

عنوان مقاله:

Effects of physical activity on Health related Quality of Life in elderly people: Case study of Gorgan city

محل انتشار:

نشریه پژوهش در مدیریت ورزش و روانشناسی، دوره 2، شماره 8 (سال: 1393)

تعداد صفحات اصل مقاله: 6

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خلاصه مقاله:

Background: The purpose of this study was survey the effects of physical activity on Health related Quality of Life in elderly people of Gorgan city. Materials and methods: The statistical society of this study was elderly people upper than 60 years old of Gorgan city. Statistical samples were 191 persons that selected randomly (90 person active group and 101 persons inactive group). For analyzing statistical data, the results of this research are represented in two levels of statistical descriptive and inferential methods. For descriptive analyzing in first phase, we used tables, percent, mean and also columns graphs to describe statistical examples. For inferential analyzing of data, we use Mann- Whitney U test according to theories of research and measures that it is used. Significant level $p \leq 5\%$ is contemplated and all of statistical actions are done by SPSS 18 software. Results and discussions: Results of this research indicate that active older adults prosper fewer physical activity limitation, physical problem, mental problem and body pain subscales ($p < 5\%$) meaningfully rather than inactive older adults. Active and inactive samples didn't have significant difference in social function subscale ($p \leq 5\%$). Conclusion: According to finding of this research, we conclude, elderly people that they participate regularly in exercise program and physical activities, in comparison with older adults who were physically inactive, had better quality of life condition. So, it recommended that city officials and directors should pay more attention about elderly and provide sufficient conditions for elderly people for participating in physical activity programs.

کلمات کلیدی:

Physical activity, quality of life, elderly people

لینک ثابت مقاله در پایگاه سیویلیکا:

