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Introduction: As people age, their mental and physical functions diminish due to their inactivity. e purpose of this study is to use Sungka to reduce cognitive decline and enhance cognitive aspects (memory and retention, attention and concentration, executive function and mood) among institutionalized elderly in Metro Manila.

Methods: e playing of Sungka was incorporated into a structured routine program, entitled Comply: Communicate Move Play (which includes social, physical and cognitive activities). e subjects were 12 elderlies, who came from an elderly institution in Metro Manila, selected under purposive sampling. e study was conducted for 45 minutes to one hour, once a week for four weeks. Quasi-experimental design was utilized through a pre and post intervention test using mini mental state exam (MMSE). Two researchers' developed tools were used in determining the e ect of the structured routine program. e consent of the institution and the subjects were obtained and was assured that their privacy, con dentiality and anonymity were secured. Measure of pre and post MMSE scores was analyzed through dependent t-test, while cognitive aspects under research developed tool were analyzed through repeated measures ANOVA.

Results: Findings revealed that there is a signi cant di erence between the pre and post MMSE ($p=0.001$). e results suggest that Sungka is e ective in reducing cognitive decline in geriatric subjects. Further, attention and concentration were shown to have a signi cant change ($F=4.600$, $p=0.030$) indicating that the subjects were being taught lesser in every transpired session. However, memory and retention ($F=1.882$, $p=0.169$), executive function ($F=0.792$, $p=0.502$) and mood ($F=1.0000$, $p=0.339$) had no signi cant change.

Discussion: e signi cant di erence in the pre and post MMSE shows that the use of Mancala/Sungka can reduce cognitive decline among institutionalized geriatric subjects in Metro Manila. Further research is needed to extend the length of application of the said structured program.

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