

Physical Activity: Sports which are Done by Elders

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Abstract: The purpose of this study is to find out how the pattern of physical activity performed by elders in Bandung. The method used is descriptive with the technique of analytical survey. Population in this research is the elders people who do physical activity in Taman Sukajadi, Taman Lansia Cisangkuy, Padjajaran, Sabuga and Tegallega. Sampling technique used is purposive sampling with the number of 50 people, five men and five women at each study site. Data collection techniques used is observation, interview, and documentation. The results show that the pattern of physical activity performed by elder people in Sukajadi Park, Taman Lansia Cisangkuy, Padjajaran Field, Sabuga and Tegal Lega tend to be the same, that is doing gymnastics, jogging, leisurely walking, brisk walking and walking on reflection stone. But in Padjajaran and Tegalpagi, the elderly people also exercise tai chi gymnastics and heart gymnastics.

1 INTRODUCTION

Physical activity carried out by humans will be closely related to quality of life, health, and wellbeing (Chen et al., 2016). Conversely, if humans do not perform physical activity according to their needs it is likely to be easily infected by diseases caused by lack of movement (hypokinetic) such as type 2 diabetes (Gram, Dahl and Dela, 2014). Low levels of physical activity will increase the risk of obesity and many other chronic diseases including coronary heart disease, diabetes and bowel cancer (Ogilvie et al., 2011). In addition, there is a two-way relationship between sports participation with body mass index (Cairney and Veldhuizen, 2017).

Physical activity is carried out throughout life to support human life, without exception for the elders. However, the decreasing in general physical activity will occur in the elders along with decreased muscle capacity, stiffness appearance, and joint pain (Buckwalter and DiNubile, 1997).

In fact, the results show that there are many benefits of physical activity participation exercises for the elders (Rousseau, 1989), such as improving cardiovascular function, lowering blood pressure, and increasing working capacity. Physical activity training is only done two and a half hours per week to reduce the risk of chronic disease significantly

(Ogilvie et al., 2011). However, other studies have shown that exercise about 100 minutes per day is even better (Van Den Brink et al., 2005).

Exercise programs for elders include cardiovascular exercise, muscle strength, flexibility, and coordination with frequencies 3 to 6 times per week, duration of 50 to 60 minutes of low intensity exercise persistence between 60% - 70% of maximal pulse (Van Camp and Boyer (Emerson, 1991) In addition to maintaining the health and fitness of the elders, the physical activity training program prepared can also be used as a therapeutic tool (Short and Leonardelli, 1987) .Exercise programs for the elders which are done outdoors can improve mood which is far more positive than people who do not exercise and positively influence their participation directly in the program (Matsouka et al., 2010).

However, environmental and personal factors sometimes prevent the elders who aspire to maintain their health through the physical activity routine (Mobily, 1982), so that the elders require external motivation, such as the motivation from their family members.

Based on several things that have been described above, the authors are interested to examine the pattern of physical activity performed by elders in Bandung.

2 METHODS

The method used in this research is descriptive method with analytical survey technique. The population in this study were elders who were doing physical activity in Taman Sukajadi, Taman Lansia Cisangkuy, Padjajaran, Sabuga and Tegalega. The sampling technique used was purposive sampling with 50 people, five (5) men and five (5) women at each place of research. Data collection techniques used were observation, interview, and documentation.

3 RESULTS AND DISCUSSION

In general there are several types of physical activity performed by elderly people and will be explained in the following table:

Table 1: Sport activities done by elders.

No	Place	Sport activities of elders
1	Taman Sukajadi	Warming up
		- Dynamic
		Type of sport
		- Jogging
		- Leisurely walking
		- Reflection stone
		Stretching
		- Dynamic
		- head, hands, waist
		Sport advantage
		- Stay healthy
		- Keep the body fit
		- Recover from illness
		Frequency, time, duration
		- 4-7 times a week
- Morning (06.00-10.00)		
- 2 hours per day		
2	Taman Lansia	Warming up
		- Dynamic
		Type of sport
		- Jogging
		- Leisurely walking
		- Reflection stone
		Stretching
		- Dynamic
		- Head, hands, waist
		Sport advantage
		- Stay healthy
		- Keep the body fit
		Frequency, time, duration
		- 1-3 times a week
		- Morning (06.00-10.00)
- 1-2 hours per day		

3	Padjajaran	Warming up
		- Dynamic
		Type of sport
		- Tai Chi
		- Heart exercise
		- Leisurely walking
		- Reflection stone
		Stretching
		- Hands, waist, legs
		Sport advantage
		- Stay healthy
		- Keep the body fit
		- Recover from illness
		Frekuensi, waktu, durasi
		- 4-7 times a week
- Morning (06.00-10.00)		
- 2 hours per day		
4	Sabuga	Warming up
		- Dynamic
		Type of sport
		- Jogging
		- Leisurely walking
		Stretching
		- Dynamic
		- Head, hands, waist
		Sport advantage
		- Stay healthy
		- Keep the body fit
		- Recover from illness
		Frequency, time, duration
		- 1-3 times a week
		- Morning (06.00-10.00)
- 2 hours per day		
5	Tegal lega	Warming up
		- Dynamic
		Type of sport
		- Heart exercise
		- Tai Chi
		- Leisurely walking
		- Reflection stone
		Stretching
		- Dynamic
		- Head, hands, legs
		Sport advantage
		- Stay healthy
		- Keep the body fit
		- Recover from illness
		Frequency, time, duration
- 1-3 times a week		
- Morning (06.00-10.00)		
- 2 hours per day		

The table above is the result of the percentage processing performed on the results data from the interview. In general it is seen that in Taman Sukajadi, Taman Lansia Cisangkuy, Padjajaran, Sabuga and Tegalega the elders are doing warming up

before exercise. Types of exercise that they do in general are a leisurely stroll and walk on the reflection stone and only a few who do gymnastics, tai chi gymnastics and jogging. After doing sports, all elders in the five places do the stretching, the most frequently done is the section of the head, hands and waist. In general, the purpose of the elders' exercise is to maintain health while the benefits expected by the elders are for the body to be fit and recover from illness. The majority of them do sports activities about 1-3 times a week. In the fifth place all the elders do sport activities in the morning and they do it for 1-2 hours per day.

4 CONCLUSIONS

Physical activity in this case is regular and measurable sport activities conducted by human beings will be closely related to quality of life, health, and welfare including for elders. Physical activity (sport) conducted by elders in Taman Sukajadi, Taman Lansia Cisangkuy, Padjajaran, Sabuga and Tegallega in general are almost similar, they are gymnastics, jogging, leisurely walking, brisk walking and stone reflection. But in Padjajaran and Tegallega, some elders do tai chi and heart exercise.

An active lifestyle has become the need of each individual to carry out his life, so it is expected to be done continually until the end of life.

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