



The Study on Exercise as a Boost for the Health Promotion of the Elderly in Selected Urban Area in Porur

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ABSTRACT

Aim: the present study aims to exercise as a boost for the health promotion of the elderly in selected area in pour.

Methods and Materials: A quasi experimental research design was used for this present study. Total 60samples were collected using non probability sampling technique. The demographic variable and pre posttest level of health status elderly was assessed using structured questionnaires' and, followed by that data was gathered and analyzed. descriptive and inferential statistics.

Results: the results the study shows significant association with health of elderly in posttest $p < 0.01$.

Conclusion: The study concludes that there was a relationship between the effect of exercise on elderly to accomplish to improve the health of elderly.

KEY WORDS: Elderly, Exercise, Health.

The objectives were

- 1 To assess the demographic variables of the elderly
- 2 To determine the effectiveness of exercise among elderly
- 3 To compare the pretest and posttest level of health among elderly
- 4 To find association between posttest level of health among elders and their selected demographic variables

INTRODUCTION

As populations continue to extend life expectancy, a central concern is whether the added time comprises years of healthy life and promotes a high health-related quality of life into old age. exercise is defined as any bodily movement produced by skeletal muscles that result in energy expenditure. exercise, sports, and physical activities performed as part of daily living, occupation, leisure, or active transportation. Exercise is a subcategory of PA that is planned, structured, and repetitive and that has as a final or intermediate objective for improvement or maintenance of physical fitness. Physical function is the capacity of an individual to perform the physical activities of daily living. Physical function reflects motor function and control, physical fitness, and habitual activity. Exercise is a protective factor for non-communicable diseases such as cardiovascular disease, stroke, diabetes, and some types of cancer especially among elderly and exercise is associated with improved mental health, delay in the onset of dementia, and improved quality of life and wellbeing. The health benefits of exercise are well documented with higher levels and greater frequency of exercise being associated with reduced risk and improved health in a number of key areas and improves the health of elderly

MATERIAL AND METHODS

After obtaining and ethical clearance from the institutional ethical committee of Saveetha institute of medical and technical science and formal permission letter obtained from the head of the SMCH, present study was conducted. For the present study quasi experimental research design was adopted. The data were collected using a non-probability purposive sampling technique from 60samples. The inclusion criteria for the study, participants, who are available during the study period and who are cooperative and who understand both Tamil and English. exclusion criteria for the study are samples who not willing to participate in the study. The purpose of the study was explained by the investigator to each of the study participants and a written informed consent was obtained



from them. The demographic variable and pre posttest level of health status elderly was collected from the samples using semi structured questionnaire. the data were analyzed by biostatistics. The sample characteristics were described using frequency and percentage, Chi- square was used to associate the with level of stress and level of blood sugar in the area of medications with their selected demographic variables

RESULTS AND DISCUSSION

SECTION A: DESCRIPTION OF THE DEMOGRAPHIC VARIABLES OF ELDERLY

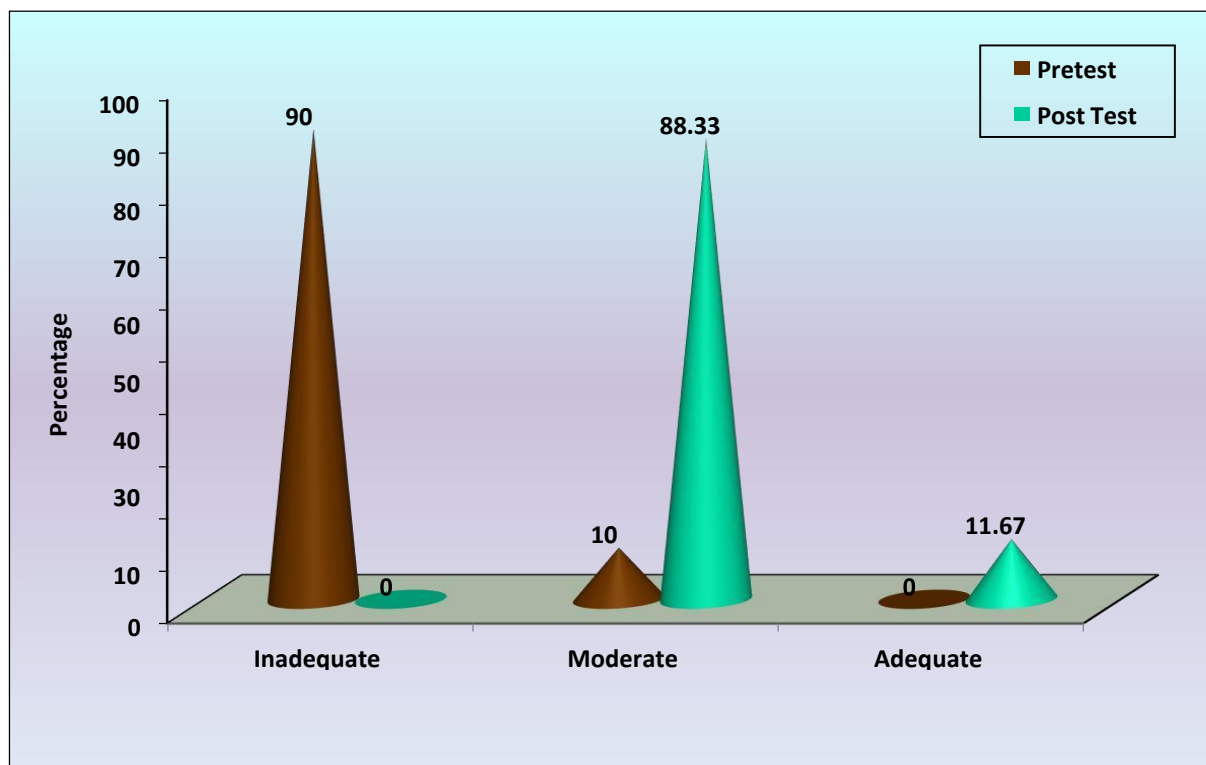
This study despite that most of the elderly 60(100%) were above 40 years, 36(60%) were female, 48(80%) were Hindus, 32(53.4%) had one sibling, 58(96.7%) were residing in rural area, 29(48.3%) had monthly family income of below 20000, 56(93.3%) were using both the health issues, 31(51.7%) had some sort of control measures over it, 27(45%) preferred walking as control measures and 55(91.7%) had the reason for lifestyle control is to prevent complications.

SECTION B: ASSESSMENT OF PRE TEST AND POSTTEST LEVEL OF HEALTHSTATUS OF ELDERLY

Table 2: Frequency and percentage distribution of pretest and posttest level of healthstatus of elderly
n=60

Health status	Inadequate		Moderate		Adequate	
	No.	%	No.	%	No.	%
Pretest	54	90.0	6	10.0	0	0
Post Test	0	0	53	88.33	7	11.67

The above table 2 shows that in the pretest, 54(90%) had inadequate health and 6(10%) had moderate health. Whereas in the post test, 53(88.33%) had moderate health and 7(11.67%) had adequate health.





Pictorial representation of level of health in pretest and posttest

SECTION C: EFFECTIVENESS OF EXERCISE TO BOOST THE HEALTH OF ELDERLY

Variables	Test	Mean	S.D	Paired 't' test Value
Health status	Pretest	7.72	2.43	t = 21.547 p = 0.0001 S***
	Post Test	17.85	2.29	

***p<0.001, S – Significant

The table 3 shows that, the pretest mean score was 7.72±2.43 and the posttest mean score was 17.85±2.29. The calculated paired 't' test value of t=21.547 was found to be statistically highly significant at p<0.001 level. This clearly infers that administration of exercise to elderly is an effective method to improve the health of elderly persons

SECTION D: ASSOCIATION BETWEEN POST TEST LEVEL OF HEALTH STATUS WITH SELECTED DEMOGRAPHIC VARIABLES OF THE ELDERLY

The study despite that, the demographic variable such as gender plays significant association with health of elderly in posttest.

CONCLUSION

The calculated paired 't' test value of t=21.547 was found to be statistically highly significant at p<0.001 level. The study of concludes that there was a relationship between the effect of exercise on elderly to accomplish to improve the health of elderly persons there by we can prevent many health issues among elderly person.

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