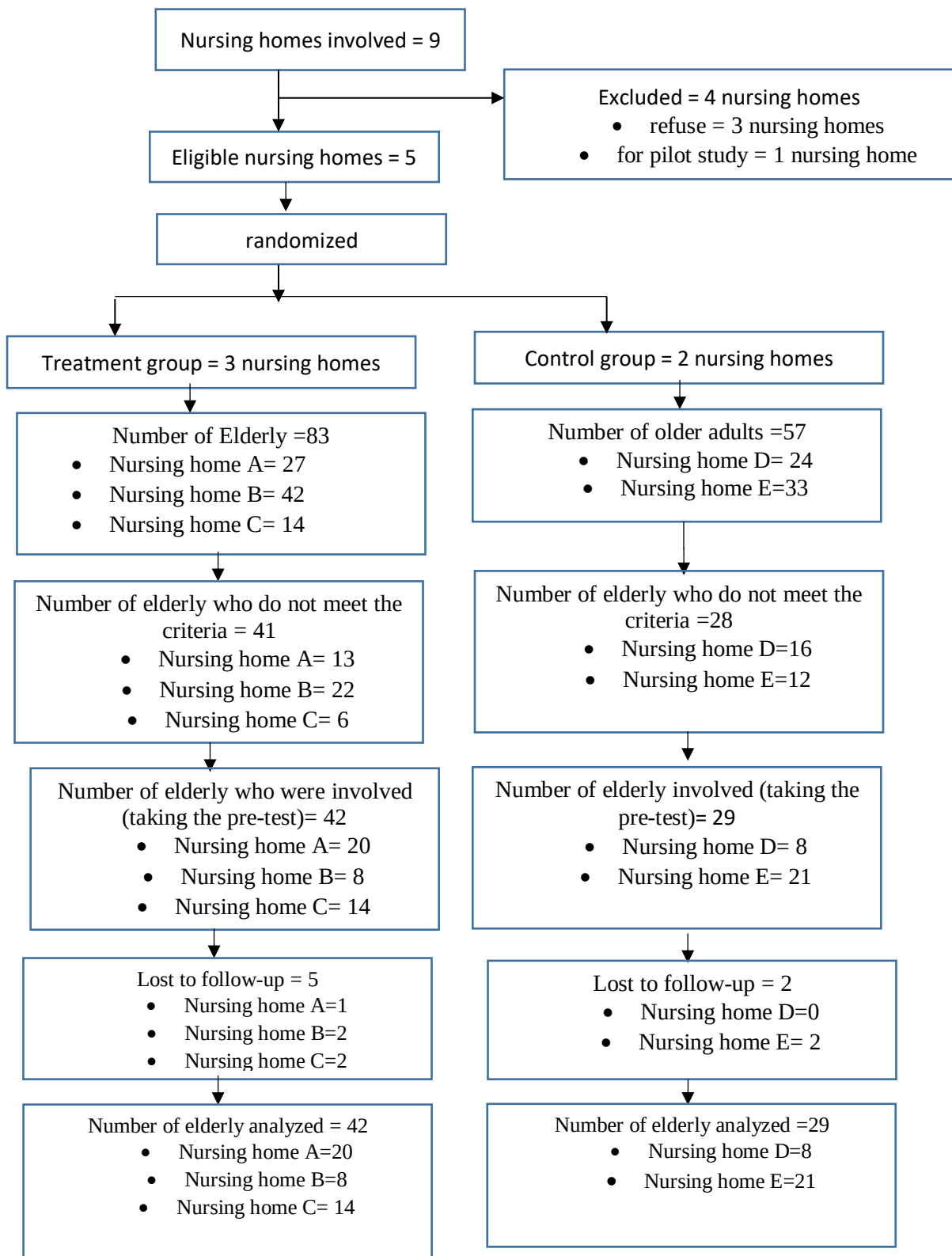


Figure 1. Flow diagram of the participants