

# Role of Physical and Recreational Activity on Health Status of Geriatric People



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## Abstract

Geriatric inhabitants are increasing in Bangladesh, denoted by the increased life expectancy of the population. So it is the high time to take necessary and relevant measure for their wellbeing. In order to take any welfare measure, it is required to find out their health status. This review was aimed to find gap/missing of existing literature in order to make foundation of new research on role of physical and recreational activity on health status of geriatric people. After repeated critical review of number original articles, some knowledge gaps have been found as like relation between sociodemographic characteristics and physical activity as well as recreational activity.

## Mini Review

Elderly people are usually vulnerable. Physical activity is considered as pre-requisite of sound health. In addition to these recreational activities keep their body and mind fresh and away from disease. But we often show negative attitude to physical exercise as well as recreational activity particularly in later part of life. Moreover, degenerative changes take place as age grows. Socioeconomic condition, environmental facility, lack of awareness, lack of support from peer group, unplanned urban structure may have link with insufficient physical and recreational activities which is important for designing of health-promoting and education interventions of older group residing in old home and community residents in Dhaka city. We know geriatric population is a vulnerable segment of a society because they can break with a slightest stimulus though they occupy wide and greater portion of population pyramid. Due to improvement of health facility life span of Bangladeshi people has increased. But this high life span brings disease burden also such as musculoskeletal problem along with risk of other co-morbidities like high blood pressure, diabetes and cerebrovascular accident are increasing rapidly. Physical activity is an important tool to counter many health problems among elder people. In order to bring physical fitness and keep mental strength-physical and recreational activities play remarkable role Quality adjusted life year is going down but disability adjusted life year is expanding. But solution is in own hand i.e. physical activity.

## Physical and Recreational Activity

Literature suggests that as age increases, less motivation gets to participate leisure activities Alexandris and Carroll [1]. Hong Kim and Lee [2] found that both men and women

geriatric people stops physical activity due to lack of family encouragement, education degree, age, and poor knowledge. Lee & Hsiao-Wen [3] suggest that aged people should be optimistic, and the activities should be done within the range that time and economy allow.

Rayirala et al. [4] implemented a cross cut comparative research assessing the quality of life in elderly living in old age homes and community and association of various factors with quality of life. This study found that Comparison of quality of life in elderly living in old age homes and community and association of various socio demographic factors, spouse factors, habits and hobbies and high quality of life is seen in elderly who are highly educated, who are retired, belonging to middle Socio-Economic Strata, and who don't have any habits, whose spouses are young old and retired. High quality of life is seen old age home inmates when compared to community dwelling elderly. Knowledge gap exists between socio-demographic factors and physical activity. Socio Economic Strata has got the highest association with quality of life is seen in elderly.

Thakur et al. [5] tried to find out health problems among the elderly. But there is missing information between socio-demographic factors and state of physical and recreational activity. This paper only showed health problem of the senior citizen which is a strong determinant in determining health status of senior citizen living in rural and urban area of community.

Moniruzzaman et al. [6] identified low physical activity level in both urban and rural inhabitants in Bangladesh. There is a gap between socio-demographic factors and physical activity.

In terms of socioeconomic status this paper only shows age and sex of the senior citizen, occupation and income of senior citizen but very few information was found about education of senior citizen.

Haque et al. [7] found that nutritional status and health status was not good and satisfactory among elderly. This paper recommended that effective public health policies should be undertaken to combat malnutrition.

Barikdar et al. [8] highlighted quality and quantity of food, safe drinking water, sanitation and hygiene of aged people but no information was found on physical exercise and recreational activities. Bishwajit et al. [9] did not find significant association between back pain and vigorous physical activity.

Gesite-Castillo [10] carried out study on health and lifestyle status of senior citizens in Northern Samar, Philippines. This study found significant variation of health status of geriatric people in three geographical areas of the province. Edward et al. [11] showed encouraging evidence that moderate geared up physical activity in older adults have major public health benefits. They also found that has following benefits: diminished age-related declines in physiologic reserve, fewer depressive symptoms, reduced risk of chronic heart diseases, fewer osteoporotic fractures, higher rates of maintaining function and avoiding functional loss, and lower mortality.

Tiwari et al. [12] carried out study on mental health problems among inhabitants of old age homes. Depression (37.7%) was found to be the most common mental health problem followed by anxiety disorders (13.3%) and dementia (11.1%). A majority of the inhabitants (64.4%) were having psychiatric morbidity and no one was observed physically fit.

Barikdar et al. [8] conducted the study among the situation of the elderly in Bangladesh was done using different search engine and literature review. This study found that the nutrition and health status of elderly people depend on adequate food safe water, proper sanitation facilities and maintaining hygienic standards. After review of this paper, no information was found regarding the nutrition and health status of elderly or senior citizen depend on physical exercise and recreational activities.

Bishwajit et al. [9] conducted a study on physical activity and back pain among an elderly population. This study found that the prevalence of back pain was, respectively, 64.8%, 19.8%, 69.5%, 40.6% and 36.2% in Bangladesh, India, Nepal, Pakistan and Sri Lanka. No significant association between back pain and

vigorous physical activity was observed among men in any of the countries. Further research is needed to better understand this relationship and the potential of exercised-based strategies to prevent and treat back pain among elderly or senior persons.

Sedentary behavior is considered as significant risk factor for chronic disease morbidity and mortality in aging. But there is a limited amount of information on the type and amount of activity needed to promote optimal health and function in older people. Increase in medical costs, lack of social security and unemployment are main challenges for aged group in Bangladesh.

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