



Disponible en ligne sur

ScienceDirect
www.sciencedirect.com

Elsevier Masson France

EM|consulte
www.em-consulte.com



REVIEW

Physical activity: Relationship to quality of life and memory in older people[☆]

Relation entre l'activité physique, la qualité de vie et la mémoire chez les sujet âgés

A.P.A. Albuquerque^{a,b}, F. Borges-Silva^{b,c,*},
E. Gomes da Silva Borges^b, A. Pinto Pereira^d, E.H.M. Dantas^b

^a Nursery and Bioscience, Federal State University of Rio de Janeiro, UNIRIO, Brazil

^b Laboratory of Bioscience of Human Motricity, LABIMH-UNIRIO/RJ, Federal State University of Rio de Janeiro, Brazil

^c Universidad Católica San Antonio de Murcia, Spain

^d Faculty of Sports Science of the Murcia University, Murcia, Spain

Received 6 April 2016; accepted 15 September 2016

KEYWORDS

Good memory;
Wellness;
Mature people

Summary

Introduction. – Increased levels of physical activity in active and socially integrated old-aged subjects are associated with higher scores on the memory and quality of life index and therefore contribute to a more prosperous life in old-age. The purpose of this study was to assess the influence of physical activity on the memory and quality of life during old age by describing and associating levels of physical activity, memory and quality of life.

Methods and results. – The instruments used were: (a) Memory (Mini-Mental State Examination – MMSE), (b) Quality of life Questionnaire (WHOQOL-OLD) and (c) Physical Activity Level (International Physical Activity Questionnaire – IPAQ). This is a descriptive study with a quantitative emphasis. 149 participants, both male and female, aged between 60 and 97 years, volunteered for this study and were divided into two groups: physically active seniors (who spend more than 300 min doing moderate or vigorous physical activity per week) and less active seniors. Important differences were detected between the two groups. The physically active seniors differed significantly from the less active seniors in the Mini-Mental State Examination concerning the memory related items. Regarding the quality of life, the group of the physically active seniors obtained higher scores on the Quality of life Questionnaire WHOQOL-OLD.

[☆] This study was partially financed with funds of Fundação Carlos Chagas de Amparo à Pesquisa do Estado do Rio de Janeiro – FAPERJ.

* Corresponding author at: Universidad Católica de Murcia, Campus de Los Jerónimos, 30107 Guadalupe (Murcia), Spain.
E-mail address: bsfernanda@ucam.edu (F. Borges-Silva).

<http://dx.doi.org/10.1016/j.scispo.2016.09.006>

0765-1597/© 2017 Elsevier Masson SAS. All rights reserved.

Please cite this article in press as: Albuquerque APA, et al. Physical activity: Relationship to quality of life and memory in older people. Sci sports (2017), <http://dx.doi.org/10.1016/j.scispo.2016.09.006>

MOTS CLÉS

Mémoire ;
Vieillesse ;
Exercice physique ;
Vitalité

Conclusion. – Taken together, our results provide support for the prevailing notion that physical activity can be a prime factor in enjoying a satisfactory quality of life and in maintaining memory skills at a higher level at old age.

© 2017 Elsevier Masson SAS. All rights reserved.

Résumé

Introduction. – Une pratique plus importante de l'activité physique chez les sujets âgés actifs et socialement intégrés est associée à de meilleurs index de mémoire et de qualité de l'index de vie, contribuant ainsi à une vie plus prospère dans la vieillesse. Le but de cette étude était d'évaluer l'influence de l'activité physique sur la mémoire et la qualité de vie pendant la vieillesse en décrivant et en associant les niveaux d'activité physique, la mémoire et la qualité de vie.

Méthodes et résultats. – Les instruments utilisés étaient les suivants: (a) la mémoire (Mini-Mental State Examination - MMSE), (b) Questionnaire de qualité de vie (WHOQOL-OLD) et (c) Niveau d'activité physique (Questionnaire International d'Activité physique - IPAQ). Il s'agit donc d'une étude descriptive basée sur des mesures quantitatives. 149 participants, hommes et femmes, âgés de 60 à 97 ans, se sont portés volontaires pour cette étude et ont été divisés en deux groupes: seniors physiquement actifs (plus de 300 minutes par semaine d'activité physique modérée ou vigoureuse) et les personnes âgées moins actives. D'importantes différences ont été observées entre les deux groupes. Les personnes âgées physiquement actives diffèrent significativement des personnes âgées moins actives lors du test Mini-Mental State qui évalue les items liés à la mémoire. En ce qui concerne la qualité de vie, le groupe des personnes âgées physiquement actives obtenaient des scores plus élevés de qualité de vie au Questionnaire WHOQOL47-OLD.

Conclusion. – Cette étude montre que l'activité physique chez les sujets âgés est associée avec une bonne qualité de vie et de meilleures performances mémorielles.

© 2017 Elsevier Masson SAS. Tous droits réservés.

1. Introduction

Aging is a natural process, however the way in which one ages depends on the actions that are taken during their lifetime. Access to different interactive media ensures that seniors are more aware of their physical and psychological condition and therefore lead a healthier lifestyle. This improved awareness regarding health, among other factors, is caused by living in an aging society.

Furthermore, evolution in the science of prevention and diagnosis of diseases has led to increased longevity and therefore the elderly population is a fast-growing age group. By 2025, Brazil is forecasted to have the sixth largest old age population world-wide [1].

In spite of a growing majority of seniors who display improvement in their quality of life, there still remains a large group that requires special attention in order to preserve a reasonable health condition. Continued good health of this sector of the elderly population is a major challenge to the SUS (Sistema Único de Saúde – Brazilian Health Care System).

Increased longevity is associated with an increase in multiple chronic conditions and illnesses that require continuous medical assistance or hospitalization and consequently involves a decline in the quality of life of the affected individuals and more public health expenditure.

As noted by Carvalho Filho e Papaleo Netto, changes in cognition in seniors, lead to a reduced capacity to continue to learn as well as considerable loss of memory. They

primarily suffer from a reduced capacity to acquire skills and to retain information that has recently occurred [2].

Geis confirms that loss of memory can occur in old-age, caused by the reduced efficiency of the memory, but also influenced by other factors like genetics, environment, lifestyle, language skills, character and personality [3].

Cognitive decline is one of the major health issues in older people. The number of chronic and degenerative diseases increases at the same rate as the elderly population grows, as well as the number of patients with suspicions of dementia. According to estimates, world-wide more than 24 million people are suffering from some kind of dementia, annually 4.6 million new cases are detected, 1 every 7 s [4].

Thus, the societal value of developing effective prevention strategies to improve and control these multiple chronic conditions cannot be overstated. Physical activity appears to be one of the primary strategies to prevent physiological and cognitive illnesses. Regular physical activity seems to be a protective factor against genetic and molecular aging and is associated with longevity.

According to Khalsha physical exercise improves the neural functioning and metabolism and therefore unleashes multiple benefits for cerebral and cognitive health [5]. Exercise affects cognition directly as it increases the speed of cognitive functioning and improves the cerebral circulation. Exercise generates benefits in other bodily functions, like lower arterial pressure, lower LDL and triglycerides level in the blood plasma and inhibits the aggregation of blood platelets. Furthermore, exercise enhances cognition

Download English Version:

<https://daneshyari.com/en/article/8804011>

Download Persian Version:

<https://daneshyari.com/article/8804011>

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