

Making a Regular Physical Activity is Essential to all Elders: Proposal for a Scientific Study

Susana Isabel Vicente Ramos^{1*}, Margarida Tenente Santos Pocinho² and Andreia Almeida³

¹Faculty of Sport Sciences and Physical Education of the University of Coimbra, University of Coimbra, Portugal

²Coimbra Health School (ESTeSC)- Polytechnic of Coimbra, Portugal

³Independent Researcher, Portugal

ISSN: 2577-1914



***Corresponding author:** Susana Isabel Vicente Ramos, Faculty of Sport Sciences and Physical Education of the University of Coimbra, University of Coimbra, Portugal

Submission: 📅 April 02, 2022

Published: 📅 April 28, 2022

Volume 8 - Issue 4

How to cite this article: Susana Isabel Vicente Ramos*, Margarida Tenente Santos Pocinho, Andreia Almeida. Making a Regular Physical Activity is Essential to all Elders: Proposal for a Scientific Study. Res Inves Sports Med. 8(4), RISM.000691. 2022. DOI: [10.31031/RISM.2022.08.000691](https://doi.org/10.31031/RISM.2022.08.000691)

Copyright@ Susana Isabel Vicente Ramos. This article is distributed under the terms of the Creative Commons Attribution 4.0 International License, which permits unrestricted use and redistribution provided that the original author and source are credited.

Opinion

The elder population is a part of the society that, for the last few years, has been growing in a very fast rhythm, in a more accentuated way in all Europe and more noticeable in Portugal [1-3]. Being that the natural process of aging, either characterized by a progressive loss of skills/functions in the mental functioning, or in the motor domain but, it can be moderated by healthy life states [4]. COVID-19 affected the population on a global scale; however, the population most affected is the older adults [5]. This population considered a risk group, where the institutions were forced to make changes, such as not letting visitors enter the care homes, resulting in less contact between older adults and their families and friends or not at all, or keeping the older adults apart from each other, fracturing their personal relationships [6].

Therefore, it is important to understand if there's a significant relation between physical activity, the well-being, quality of life in the elderly and levels of loneliness by older adults before and after COVID-19. For that, we recommend evaluating the time each elder spends weekly, doing physical activity of moderate and vigorous intensity, in the different contexts of their everyday life. For now, if there exist significant differences between the levels of loneliness before and after COVID-19 we suggest using the UCLA Loneliness Scale. To evaluate, the quality of life, we consider MOS-SF-12 questionnaire (ShortForm-12), which is a good resource to be used.

To select a sample, we suggest researching in Health Centers, Associations and Institutions that work with the elders, and can be combined either by non-institutionalized or by institutionalized individuals. As criteria of exclusion, the participant must have the presence of disabling diseases (physical or mental).

After that, we have a hypothesis that we find correlation between physical activity and the impact of Covid19, in mental health, that higher the level of sedentary, the lower the elders' quality of life plus more loneliness. We really think that the practice of physical activity is a quality-of-life predictor in this pandemic period. Last but not the least, the perception of a state of loneliness and the lack of physical activity, has a negative effect on the perception of quality of life.

References

1. Eurostat (2020) Population on 1st January by age, sex and type of projection Source of data: Eurostat Projection: Baseline projections Unit: Person Sex: Total Age: Total.
2. Jacob L, Fernandes H, Branco A, França L, Rodrigues E, et al. (2011) Ideias para um Envelhecimento Activo. RUTIS.
3. Krupowicz J (2022) Convergence of population structures of the european union member states - The past and the future. sustainability 14(2): 1024.
4. Santos J (2019) A Relação entre Atividade Física, Perceção Subjetiva da Saúde e Qualidade de Vida no Idoso [ISMT].
5. Kaap-Deeder J van der, Vermote B, Waterschoo J, Soenens B, Morbée S, et al. (2022) The role of ego integrity and despair in older adults' well-being during the COVID-19 crisis: the mediating role of need-based experiences. European Journal of Ageing 19(1): 117-129.
6. Marques D, Pocinho M, Matos F, Ramos S (2020) Solidão e COVID. In: Pocinho M & Anjos VN (Eds.), 7º Congresso (inter) Nacional Conversas de Psicologia. APCDP. p. 99.