

Physical Activities' Programmes on Health Status among Urban Elder Adults

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ABSTRACT

Introduction: Health profile is essential for elder adults after battle life of with COVID19 and daily routine. Objectives: To obtain elder adult's health profile. Methodology: Performed physical activities programmes': "Cyclic" and "APecR" after 4 continuous years cross sectional which, managed to figure out overall samples' anthropometry (psycho-motor and psychological). Self-recorded data with 2 external observers on their validity and reliability and only descriptive statistic. Training heart rate reached 70%. Samples: 13 samples (pre-experimental) aged 50's to 60's voluntarily involved and observed from 2018 to 2022. Parameters attempted: Physical activities, Blood Pressure (BP), Body Weight, Cholesterol Level, High Density Lipid (HDL), Uric Acid, SpO2, Sleeping Hours, and Awaken times daily and psychology aspects lastly justified resulted with their medical reports. Results: Weight Loss showed mild changes, BP enhanced Excellence level (120/80) – from 39% to 58%, Normal (130/85) - 29% to 39%%, Normal Systolic (140/90) - 7% to 22% and mild hypertension 2.48% decreased to 0.40%. An hourly "Cyclic" and / or "APecR" came to more than 10,000 footsteps per session. Average SpO2 was 98% regularly with 70% from July 2022 until December 2022. Where else, sleeping hours with mean of 6 hours throughout the last 3 consecutive years. Conclusion: Elder adults' psychological and anthropometry aspect gained. Contribution: Practices and maintenance of one's health status in auxiliary sport sciences by sports' extension agents. Recommendation: "Cyclic" and "APecR" programme as elder adults' alternative physical activities with contribution to exercise psychology, the body of knowledge.

Keywords: Health Profile, "Cyclic", "APecR", Effectiveness, & Exercise psychology

INTRODUCTION

As far as universe health and spreading of COVID 19 (the Corona Virus), scientists all over the world were seriously involved borderless spreading of this disease. In reality, implementing work from home (WFH), restriction of recreational activities like outdoor or crowded places in the Movement Control Order (MCO) and Conditional comprehensive landmarks "25 by 25" mortality which included rapid aging, rapid urbanization process and psychological effects and obesogenic environment accounted 67% or over 70% of the burden as NCD for years [2, 17,18,21]?

Objectives

1. Re - justifying the “APecR” as one of the physical health maintenance programmes that been scientific studied [9] (copyright: IPR - LY2019004970 – 28/8/2019) that the truth was effective on a person’s physical and mental health (Chee Hian Tan., Jung Young Lee., & Raja Mohamed Firhad Raja Azidin. 2018; 2020; 2022a; 2022b; & 2022c) [9,10].
2. Improvising one “Cyclic” programme which was indoor physical activity that similar as cycling like actions with the Compact Air Elliptical Cardio Workout (CAECW) equipment [10].
3. Parameters involved were Physical activities rate, Blood Pressure (BP), Body Weight [3], Cholesterol Level, High Density Lipid (HDL), Uric Acid, SPO2, Sleeping Hours, Awaken times daily [1] and the psychology aspects. Significance contributions of “APecR” and “Cyclic” on health profile among elder adults which, lastly justified resulted with their medical reports.

METHODOLOGY

Descriptive design and quantitatively reported. Samples performed physical activities programmes’ -- “Cyclic” and “APecR” [14] after 4 consecutive years cross sectional which, figure out overall samples’ anthropometry (psycho-motor and psychological). Self-recorded data with justification from their personal medical reports and 2 external observers in order for validity and reliability of data concerned. Training heart rate reached 70%. 13 samples aged 50’s to 60’s voluntarily involved and observation from year 2018 to 2022[4].

FINDINGS

Weight Loss [11] showed mild changes, BP enhanced Excellence level (120/80) – from 39% to 58%, Normal (130/85) - 29% to 39% %, Normal Systolic (140/90) - 7% to 22% and mild hypertension 2.48% decreased to 0.40%. An hourly “Cyclic” and / or “APecR” came to more than 10,000 footsteps per session [19,20]. Average SpO2 was 98% regularly with 70% from July 2022 until December 2022. Where else, sleeping hours with mean of 6 hours throughout the last 3 consecutive years [12,15]. It’s contributed several aspects as listed below:

Psychological Aspect

For the first 5 to 13 minutes are really killing them and it makes someone wanted to give up to further doing physical activities but throughout the end of each programme, samples’ physically feel tired and relax with mind fully fresh. The moment “Cyclic” and “APecR” on “Peak” stage, the heart of samples feels tension and their heart rate fast beating fast, but it was toned down with samples were listening to favourite songs [13]. Samples urinate and “Pooh” were smoother or even on time call. Consistency and persistency in doing the physical activities are the key or root of the word. Sweat out few millilitres should cover with water consumption along or after the activities. There was no nightmare or lesser frequencies of wake up during middle of sleep [22]. Samples could walk faster or firmer in climbing staircases daily. Diet without control in this case because of the cultural influences (can eat is considered prosperous in life). Most of them felt hungry after the programme [16]. Sometimes even feel tired to put on attire – laziness happened, however, self - discipline and determination are crucial. Health concerned and happiness in daily routine became motivated factors in this type of exercises or physical activities.

Health Improved

“Cyclic” and “APecR” were two simple ways to improve one’s overall of health. “Cyclic” and “APecR” could raise your levels of good cholesterol while helping one increased lung function. In addition, it could also boost one’s immune system and lower one’s risk of developing blood clots. Sugar level was under control per se but even better improvement will gain if diet parameter to be further examined. Along the 48 months hardly see any medical certificates that “send” to researchers by all samples involved perhaps, these elder adults were satisfied in giving their effort to continue self - performed the “Cyclic” [5].

Lose Weight

“Cyclic” and “APecR” were the best forms of exercises for losing or maintaining a consistent weight. A person felt a leading way to burn off extra calories and that it was the second most effective exercise in terms of calories burned per minute, following only after cross country which is outdoor and irrelevant for time being. However, type of food intake needed to be considered to gain better expected results (CP). At the end of the day, the awareness of weight could be the one of the main facts because once overweight or obese happened then NCD are most properly would occur as far as metabolism of elderly adults considered (WHO, 2021).

Relieve Stress

Stress could cause several health and mood problems. It could also diminish appetite and sleep quality. When samples performed “Cyclic” and “APecR”, this forced a person’s body to exert excess energy and hormones. “Cyclic” and “APecR” also helped to reduce chances of developing tension headaches. Samples felt “happy” after this study and especially the uric acid that samples gained in one way was reducing samples’ joints pain and they could have better intimation with their spouses or girlfriends. Stress causes the elderly by having any forms of pains or sickness with their daily living and sweating a lot from the “Cyclic” and “APecR” performed by them for the long duration make them releasing their unnecessarily stressful causes and this make them willing to join this project to getting self - wealth (WHO, 2017).

Boost Self - Confidence

“Cyclic” and “APecR” could provide noticeable boost to a person confidence and self - esteem. By setting and achieving goals, a person could help give self a greater sense of empowerment that left a person feeling much happier and self - confidence boosted in term of images even though the weight loss was not up to ideal target. However, self - confidence was highly reflexing whenever they felt good in building up their daily functional well without requesting much helps from their surrounding especially their youngers family members and at the same time, samples’ family members also well appreciated the changes in their elderly perceptions on physical activities at home.

Suggestions

Research for elder adults with perspective of physiology, nutrition and motor control. On top of it, qualitative method with verbatim could be considered to get in dept of samples’ feelings and motivational factors be considered.

RECOMMENDATIONS

Encourage further study with concurrently nation movement which could create one harmonies and healthy lifestyle nation. In facts the significance contributing by “Cyclic” and “APecR” programmes that conducted by these researchers nationwide. Young researcher should pick up the field of study for their tertiary study.

CONCLUSIONS

The “Cyclic” and “APecR” as programmes for health profiling among elder adults with the intention of encouraging changes in attitudes and self - fulfilment of elder adults and these would make elder adults be sustain in their daily living without facing NCD [6] and this contributed to the quality life of elder adults either present days or in future in facing psychological challenges for living [8]. On top of it, as far as exercise psychology concerned, researchers were playing the roles of bringing changes to the community especially the sports exercise culture and healthy lifestyle.

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