

Fizička aktivnost i nivo kvalitet života starih osoba

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Abstrakt

Prema podacima Ujedinjenih nacija broj osoba starijih od 60 godina se povećao za 2% procenta između 1950. i 2000. godine (sa 8% na 10% ukupnog stanovništva). Međutim, očekuje se da će broj starih biti 22% ukupne populacije do 2050. godine. Istovremeno, porast starih osoba dovodi i do smanjenja ukupnog nivoa fizičke aktivnosti, što dovodi do promena u parametrima kvaliteta života. Cilj ove studije bio je da utvrdi da li kvalitet života zavisi od nivoa fizičke aktivnosti starih muškaraca i žena.

Istraživanje je sprovedeno na uzorku od 614 starih žena i 666 starih muškaraca (65+ godina) svrtanih u grupe sa niskim, umerenim i visokim nivoom fizičke aktivnosti. Fizička aktivnost utvrđena je pomoću Internacionalnog upitnika za procenu fizičke aktivnosti (IPAQ), dok je kvalitet života utvrđen upitnikom o kvalitetu života svetske zdravstvene organizacije (WHOQoL). Razlike između grupa utvrđene su pomoću univarijantne analize varijanse (ANOVA). Za utvrđivanje preciznije razlike kvaliteta života, u odnosu na nivo fizičke aktivnosti korišćena je Bonferonijeva korekcija. Statistička značajnost bila je $p < .01$.

Parametri kvaliteta života su pokazali statistički značajne razlike ($p < .05$) u skoro svim posmatranim domenima između nisko, umereno i visoko fizički aktivnih starih žena i muškaraca. Nivo procenjenog kvaliteta života statistički se značajno razlikuje između nisko i visoko aktivnih kao i između nisko i umereno aktivnih starih muškaraca i žena.

Ova studija potvrdila je pretpostavke da fizički aktivnije stare žene i stari muškarci imaju bolje stavove prema kvalitetu života. Redovna fizička aktivnosti starim osobama pruža mogućnost da duže ostanu nezavisne u obavljanju svakodnevnih obaveza, odnosno direktno je povezana sa povećanjem kvaliteta života.

Physical activity and the elderly quality of life level

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Abstract

According to United Nations data, the number of people over 60 increased by 2% between 1950 and 2000 (from 8% to 10% of the total population). However, it is expected that the number of old people will amount to 22% of the total population by 2050. At the same time, the increase of the old people population leads to a decrease in the overall level of physical activity, which then causes changes in life parameters quality. The aim of this study was to determine whether the quality of life depends on the level of physical activity of old men and women.

The research was conducted on a sample of 614 old women and 666 old men (65+ years old), divided into groups with low, moderate and high levels of physical activity. Physical activity was determined using the International Physical Activity Assessment Questionnaire (IPAQ), while the quality of life was determined using the World Health Organization Quality of Life Questionnaire (WHOQoL). Differences between groups were determined using univariate analysis of variance (ANOVA). Bonferroni's correction was used to determine a more precise difference in the quality of life, in relation to the level of physical activity. Statistical significance was $p < .01$.

Quality of life parameters showed statistically significant differences ($p < .05$) in almost all observed domains between low, moderately and highly physically active old women and men. The level of the estimated quality of life is statistically significantly different between low and highly active, as well as between low and moderately active old men and women.

This study confirmed the assumptions that more physically active old women and men have better attitudes towards quality of life. Regular physical activity provides the elderly with the opportunity to remain independent longer in the performance of their daily duties, i.e. it is directly related to an increase in the quality of life.