

PalArch's Journal of Archaeology  
of Egypt / Egyptology

TRENDS SENIOR CITIZENS MEN AND WOMEN TOWARD PHYSICAL  
ACTIVITY: A COMPARATIVE STUDY

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**Trends Senior Citizens Men And Women Toward Physical Activity: A Comparative**  
**Study-- Palarch's Journal Of Archaeology Of Egypt/Egyptology 19(2), 1363-1370. ISSN**  
**1567-214x.**

**Keywords: Lahore District, Men & Women, Physical Activity And Senior Citizen.**

## ABSTRACT

Physical activity has an imperative role in the well-being of senior citizen people. Its importance for maintaining physical capacity and health during a person's lifetime has been well documented. Furthermore, physical activity contributes to mental well-being, offering, for example, the possibility to maintain social networks. This study aimed to compare the Attitude of Senior Citizens, Men and Women, toward Physical Activity. For this purpose, 100 men and women ages 60 to 70 years old were selected as the sample size (each n=50). An adapted questionnaire with 20 statements was appraised on 5 points Likert scale; Seldom, Rarely, Sometimes, And Frequently and Almost Always for data collection. This study shows a significant difference ( $p < 0.05$ ) between the mean score of Attitude of Senior Citizens between Men and Women toward Physical Activity. Accordingly, in Attitude Physical Activity, Senior Citizens men had more Attitude than Senior Citizens did women did.

## INTRODUCTION

Physical activity is as old as humanity; from conception, a child starts physical activity, which gets refined with time (Kaur, 2021). Physical activity is not only for a sportsperson/athlete but also very important for a layperson. Physical

activity is not only for physical development, but it is necessary for the overall development of a human (Bailey et al., 2015). Man is a social animal, but he is different from other animals because they can think, and the primary distinction from other animals is his ability to learn (Adolphs, 2010). He has been endowed with intelligence which enables him to modify his animal tendencies following the demand of the environment and society (Kaur et al., 2021). The purpose of physical activity is not to gain a muscular body, but it plays a vital role in human beings' overall development.

Less is known about how senior citizens perceive physical activity and exercise. The study of older adults is essential, as they are increasing as a proportion of the total population in many countries (Gaikwad and Shinde, 2019). Involving in physical and habitual physical activity can benefit several physical and psychological indices (Leproult et al., 2015). For older people, exercise can minimize the physiological decline that is an inevitable consequence of biological ageing (Khan et al., 2017) and may contribute to an independent lifestyle. Newcomb (2019) believes that an attitude is not a response but a more or less persistent set to respond in a given way to an object or situation. It is an organized and consistent manner of thinking, feeling and reacting about any event in one's environment. Jain (2014) considered thoughts, beliefs, feelings, emotions and tendencies to respond as essential components of an attitude. It refers to a subjective or mental state of preparation for action (Lang, 2019). Valenty et al. (2020) relate attitude with a neuro-psychic state of readiness for psychological and physical activity. Attitudes are an individual mental process that determines the actual and potential response of each person in the social world. Hannula et al. (2012) believe that attitude has emotional, intellectual and motivational components. Ideas of acceptance or rejection and the preparation of the individual to be motivated in specific ways are implied in observation. An attitude is essentially a construct which is not open to direct observation and is established through the interference made by an observer of an individual's behaviour (Duck, 2022).

## LITERATURE REVIEW

This study looks at the fact that physical exercise is the only way to preserve health and slow the ageing process, but it is not used enough by the elderly. The study's goal is to record findings regarding the tendency of the elderly regarding physical activities (Yamada et al., 2010). The subjects can evaluate their health degree and choose the necessary movement for different body segments, the women preferring their back area and the men their abdominal area (Park et al., 2022). Most elderly people are used to moving and walking for an average of 20-40 minutes. A few elderly do physical exercises independently, and the most frequent movements target muscular-joint mobility. The aged people know well the positive effects of physical activity on health but are not involved enough in such practice (Tang et al., 2016).

The modes, regularity, and intensity of physical activity change with age, so the total time spent in physical activity and, particularly, the frequency and intensity of the exercise clearly decline after 75–80 years of age (Wang et al., 2010). Health-promoting physical activity seems to decrease during the lifetime, but there are significant differences between individuals. Although some are

engaged in optimal levels of physical activity, others develop lifestyles that are generally sedentary (Izquierdo et al., 2017).

One key issue regarding the health information-seeking behaviour of many older adults has been suggested as the lack of ability to evaluate the quality of online health information (Dadaczynski, 2021). Seniors may face challenges in understanding the terminology used in health information (Wilson et al., 2021). The World Health Organization considers the following stages: seniors between the ages of 60 and 74, elderly individuals between ages 75 and 90, and 90 and older. According to Şchiopu and Verza, the involution periods have the following stages: passing the stage to old age (from 65 to 75 years), stage of medium old age (from 75 to 85 years) and stage of high old age or stage of long-lived people (over 85). The specialists' interest aims to increase the life expectancy as well as the quality of the elderly life. The researchers found that physical activity can protect against loss of mental function.

Heart rate and breathing frequency significantly increase when physical activity capacity is higher than average (7-8 points). The age and presence of chronic diseases must be considered during the training program. The physical exercises for the older person must be chosen according to their functional state (biological age), ageing profile, the presence of disease, lifestyle, previous exercise experience and other factors. Physical training can be monitored by well-being, based on heart rate zones or calculated by power zones. The development of the criteria for physical activity for older people should be the subject of further theoretical and experimental studies.

The following procedure and information will help senior citizens start their physical activity at their optimum training zone.

First, they must determine their optimal training 'zones' through a simple mathematical formula. First of all, subtract your age from the number 220. For example, if you are 60, your maximum heart rate is around 160 (220-60). And from this number, optimal training "zones" is created. The American Heart Association still promotes this method as a general indicator for training zones for seniors suggesting seniors can train somewhere between 50% to 85% of a person's maximal heart rate. Using this formula, target training zones for cardiovascular exercises for seniors would be:

***Know Your Numbers: Maximum and Target Heart Rate by Age***

Age	Target HR Zone 50-85%	Average Maximum Heart Rate, 100%
<b>60 years</b>	<b>80-136 bpm</b>	160 bpm
<b>65 years</b>	78-132 bpm	155 bpm
<b>70 years</b>	75-128 bpm	150 M

The present study aimed to compare the attitude of senior citizens, men and women, toward physical activity. For this determination, researchers selected

those people who used to walk and exercise regularly in the different parks of Lahore, Pakistan.

### **RESEARCH METHODOLOGY**

Every study is based on the designs and approaches. Likewise, this research is also following a study design. In the case of this research, a comparative study was selected by the researchers to collect the data from the Senior Citizens' Attitudes towards Physical Activity. Comparative analysis is used to demonstrate the ability to examine, compare and contrast subjects or ideas. A comparative study shows how two subjects are similar or show how two subjects are different in their skills and physical fitness.

#### ***Population of the Study***

The population area of the study was senior citizens, Men and Women of Lahore District, Pakistan. The people selected as samples for this study almost regularly come to the parks for physical activity. The followings parks of Lahore were chosen for the selection of people;

- The Model Town Park, Lahore
- Jilani Park. Parks
- Shalimar Bagh (Shalimar Gardens)
- Gulshan-e-Iqbal Park.

#### ***Sample Size***

Through purposive sampling, a total no. of 100 senior citizens above 60 years old (Men n=50 and Men n=50) were selected from the different parks of Lahore, District, Punjab, Pakistan, for this study. The total number of people chosen from each park is;

Sr.#	Park's name	Sample Size	
		Men	Women
1	The Model Town Park, Lahore	13	16
2	Jilani Park	18	11
3	Shalimar gardens	09	14
4	Gulshan-e-Iqbal Park.	10	09
5	Total	50	50
		Total=100	

### **DATA COLLECTION TOOL/ RESEARCH INSTRUMENT**

Data collection tools refer to the devices/instruments used to collect data, such as a paper questionnaire or computer-assisted interviewing system. Case Studies, Checklists, Interviews, Observations sometimes, and Surveys or Questionnaires are all tools used to collect data that researchers used for data collection. In this study, the researcher used an adapted questionnaire which consisted of 20 statements to take the possible response of people about physical activity. The 5-point Likert scale, Seldom, Rarely, Sometimes, Frequently, and

Almost Always, was used to measure people's behaviour towards physical activity.

### RELIABILITY OF RESEARCH TOOL

To fulfil the objective of this study, researchers developed a questionnaire which consisted of 20 statements. The researchers applied Cronbach's alpha test on 20 statements to measure the scale's core reliability, which was observed at 0.80. The opinion of field experts ensured the validity of the research tool.

### DATA ANALYSIS

The results were expressed and analyzed using appropriate statistical tools, i.e. Percentage, Means, Standard Deviation, and independent Sample t-Test.

### RESULTS

#### *Demographical Characteristics*

Variable	Age category	Frequency	Percentage
Age (men & women)	60 to 65 years	64	64%
	66 to 70 years old	36	36%

Table 4.1 presents the age group of senior citizens who participated in this study. According to the results, the 60 to 65 years age group people are 64%, whereas 66 to 70 years old people are 36%.

**Table 4.2** Independent samples t-test on the attitude of senior citizens men and women toward physical activity

#	Variable	n	Mean/ SD	t	P
1	The attitude of Senior Citizens Men score	50	88.66±.75	1.56	.01
2	The attitude of Senior Citizens women score	50	67.77±.1.50		

Table-4.2 reveals the results on the Attitude of Senior Citizens Men and Women toward Physical Activity. This table shows a significant difference ( $p < 0.05$ ) between the mean score of Attitude of Senior Citizens Men and Women toward Physical Activity. Men show a great interest in their regular physical activity than women.

### DISCUSSION AND CONCLUSION

The present study was conducted on the senior citizen of district Lahore, men and women. The main aim of this research was to compare the Attitude of Senior Citizens, Men and Women, toward Physical Activity. The population of this study consisted of different parks in the Lahore district. There was a total of 100 (n=50 men and women, each) participants selected as sample size 60 to

70 years old. The study's findings show a significant difference ( $p < 0.05$ ) between the mean score of Attitude of Senior Citizens between Men and Women toward Physical Activity. Accordingly, in Attitude Physical Activity, Senior Citizens men had more Attitude than Senior Citizens women. The present study's results supported the previous research (Kaur, 2021). Ageism demonstrates a changing pattern across the lifespan. While gender differences remain stable, ageist attitudes toward growing old as we age are constantly changing.

To better understand ageism as a general and global phenomenon, we need to consider the role of such attitudes in different stages of life. Physical activity's effectiveness greatly depends on its duration, intensity and character. Intermittent stretching, breathing exercises, Hermes gymnastics, resistance training, swimming, running, walking, and particular gymnastic complex with running or walking is proposed by authors of the different health system. The minimal work duration depends on its character and intensity. It ranges from 2 to 4 sessions per week, with a total period of fewer than 2 hours. It is noted the 15 kilometres minimal distance that must be run in a week for a positive effect. According to the American College of Sports Medicine guidelines, older people must perform endurance exercises for strength development and special activities for flexibility and balance. Endurance exercises positively affect the cardio-respiratory system, and resistance training prevents decreasing muscle mass. But the effectiveness of physical training is hard to check with special markers (for example, by increasing maximal oxygen consumption or mitochondrial oxidative capacity).

Aerobic work of moderate intensity duration of 150 minutes per week or high-intensity work is recommended for people under 65+. Also, the different types of physical activity should be combined. For example, brisk walking for 30 minutes can be combined with jogging for 20 minutes. Aerobic exercises of modern intensity accelerate heartbeat and breathing. They are essential for daily physical activity (self-care, cooking, daily walks) or motor activity that lasts less than 10 minutes (walking around the house, to work, from the parking place). Also, the strength exercises for the major muscle group must be performed at least twice a week (8-10 different activities, 10-15 repetitions). The 10-point scale determines physical exercise intensity. By null is taking a resting state, by ten – maximal physical effort.

## RECOMMENDATIONS

The researchers suggest some recommendations for above 60 years old people;

1. Older adults who sit less and do any amount of moderate-to-vigorous intensity physical activity gain some health benefits. Try a few of these aerobic activities.
2. Walking.
3. Some forms of yoga.
4. Some yard work, such as raking and pushing a lawn mower.
5. Water aerobics.

6. Whenever appropriate, let them know that regular physical activity—including endurance, muscle-strengthening, balance, and flexibility exercises—is essential for healthy ageing.
7. Help patients set realistic goals and develop an exercise plan.
8. At least 150 minutes a week of moderate-intensity activity, such as brisk walking. At least two days a week of activities that strengthen muscles. Aim for the recommended activity level but be as active as possible.

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