

Available online at [www.sciencedirect.com](http://www.sciencedirect.com)

ScienceDirect

journal homepage: <http://www.elsevier.com/locate/kontakt>

## Original research article

## Perceived health and motivation to physical activity in seniors

Jiří Mudrák\*, Pavel Slepíčka, Irena Slepíčková

Charles University in Prague, Faculty of Physical Education and Sport, Department of Pedagogy, Psychology, and Didactics,  
Psychological Laboratory, Czech Republic

## ARTICLE INFO

## Article history:

Received 18 February 2013

Accepted 25 October 2013

Available online 31 January 2014

## Keywords:

Seniors

Ageing

Physical activity

Health

Motivation

## ABSTRACT

In the present study, we examined the physical activity, and the perceived health and related motivational constructs in Czech older adults. It is a correlational questionnaire study conducted in a sample of 315 Czech seniors, mostly participants of various educational and social programmes for older adults. We administered a battery of questionnaires to measure self-rated physical activity (PASE, LTEQ), perceived health (SF-12) and motivation to physical activity (scales of perceived self-efficacy, social support and self-regulation strategies).

We found a significant relationship between physical activity and perceived physical and mental health. Considering the motivational constructs, we found a significant relationship between physical activity and perceived self-efficacy and social support. On the other hand, we found a weaker relationship between physical activity and explicit motivational strategies, such as planning, goal-setting and self-regulation. The results may indicate that the physical activity of our respondents is predominantly habitual. They probably do not focus on exercise itself but the physical activity may be a byproduct of other activities. This is supported also by the fact that the indicated physical activity of respondents stemmed mostly from everyday activities, such as walking, gardening or working around the house.

© 2014 Faculty of Health and Social Studies of University of South Bohemia in České Budějovice. Published by Elsevier Urban & Partner Sp. z o.o. All rights reserved.

## Introduction

Psychosocial aspects of health in specific sub-populations, such as older adults, still remain a relatively unexplored area in the current literature. However, as the age structure of the developed countries changes, the topics of healthy ageing and the motivation of older adults to health-related behaviour demand increasing research attention. At present, the rapid ageing of the European population becomes an important focus of biomedical as well as social sciences. The number of research studies will undoubtedly continue to grow as it is

expected that the number of people over 60 years old will rise steadily, surpassing one billion seniors worldwide in 2020. Also the population of the Czech Republic is getting older; seniors encompass more than 18% of the Czech population and this proportion is also expected to rise. Current demographic trends suggest that over 30% of Czech adults will be over 60 years old in 2050. We may expect that this development will have psychological and social impacts on the whole Czech society.

Considering the demographic development that is expected to take place in the next few decades, it is not surprising that the topic of ageing becomes the centre of

\* Corresponding author at: Charles University in Prague, Faculty of Physical Education and Sport, Department of Pedagogy, Psychology, and Didactics, Psychological Laboratory, José Martího 31, 160 00 Prague 6, Czech Republic.

E-mail address: [mudrak@ftvs.cuni.cz](mailto:mudrak@ftvs.cuni.cz) (J. Mudrák).

1212-4117/\$ – see front matter © 2014 Faculty of Health and Social Studies of University of South Bohemia in České Budějovice. Published by Elsevier Urban & Partner Sp. z o.o. All rights reserved.

<http://dx.doi.org/10.1016/j.kontakt.2013.10.001>

attention not only in sciences but also for national and international government bodies and institutions. For example, the Czech Republic has created “the national programme of preparation for ageing for 2008–2012”. One of the main goals of this programme is to create conditions that will help to maintain and possibly also increase the quality of life of older adults after they make the transition from the “active” phase of their life towards retirement. This programme is based on an assumption that the growth of the quality of life in older age and successful overcoming age-related changes is determined by the active lifestyle of the senior population and the factors related to that lifestyle, such as a senior-friendly environment and community, quality healthcare in older age, the social support of family and care-givers, or opportunities for being actively involved in the community.

Therefore, one of the most important research tasks is to further facilitate an understanding of the factors related to the quality of life in older age and to apply this knowledge in increasing the length of active life and systematically preparing people for the latter phases of their ontogenetic development. It is especially important also that in this phase of life older people should engage in a lifestyle that allows them to satisfy all their needs. The topic of active lifestyle has been explored by various biomedical and social sciences. These sciences include kinanthropology which focuses, above all, on physical activity as an important aspect of active lifestyle encompassing both biomedical and social perspectives. In this context, various studies [1–4] have emphasized the positive impact of systematic physical activity on physical and psychological health.

From a psychological point of view, physical activity can be conceptualized as an interactional process co-creating the life of an individual; active sporting physical activity represents an aspect of the lifestyle positively influencing the quality of life. “Active lifestyle” is a lifestyle which integrates physical activity into a normal everyday regime, including various physical activities corresponding to the actual needs of an individual.

It is generally agreed that sporting physical activity is beneficial for long-term physical independence, mitigates the age-related physical decline and increases the quality of life. However, sporting physical activity in older adults should not be considered only on the basis of its physical effects as it is related to the personality as a whole, including its psychosocial dimension. In general, sporting physical activity enhances the emotional life, and positively influences cognitive processes as well as psychological endurance. The social context of physical activity is especially important in the older population [3]. Social communication necessary for the participation in physical activity supports the fulfilment of the social needs and helps overcome the feelings of social isolation and loneliness that are often present in the senior population [5]. Therefore, the psychosocial effects of sporting physical activity and the related active lifestyle help maintain a good quality of life till old age.

Although it is universally agreed that physical activity positively influences the psychological life in all developmental phases, systematic research focusing on the effect of active sport participation on psychological health in older adults is still not sufficient. The question of the relationships between values, motivational factors and active sport participation is

especially important. Above all, it is of interest how motivation influences physical activity and how participation in physical activity impacts objective and subjective health in older adults. It is important to note that subjective perception of one's own health which includes how people evaluate and experience their health status is not necessarily the same as objective health. Therefore, in the present study we focused on the examination of motivational sources that support physical activity in the population of older adults, how older adults subjectively perceive their health status, and what the role of their physical activities is in this perception.

## Materials and methods

### Participants

315 adults over 60 years old participated in the study. The respondents actively participated in social and educational activities aimed at the senior population; they attended senior clubs, universities of the third age, and other social activities for seniors. They were approached through these institutions and asked to fill a questionnaire. We distributed 600 questionnaires; therefore, the response rate was 52.5%. The average age of respondents was 67.8 years, 92% were retired, 82.6% were women, 57.1% completed high school and 34% completed a university education. Their average BMI index was 26.5. Their places of residence were the capital city of Prague, regional capitals (Plzeň, Brno) and a district town (Uherské Hradiště).

### Measures

We used the following scales in the study: The Leisure Time Exercise Questionnaire, the Physical Activity Survey for the Elderly, SF-12: A 12-Item Short-Form Health Survey, and a battery of motivational scales, supplemented by a set of demographic items. All scales used have been standardized for research on older adults. For the purpose of our study the questionnaires were translated from English by a professional translator, revised by the authors of the study and back-translated by another professional translator to verify the accuracy of the translation. The quality of the back-translation (i.e. the similarity between both English versions) was evaluated by a native speaker, an expert in the field of health psychology who uses the original versions of the scales in her research.

#### *The Leisure Time Exercise Questionnaire (LTEQ)*

LTEQ questionnaire has been used as the main method of measuring participation in physical activity. The LTEQ measures the self-reported average weekly amount of physical activity over the period of the last four weeks at four intensity levels (strenuous, moderate, light and the time spent sitting). Above all, The LTEQ questionnaire measures the physical activity performed during free time. LTEQ is considered a valid and reliable instrument for measuring leisure-time physical activity and has been used previously with older adults [6].

#### *Physical Activity Survey for the Elderly (PASE)*

The PASE questionnaire has been used as a supplement to the LTEQ questionnaire. Its main objective was, above all, to record

Download English Version:

<https://daneshyari.com/en/article/1084390>

Download Persian Version:

<https://daneshyari.com/article/1084390>

[Daneshyari.com](https://daneshyari.com)