

عنوان مقاله:

Assessment of Physical Activity Status and its Effective Factors in Elderly People of Khorramabad City

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خلاصه مقاله:

Background: Population aging is one of the most fundamental challenges of today's world. Due to the increasing growth of the elderly population and the importance of identifying effective factors on their physical activity, this study was done to determine physical activity and its effective factors among the elderly population of Khorramabad city.

Methods: This descriptive-analytical cross-sectional study was conducted in ۲۰۱۷ on ۴۵۰ elderly people in Khorramabad city. Data were collected using ۴ questionnaires about demographic characteristics, Community Healthy Activities Program for Seniors (CHAMPS), Knowledge towards physical activity, and Attitude scale Toward Physical Activities (ATPA). Data were analyzed using independent t-test, Pearson correlation coefficient, ANOVA and stepwise regression in SPSS ۲۲. **Results:** The mean age of participants was 64.2 ± 5.51 years. The mean of physical activity was 251.02 ± 184.81 MET-min/wk. Mean physical activity was significantly correlated with educational level ($P=0.001$), employment status ($P=0.006$) and perceived economic status ($P=0.003$). There was also a direct significant correlation between physical activity with weight ($r=0.102$, $P=0.031$) and life satisfaction ($r=0.120$, $P=0.011$). Also, knowledge ($P=0.001$) and attitude ($P=0.001$) significantly predicted the level of physical activity. **Conclusion:** The results of this study showed that the physical activity of most of the elderly under study was low and moderate. Illiterate, worker, and low-income elderly people had little physical activity. Considering appropriate programs in this field is necessary.

کلمات کلیدی:

physical activity, elderly, Knowledge, Attitude

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