

## Bölüm 3

# ÇOKLU GÖREV BECERİLERİ VE YAŞLANMA

Evrım GÖKÇE<sup>1</sup>

Günlük yaşam, kişilerin aynı anda birden fazla görevin üstesinden geldiği karmaşık bir doğaya sahiptir. Aynı anda birden fazla bilişsel ve motor görevi yerine getirme, diğer bir deyişle “çoklu görev”, günlük faaliyetlerimizin ayrılmaz bir parçasıdır<sup>1</sup>. Örneğin trafikte araç kullanırken hareketin hızını ve yönünü kontrol etme, yol işaretlerine dikkat ve bunlara uyma, diğer araçlara trafik kurallarına göre müdahale, yola çıkan yayalar için fren yapma, istenilen hedefe doğru yol alma, trafik durumu gerektiriyorsa alternatif rotalar planlama çoklu göreve örneklerdir.

Laboratuvar çalışmaları, kişilerin aynı anda birden fazla görevi yerine getirmeye çalıştığı durumlarda, zaman ve doğruluk açısından ortaya çıkan maliyetler olduğunu göstermiştir<sup>2</sup>. Yaşlanma süreci de, çoklu görev becerilerindeki ek maliyetler ve kayıplarla ilişkilendirilmiştir<sup>3,4</sup>.

Bu kitap bölümünde, bilişsel sinirbilim literatürüne dayanarak çoklu görev tanımı, çoklu görev mekanizmalarını tartışan teorik zemin, yaşlanma sürecinin çoklu görev becerilerine etkisi ve bir egzersiz modeli olarak çoklu görevleri kullanmanın olası etkileri gözden geçirilecektir. Çoklu görev mekanizmalarının tartışılması, bilişsel işlem mimarisinin, insan bilgi işlem mekanizmalarının temel yönlerini ortaya çıkarabilecek bir teorik zenginlik barındırmaktadır. Bununla birlikte, bir egzersiz pratiği olarak çoklu görevin etkilerinin incelenmesi, yaşlanmanın da dahil olduğu nörodejeneratif süreçlerde, bağımsız bir günlük yaşamın sürdürülmesi çabalarına katkı sağlayabilecektir.

### Çoklu Görev Nedir?

Bilişsel sinirbilimde “görev” teriminin karşılığına ilişkin kesin bir tanım yoktur. “Görev” tipik olarak bilişsel ya da davranışsal bir hedefe atıfta bulunur, buna karşılık gelen bilişsel ve motor gereksinimlerin ortaya çıkan temsili ise, “görev seti” olarak adlandırılır<sup>5</sup>.

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Video oyunları gibi yeni teknolojilerin entegrasyonu<sup>88-89</sup> ve antrenmana yönelik bilgisayar programları<sup>90</sup> fiziksel aktivitenin önündeki mevcut engellerin çoğunun üstesinden gelme potansiyeline sahip olabilir, motivasyonu artırıcı bir etki gösterebilir<sup>91-92</sup>. Öte yandan, uygulamaların yüksek değişkenlik göstermesi ve standardizasyonundaki güçlükler sonuçların yorumlanmasını güçleştirmekte, antrenman programlarına dahil edilen uyaran süreçlerinin özgül etkisini incelemeyi gerektirmektedir.

## **SONUÇ**

Bu çalışmada, çoklu görev sürecinin altta yatan mekanizmaları, yaşlanma sürecinde çoklu görev becerilerinin değişimi ve çoklu görevlerin bir antrenman programı olarak uygulanmasının günlük yaşamdaki çoklu görev becerileri, bu bağlamda biliş ve motor beceriler üzerindeki etkisi literatürde yer verilen sonuçlarıyla paylaşılmıştır. Eldeki veriler, çoklu görevin rehabilitasyon ve rutin egzersiz programlarına dahil edilmesinin, yaşlanma sürecine eşlik eden kayıpların yavaşlatılması ve günlük yaşam aktivitelerindeki bağımsızlığın korunmasında önemli olduğunu düşündürmektedir. Çoklu görev programlarının farklı teknolojilerin varlığında daha etkili biçimde planlanması, kişilerin egzersize uyum ve motivasyonunun arttırılmasında etkili olabilir. Gelecekte yapılacak yaşlanma ve çoklu görev araştırmalarının bir ayağı çoklu görevin bilişsel mekanizmaları hakkında daha fazla fikir verecek, bir ayağı ise sağlıklı bir yaşlanma süreci için doğru müdahale programlarının şekillenmesine kaynak sunacaktır.

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