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Relation between elderly participation in recreational sports and satisfaction of the Leisure and Life

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ABSTRACT

Background: Having a healthy life requires mobility and exercise. Addressing the recreational sport for seniors not only physiological benefits but also has many other benefits. Most elderly like non-competitive and recreational sports. **Objective:** This study identified elderly favorite sports and recreational exercise relationship with them satisfaction of life and leisure. Research Methods was descriptive and data were collected as field. Random sampling was form the cluster sample and using the formula Cochran was appointed in 1319 people. For data analysis descriptive statistics and independent groups t test was used. **Results:** Results showed that more than half of elderly had sports activities. Walking, stretching out, swimming, cycling and Zorkhane sport were favorite sports elderly. They mostly non-competitive recreational activities and show interest. **Conclusion:** Seniors who pay sports activities more than seniors, who do not exercise activities, have leisure time and finally a satisfying life.

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INTRODUCTION

Recreation has always been paid attention to by human. The results of the researchers suggest that in the past century human has continuously thought about recreation. The researches have been interesting to all the countries all around the world which have been interested in preparing better ways for their people's recreation (Souri, 2002). One of the best ways for recreation as experts suggest is doing sport activities. Living a healthy life requires physical activity to be a part of the daily routine and as one of the physical activities; sport can play an important role in living a mentally and physically healthy life. People with lower levels of physical activity are imposed to diseases like depression, physical and mental diseases, and premature death which for the elderly become more important due to their weaknesses, mental and physical, associated with their age. Currently 27.7% of the world's population are elderly and according to the report by the information department in United Nations, the population of elderly in Iran grows to 26 million 393 thousand people by 2050, until when elderly account for 26% of the world's population (David, 2004).

Getting involved in recreational sport is not only a matter of physiological benefit but also it prevents isolation, and increases self-confidence, succulence, and helps the elderly develop relations with others (Gaeini & Rajabi. 2004). Regarding the properties of the senility, elderly people mostly choose recreational and non-competitive sports (Tondnevis *et al.*, 2010).

The results of the study by Wikstrom 2006 and the survey in Pennsylvania 2002 showed that elderly have also shown interest toward swimming, body building, swimming, bicycling, and jogging alongside with walking (Wikstrom *et al.*, 2006).

Zarei 1386, in the study of leisure time for elderly in Qazvin showed that among leisure time activities, TV 6.75%, reading newspapers and magazines 6.72%, sightseeing in religious parts 8.68%, and sports 5.60%, were in attention (Zarei & Ghorbani, 2007).

Rasoulzade in a study of the elderly interest (residing in Tehran's nursing homes) toward sport activities showed that both genders have more interest in walking and body building (Rasul -Zadeh, 2008). Many researchers have shown that active elderly spend better and more desirable leisure and are healthier. In this regard Gebaska and Kuezerowsa 2002 concluded that active elderly have better situation mentally and socially,

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they get sick less and are in need of less medical treatment (Gebaska-Kuezerowska, 2002). Chou 2006 also showed that physical activity during recreation plays a more important role in elderly's health. Physical activity and sports during old age positively impacts individuals' leisure and leads to their satisfaction in life (Chow, 2006).

Joseph *et al* 2009 suggested that active elderly are 74.2% more successful than non-active elderly (Joseph, 2009). Gotham 2007, in his study on Nepali elderly and Tournin *et al* 2007 on people residing in the western parts of America and also Mathew 2008 have suggested that physical activities have a positive relationship with life satisfaction (Gautam, 2007; Tornine, 2007 and Mathiew, 2008).

Therefore it is more important to pay attention to old people's leisure due to the fact that a majority of them are retired and have a lot of free time. This study is then aimed at finding sports which attract more interest in elderly and find the relationship between leisure sports and life satisfaction.

Metodology:

This study is of a descriptive type the data for which is gathered by field research. The population in this study includes all people in Tehran above 60 years old who according to the reports by the Census center were 973185 people. Sampling was of a random cluster type and the size was set at 1319 using Cochran equation. To gathered the data needed a self-designed questionnaire was used validity (Sport Management Professors' opinion) and reliability (Cronbach's $\alpha = 0.76$) was approved. To analyze the data descriptive statistics was used and in the part of inferential statistics independent T test was conducted.

Results:

The results shows that over a half of the sample (54.5%) have physical activities among which 76.5% do sports of their interest. The findings show that sports which are considered interesting by the elderly include; walking, stretching, swimming, and bicycling. Also half of the samples were rather satisfied from their leisure time activities and 25% were completely satisfied. The comparison between having physical activity and satisfaction from leisure time in elderly shows that there is a significant relationship ($P \leq 0.001$), and also the comparison between having physical activity and life satisfaction shows that there is significant relationship ($P \leq 0.001$) between life satisfaction and having physical activities in the elderly.

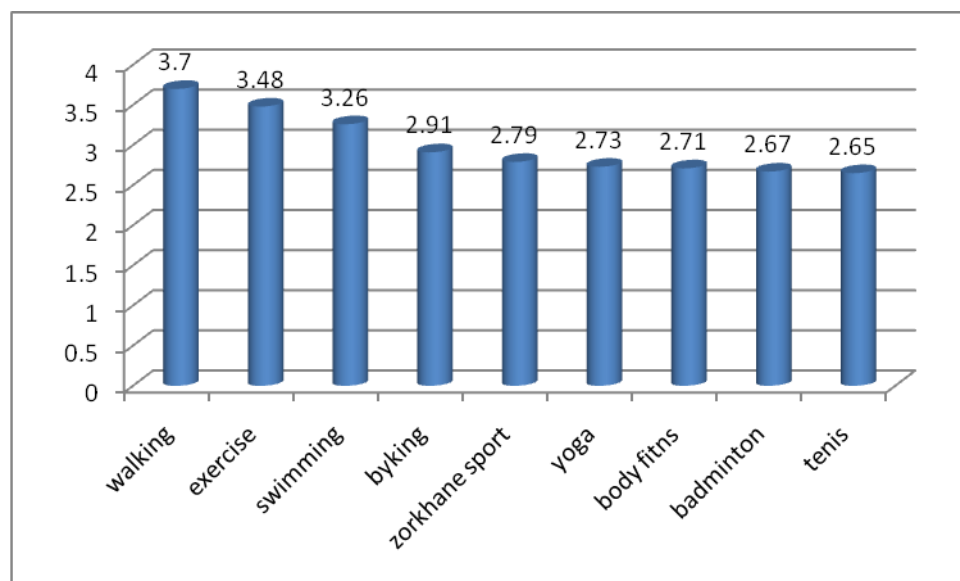


Fig. 1: The level of interest shown in different sports by the elderly

Table 1: The comparison between among elderly on the basis of activity with emphasis on satisfaction

Index activity	Mean	SD	T	Degree of freedom	Sig.
Yes	2.52	0.89	11.18	1246	0.001
NO	1.97	0.81			

Conclusion:

The results show that a half of the elderly have physical activities. The results are inconsistent with those of Souri, but consistent with the results of Schooler. Diseases, weakness, and physical problems are the most important problems which prevent elderly from doing sports. Walking, swimming, bicycling, and Bastani sport are respectively the highest beloved sports for the elderly. These findings are consistent with those of Mobili Wickstrom, and the field study in Pennsylvania and also the results of Rasoulzade. It seems that elderly show their interest in recreational and non-competitive sports. The results show that more than a half of elderly are rather satisfied by their leisure time activities while 25% are completely satisfied.

The results show that there is a significant relationship between satisfaction by leisure time activities and physical activity and elderly with emphasis on sports. This means that the elderly who have physical activity are more satisfied by their leisure time activities than elderly who don't. It may be because people who are physically active are happier and more satisfied. Also there are significant relationship between life satisfaction and physical activity by the elderly, which suggests that elderly who have physical activity are more satisfied by their lives too. Doing sports leads to a happiness which not only increases the satisfaction by leisure time activities but also improves life satisfaction as well as.

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