

Study on Effectiveness of Intervention Programme on Knowledge and Practice Regarding Impact of Walking Exercise on Old Age Activities of Daily Living among Old Age Persons in Tripura West District

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Abstract

Introduction: Walking Exercises are plays major role in Old age groups. As the aging population keeps increasing all sort of diseases, so the older people are recognizing the growing balance in activities need for exercise in their lives. Maintaining an active lifestyle is crucial for sustaining health and happiness. Exercise can help older age group to achieve the higher quality of life, and it can help them live longer as well¹.

Method and Materials: The research design adopted for this study was pre experimental i.e. one group pre-test post-test with evaluate approach. The sample size was 40 Old age persons, structured questionnaire were used to measure the knowledge and practice of Old Age groups.

Results: The post Knowledge and Practice mean score is significant higher than pre-test knowledge and practice mean score at the level of significant $p>0.05$.

Conclusion: The knowledge and practice of walking exercise with Activities of Daily living of Aged persons can be further improved by providing ongoing teaching and training programme.

Keywords: Effectiveness, knowledge, Practice, Walking exercises, Old age person

Introduction

Exercise can have an especially positive effect on heart and brain health. A study reported by the Gerontological Society of America found that fitness training led to significant increases in brain volume in people between 60 and 79 years old. Regular exercise can also help treat several chronic health conditions, including arthritis, diabetes and heart disease¹. There were approximately 40.3 million people aged 65 years or older living in the United States in 2010, making up 13 percent of the overall population during this time period².

The aging process can have an enormous impact on the human body. As people age, they may notice a loss of agility, balance, endurance and strength as well as a loss of bone density and muscle mass. Likewise, they

may also notice an increase in body fat and possible joint injuries. It is estimated that four out of every five adults aged 50 years and above are suffering from at least one condition that is chronic⁴.

Older people can try a wide range of exercises to improve their physical health. Aerobics, swimming, tai chi, weight training and yoga are all great options for maintaining a healthy lifestyle³. Engaging in strenuous physical activity is not the only way to stay fit and healthy. It is also possible to stay physically active by keeping up with casual daily activities. Walking briskly, taking the stairs, gardening, doing yard work and completing household chores are all simple activities that may make staying active an easier endeavor⁴.

Trying new things can be exciting and rewarding in multiple ways. Consider walking to the park instead

of playing video games or watching television when babysitting grandchildren. This healthy activity could even be a memorable bonding experience^{6,7}. Rethinking priorities could be helpful as well. Taking a walk after lunch instead of reading a book could potentially become a fun daily routine⁵.

Turning everyday walking activities into an exercise is another easy way to increase physical activity. There are many reasons why we tend to slow down and become more sedentary with age. It may be due to health problems, weight or pain issues, or worries about falling. On perhaps we think that exercising simply is not for the old age. However, as the growing older age, an active lifestyle becomes more important than ever to the old age health. Getting moving can help boost the energy, maintain independence, protect heart, and manage symptoms of illness or pain as well as body weight. In addition, regular exercise is good for the mind, mood and memory. No matter of old age or the current physical condition, these tips can show the simple way, enjoyable ways to become more active and improve the health status and outlook⁹.

Starting or maintaining a regular exercise routine can be a challenge at any age and it does not get any easier as for the old age. They may feel discouraged by health problems, aches and pains, or concerns about injuries or falls. If never exercised before, it may not know where to begin, or perhaps the old persons have to think for regular exercise, when there need for regular pattern¹⁰.

While these may seem like good reasons to slow down and take it easy as in old age, they are even better reasons to get moving. Becoming more active can energize the stress, mood, relieve stress, it help manage symptoms of illness and pain, and improve the overall sense of well-being. Moreover, reaping the rewards of exercise does not have to involve strenuous workouts or trips to the gym. It is about adding more movement and activity to improve daily activities in life, even in small ways. No matter the age or physical condition, it is never too late to get the body moving, boost the health and outlook, and improve how old age activities¹².

Old age walking is a real exercise that can build the aerobic fitness. The walking will need to walk briskly and bring the heart rate up into the aerobic zone at 70 percent to 80 percent of the maximum heart rate for a

30-minute session, at least three to four times per week. This is between the moderate-intensity and vigorous-intensity zones. It will be breathing heavily. If old age persons are already fit, it may need to add some hills, treadmill incline, or jogging intervals to reach this zone with a walking workout¹³. Walking may be the simplest way to work out. The old persons can do it almost anywhere, and it is a snap to get started: Just put one foot in front of the other. There are many great reasons to walk. The heart will get stronger, the lower blood pressure, and bones will get stronger. Walking also eases stress, helps to better sleep and can boost for outlook on life¹¹.

Walk at a brisk pace for 30 minutes or more on most days. Do it alone or with a friend. Try a walking club or recruit the family for an after-dinner walk. All you need is a pair of walking shoes. However, some of the most prominent effects of aging may be mitigated by exercising regularly. Exercising can have numerous positive effects for older people because of its ability to increase balance, increase flexibility, increase mobility and lower blood pressure. It can also help people maintain a healthy weight and reduce the chance of developing diseases and disabilities¹⁴.

Objectives

Assess the pre-test knowledge and practice regarding impact of walking exercise on Activities of daily living among Aged persons

Design and conduct a nursing intervention programme on knowledge and practice regarding impact of walking exercise on activities of daily living among aged persons

Assess the post-test knowledge and practice regarding impact of walking exercise on Activities of daily living among Aged persons

Correlate knowledge and practice regarding impact of walking exercise on Activities of daily living among Aged persons

Determine the association between knowledge and practice regarding impact of walking exercise on Activities of daily living with selected demographic variables among Aged persons

Hypothesis

H₁: There will be significant association knowledge

regarding Activities of Daily Living with demographic variable.

H₂: There will be significant association of attitude regarding Activities of Daily Living with demographic variable.

Methodology

In view of the nature of the problem under study and to accomplish the objectives of the study evaluate approach was found to be appropriate to describe the scholar intervention programme on knowledge and practice regarding impact of walking exercise on activities of daily living i. e one group pre-test post-test design was adopted for the study. Here only one group was observed twice before and after introduction of independent variable. The effect of treatment would be equal to the level of the phenomenon after the treatment minus the level of phenomenon before treatment; the sample for the present study consists of older age people’s non-probability convenient sampling technique was

found to select 40 Old age persons. The tools used by the researcher to collect data were structured questionnaire on knowledge and practice regarding impact of Old age walking exercise for activities of daily living.

Data Collection

Prior permission obtained from concerned authority of Old age homes in Tripura west district. The ethical consideration of research data informed concerned from the subjects. The respondents were assured the anonymity and confidentiality of the information provided by them. The researcher himself has collected the data from the sample. Pre-test was conducted by using structured questionnaire followed by structured teaching programme. Lecture cum demonstration was method of instructions. Poster and charts were used as AV aids. The duration of the session was one hour. After 7 days, a post-test was conducted using the same structured questionnaire to evaluate the effectiveness of Old age walking exercise technique.

Results and Discussion

Table 1: Frequency and percentage distribution of knowledge score

Variables F		Inadequate (0-30%)		Moderately adequate (31-70%)		Adequate (71-100%)	
		%	F	%	F	%	F
Knowledge	Pre test	33	82.5	3	7.5	4	10
	Post test	0	0	12	30	28	70

Table 2: Frequency and percentage distribution of practice score

Variables F		Inadequate (0-30%)		Moderately adequate (31-70%)		Adequate (71-100%)	
		%	F	%	F	%	F
Practice	Pre test	33	82.5	3	7.5	4	10
	Post test	0	0	8	20	32	80

Table 3: Effectiveness of Walking exercise on Impact of Old age activities of daily living (N=40)

Areas	Pretest			Post test			Effectiveness of Exercise			Paired 't' Value
	Mean	Mean%	SD	Mean	Mean %	SD	Mean	Mean %	SD	
Knowledge	9.43	24.3	5.81	29.22	72.99	2.7	19.42	49.23	3.01	40.61*
Practice	5.21	20.91	6.35	16.22	65.22	4.1	11.0	44.2	2.14	30.42*

t(39)3.64 P<0.001 * significant

The data presented in the above table shows that 49.23% with SD of 19.42±3.01, and the total mean practice score increase the total mean knowledge score was increased by 44.2% with mean SD 11.0±2.14 after teaching demonstration of walking exercise. The 't' value of knowledge (40.61) and practice (30.42) scores were found more than the table value 3.64, P<0.001 with degree of freedom 39. Hence, the old exercise are found to be effective in terms of knowledge and practice.

Based on the findings of the investigative study, following conclusions were drawn: Distribution of aged persons according their level of knowledge showed that majority of them (82.5%) had inadequate level of knowledge and 7.5% had moderately adequate knowledge. The total mean percentage of knowledge and practice scores of Aged persons in the pre-test was 22, 67 with mean ±SD of 15.03 ± 11.99 and in the post test, the total mean percentage of knowledge, and practice scores was 69.23 with 45.43 ± 6 as mean ±SD.

The mean post-test knowledge and practice scores were significantly higher than the mean pre-test knowledge, and practice scores of the Old age persons in all the matter of Old age exercises. The study showed that the scholar intervention programme was very highly effective in improving the knowledge of Old age persons regarding the impact of Old age exercise on activities of daily living. The findings showed that there was no significant association between pre and post-test knowledge and demographic variables.

Discussion

Old age walking exercise among old age people was associated with activities of daily living it remedial measures of old age problems like heart, lung and other diseases. These teaching of walking exercise will enhance activities of daily living and prevent further complications in future.

The present study finding Shows that there is a significant difference between pre-test and post-test median scores. The pre-test and post-test median values of knowledge and practice 72.99,65.22 respectively indicated that there is an increase in knowledge and practice among old age persons regarding impact of walking exercise on activities of daily living after administration of walking exercise therapy, but the impact factor based on their interest, attitude and confidence. Old age risk factors and anxious are directly linked with the walking exercise.

There was study find that old age exercise with scheduled manner is reduced the risk factor of their old age related disease problems. This study conducted in Tripura West Districts old age homes from January 2018 August 2018 with 40 old age people. Data was collected regarding their demographic characteristics and old age assessment. All old age persons were explained the procedures and method of exercise with scheduled details for time bound of the study.

The post-test mean values of the old age persons walking excises 72.99 for knowledge and 65.22 for practice were significantly higher than pre-test. There was a significant difference pre and post (p<0.05).The results of the study have shown that old age exercise is effective for their actives of daily living.

Conclusion

The finding of this study was the need of scholars to conduct training programme for old age persons to enhance their knowledge and practice of old age persons to improve their Activities of daily living with walking exercise.

The study proves that old age persons in old age homes are gained knowledge and practice level highly

than their previous knowledge and practice prior to the administration of scholar intervention programme, through these knowledge the aged persons are enhance their knowledge which will improve the status of daily walking exercise which will prevent upcoming complication and problems related their age conditions.

Implications for Nursing Practice:

Lack of information regarding the exercise on old age is a serious problem for them in the old age factor. Scholars working with the relevant field of social and empower in different settings like old age homes ,Rehabilitation centre and other areas are in a better position to understand their needs and provide information at appropriate their needs and provide information at appropriate time. Hence, NGOs should take suitable interest in preparing different teaching strategies, which is necessary to the old people. Scholars should always encourage caretakers and old age persons to be involved in educating the old age people for regular exercise in activities of daily living to avoid their old age problems.

Conflict of Interest: Author have declared no conflict of interest exist in this study.

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Ethical Clearance: Informed consent was obtained from the administrators, supervisors and participants of the respected old age homes before conducting data collection and maintained the confidentiality and anonymity of the subjects.

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