

## Motives of Physical Activity in Elderly

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**Abstract:** The researcher believes that the elderly have a great motivation for physical activity and that in their desire to avoid diseases and to gain good strength. The main goal of research is identify the motives of physical activity for older men and women and trying to answer this question "Are there significant differences in the motives of physical activity between men and women for the elderly?". The most important results and differences statistically motivated physical activity between men and women in the axes of the renewal of life, enjoying and appearance for women. The most important recommendations is the raise awareness of cultural and sports on the importance of physical activity for older people.

**Key words:** Motives % Elderly % Physical activity % Older men and women

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### INTRODUCTION

Egypt's population statistics indicated that there is a rise in the proportion of older, they have accounted for 6% in 1996, is expected to hit 8.9% in 2016, then 11.9% in 2025 [1]. The years of life of the organism has a direct impact on body shape and size and ability of physical and psychological condition mood, social, physiological, health and the deterioration of the work of mental functions and physical and vital organs gradually, growth begins with birth and continues with him and with the progress his age (after the age of forty), notes organism growing in difficulty of doing business requires him to Walt physical effort, after it was performed by easily and without hardship and getting all these manifestations and symptoms after the age of sixty-some of the elderly [2]. Physical activity is an effective way to protect and improve human health because of its positive effects increase the efficiency of the vital organs of the body and works to stimulate blood circulation and, hence, the lack of physical activity leads to inactivity, obesity and disease [3]. The researcher believes that the elderly have a great motivation for physical activity and that in their desire to avoid diseases and to gain good strength.

**Research Problem:** There is a lack of interest in this group of Arab studies, although they are very important segment of society and that the practice of physical activity for seniors to help them cope with the conditions of life and psychological and social balance and avoid

many of the psychiatric and organic. Dipietro [4], Toth *et al.* [5] and Jensen and Rogers [6], pointed that structured physical activity for older people maintain and improve the level of fitness and muscle strength of the body as well and control body weight as age. Studies showed that in the final stage to ban a lot of health problems which are increasing as we age and once we get past the age of 65 years and have half of us have suffered with arthritis also get one-third of high blood pressure, heart disease, the two problems of the numerous health problems Walt can be avoided and treatment of exercise activity physical [7].

**Aim of the Research:** Identify the motives of physical activity for older men and women.

**Question of the Research:** Are there significant differences in the motives of physical activity between men and women for the elderly ?

### Research Terms

**The Elderly:** is the age which came at the stage of old age is a biological fact reflect the excuses and the marked deterioration in all aspects of family life and psychological health, social, mental and other aspects [6].

**Motivated Physical Activity:** the cases or internal and external forces which give rise to mental and motor behavior in the elderly and their attitude towards the practice of regular physical activity [8].

Table 1: Size and location of the research sample (n=400)

Location of the sample	Date of application	Men	Women	Total
Air Defense House	25/09/2010	43	57	100
Armored House	14/10/2010	31	69	100
Vehicles House	24/10/2010	25	75	100
Signal House	01/11/2010	78	22	100
Total	--	200	200	400

Table 2: Numerical distribution by sex for the exploratory sample (n=100)

Location of the sample	Date of application	Men	Women	Total
Air Defense House	04/06/2010	16	18	34
Vehicles House	06/06/2010	8	22	30
Signal House	07/06/2010	26	10	36
Total	--	50	50	100

**Theoretical Part:** Motives of physical activity for the elderly: that motivated practice of physical activity are: competition-stress management-renewal of life-enjoy-strength and endurance-to avoid the disease-physical appearance-the need for movement and physical activity-challenge-controlling the weight of the body-social affiliation-pressure of health-health positive-the movement graceful-the need to spend free time [7, 9, 10].

#### Search Procedures

**Research Methodology:** Descriptive approach was most appropriate to the nature of this study.

**Research Limits:** Determined Research sample, which consists of (500) per capita of the elderly (women and men) Ranged aged (40-60 years) of visitors to the clubs of the armed forces of Egypt, researcher has been applied measure of Motivated physical activity for older (preparation and Arabization of Rateb [3] with random manner, which takes into account the following:

- ⊕ Clubs of the armed forces only.
- ⊕ Exclusion of incomplete questionnaires.

The number of full forms reached (400) form.

**Sample of Arbitrators:** The sample of arbitrators (7) an expert in the field of sports psychology and the elderly in order to measure the expense of truth and the possibility of its application to the sample and was in the period from 03/04/2010 to 03/05/2010.

**Sample of Survey:** Was chosen from among the elderly and numbered (100) a man and a woman, so as to account for the transactions of scientific research tools, were excluded (50) for not completing the forms and was in the period from 04/06/2010 to 07/06/2010.

**Data Collection Tools:** A comprehensive survey of the references to the scientific, which addressed the motives of physical activity for the elderly, studies and related research, the motivation to display a list of experts and then make the adjustments made ??by the gentlemen of arbitrators on the list, then the expense of reliability and validity of the list as follows:

#### Phase of Testing the Validity of the List Include Believe of the List of Motives Physical Activity for Older People

**Believe the Arbitrators:** Using the list of motives that prepared by Rateb [3] and certified arbitrators and those interested in the analysis of words to see the list representation for the attribute to be measured and was submitted on the basis (7) of experts in the field of sports psychology and to make sure of the following:

- ⊕ The suitability of the list with the objectives of the research.
- ⊕ Words of the list are suitable for people based in dialogue.

The poll results show that the list of arbitrators for the effective application of the elderly in their final form.

#### The Stability of form Motivated Physical Activity for Older People

**The Expense of Stability in a Test Application and Re-Apply:** Applied motives of physical activity for the elderly in the 03/07/2010 and then re-apply the same model after fifteen days on the sample itself in the same conditions at the same place and then treated the resulting data statistically for the application in the first and second.

Table 3: The arithmetic average, standard deviation, coefficient of torsion and the percentage of responses to the research sample (men-women) for the axes of the motives of physical activity (n=400)

No.	Axes	Sort	Class minor	Great minor	Arithmetic average	Standard deviation	Coefficient of torsion	Percentage
1	Stress Management	4	4	16	11.76	2.72	-0.64	74.23
2	Renewal of life	7	3	12	10.16	2.00	-0.87	84.66
3	Enjoying	3	4	16	12.00	2.79	-0.62	75.00
4	Challenge	6	4	16	10.46	3.13	-0.20	65.37
5	Social recognition	11	4	16	9.50	3.37	-0.22	59.37
6	Belonging	9	4	16	10.01	3.28	-0.04	62.56
7	Competition	13	4	16	8.65	3.36	0.27	54.06
8	Pressure of Health	14	3	12	8.49	2.34	-0.33	70.75
9	Avoid the disease	2	4	16	12.25	3.05	-0.98	78.56
10	Positive health	8	3	12	10.04	2.00	-1.06	83.66
11	Weight control	10	3	12	9.70	2.21	-1.08	80.83
12	Appearance	1	4	16	12.57	3.05	-0.98	76.56
13	Strength and endurance	5	4	16	11.64	3.11	-0.75	72.75
14	Agility	12	3	12	9.45	2.48	-0.55	78.75

Table 4: The arithmetic average, standard deviation, coefficient of torsion and the percentage of responses to the research sample (men) for the axes of the motives of physical activity (n=200)

No	Axes	Sort	Class minor	Great minor	Arithmetic average	Standard deviation	Coefficient of torsion	Percentage
1	Stress Management	10	4	16	9.45	3.53	-0.37	58.87
2	Renewal of life	1	3	12	12.53	1.91	-0.56	81.33
3	Enjoying	4	4	16	12.02	2.84	-0.49	85.32
4	Challenge	7	4	16	10.54	3.21	-0.23	65.88
5	Social recognition	5	4	16	11.93	3.00	-0.63	74.56
6	Belonging	9	4	16	10.02	3.51	-0.02	62.62
7	Competition	11	3	12	9.02	3.60	0.18	56.37
8	Pressure of Health	14	3	12	8.44	2.46	-0.32	70.33
9	Avoid the disease	2	4	16	12.47	2.76	-0.76	77.94
10	Positive health	8	3	12	9.78	2.21	-1.06	81.50
11	Weight control	10	4	16	10.12	1.90	-0.95	84.30
12	Appearance	6	4	16	11.30	3.25	-0.54	70.62
13	Strength and endurance	3	4	16	12.39	3.00	-0.79	77.43
14	Agility	9	3	12	9.47	2.44	-0.24	78.91

Table 5: The arithmetic average, standard deviation, coefficient of torsion and the percentage of responses to the research sample (women) for the axes of the motives of physical activity (n=200)

No	Axes	Sort	Class minor	Great minor	Arithmetic average	Standard deviation	Coefficient of torsion	Percentage
1	Stress Management	3	4	16	12.08	2.73	-0.71	75.52
2	Renewal of life	9	3	12	9.85	2.10	-1.24	82.08
3	Enjoying	4	4	16	12.96	2.71	-0.88	74.75
4	Challenge	6	4	16	10.33	3.02	-0.17	64.56
5	Social recognition	10	4	16	9.64	3.14	-0.09	60.25
6	Belonging	7	4	16	10.00	2.87	-0.10	62.50
7	Competition	13	4	16	8.05	2.84	0.21	50.31
8	Pressure of Health	12	3	12	8.58	2.12	-0.32	71.50
9	Avoid the disease	11	3	12	9.57	2.19	-1.14	79.75
10	Positive health	5	4	16	11.88	2.96	-0.63	74.25
11	Weight control	2	4	16	12.20	2.80	-1.17	83.33
12	Appearance	1	4	16	12.87	3.13	-1.30	80.43
13	Strength and endurance	10	3	12	9.64	2.55	-1.02	80.33
14	Agility	8	3	12	9.89	2.10	-1.17	82.41

Table 6: Significant differences between men and women between the axes of the list of motives of physical activity (n=400)

No	Axes	Men (n=200)		Women (n=200)		T value	F value	Significance
		Arithmetic average	Standard deviation	Arithmetic average	Standard deviation			
1	Stress Management	12.10	2.76	11.93	2.96	0.50	1.15	Not Function
2	Renewal of life	9.85	2.10	10.36	1.91	*2.15	1.20	Function
3	Enjoying	12.00	2.71	12.02	3.84	*2.33	1.50	Function
4	Challenge	10.33	3.02	10.54	3.21	0.56	1.12	Not Function
5	Social recognition	9.64	3.14	9.41	3.51	0.57	1.24	Not Function
6	Belonging	10.00	2.87	10.02	3.51	0.06	1.48	Not Function
7	Competition	8.05	2.84	9.02	3.20	0.22	1.60	Not Function
8	Pressure of Health	8.58	2.14	8.44	2.46	0.52	1.32	Not Function
9	Avoid the disease	9.57	2.19	9.78	2.21	0.81	1.01	Not Function
10	Positive health	9.89	2.10	10.12	1.90	0.99	1.23	Not Function
11	Weight control	12.87	3.13	12.39	3.00	1.33	1.09	Not Function
12	Appearance	12.20	2.80	12.30	3.25	*2.44	1.34	Function
13	Strength and endurance	11.88	2.96	12.47	2.76	1.73	1.14	Not Function
14	Agility	9.64	2.55	9.47	2.44	0.54	1.09	Not Function

### Presentation, Discussion and Interpretation of Research

**Results:** The questionnaire was applied in the period from 25/09/2010 to 15/11/2010, the analysis of statistical data in the period from 16/12/2010 to 24/12/2010.

Data presented in Table 3 indicated that the values of torsion coefficients ranged between (0.27,-1.08) which is confined between (+ 3,-3), this means that the data are distributed to the distribution of a moderate sample, where the twelve axis was (Appearance) ranked first in terms of responding to the degree of importance, by the arithmetic mean and the second axis (the renewal of life) in the first place, according to the percentage of the great degree of each axis.

Data processing was statistically both men and women separately.

**Men:** Data in Table 4 indicated that the values of torsion coefficients ranged between (0.18,-1.06) is confined between (+ 3,-3), this means that the data is distributed among a sample distribution of moderate men, as the second axis (Renewal of life) ranked first in terms of responding to the degree of importance, through the arithmetic average and the third axis (Enjoying) in the first place, according to the percentage of the great degree of each axis.

**Women:** Data in Table 5 indicated that the values of torsion coefficients ranged between (0.21,-1.30) is confined between (+ 3,-3), this means that the data is distributed among a sample distribution of moderate women, as the twelve axis was (appearance) in the first rank in terms of responding to the degree of importance and through the arithmetic mean and the eleven axis (Weight control) in the first place, according to the percentage of the great degree of each axis.

Data in Table 6 indicated that the value (T) function statistically between men and women in each of the renewal of life, enjoying and feel for women, the value of (T) is not statistically significant in the management of stress, challenge, social recognition, affiliation, competition, pressure from health, to avoid disease, positive health, weight control, strength and endurance and agility.

### Method of Statistical Analysis:

- ℄ The arithmetic average.
- ℄ The standard deviation.
- ℄ Coefficient of torsion.
- ℄ The correlation coefficient.
- ℄ Approved arbitrators.
- ℄ The application of the test and re-applied.

### CONCLUSIONS

Focus of appearance came in ranked first in terms of responses of men and women motivated physical activity, due to the fact that an important aspect of the individual in that it reflects the personality of the individual and raise morale (Table 3). Fawzy [9] pointed that the most important purposes, which can be achieved through physical activity is to keep the look, sound textures, increased self-confidence and self-esteem. Also, the focus of renewed life came in first place for men, due to the fact that men always need to renew the life, physical activity helps to raise the morale of him and change his behavior the traditional to the new behaviors (Table 4). Similar results were reported by Rateb [3] and Ingledew and Markland [7]. After a comprehensive review of the results of research that the most important motives of physical

activity is to renew life. From Table 5 the focus of appearance came in first place for women, too, because women are always seeking to have a good appearance in front of others and as a result of the conditions of life of traditional and modern technology, lack of physical activity for at regular intervals and the spread of obesity and wrinkles of the skin, leading to lack of interest in Egyptian woman appearance [3]. However, in Table 6 there are significant differences between men and women in the axes of the renewal and enjoy life and appearance for women, where women are more popular on the physical activity to improve their appearance and the renewal of life and enjoy. These findings are in agreement with those obtained by Fawzy [9] who reported that the renewal of life and enjoy and feel of the most important objectives of the motives of physical activity. Finally, it could be concluded that from here to achieve the goal of the research and answer the question

### Recommendations

- C Raise awareness of cultural and sports on the importance of physical activity for older people.
- C Number of researches and studies in the elderly.
- C The preparation and refinement of trained specialists in the field of the elderly.

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