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PHYSIOTHERAPY – INTEGRATED PHYSICAL ACTIVITY AND PSYCHOLOGICAL RESILIENCE PROGRAMS FOR HEALTHY AGING IN EMPTY NEST OLDER ADULTS.

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Background: As the global population ages, promoting healthy ageing among empty-nest older adults has become increasingly important in addressing their physical, psychological, and social challenges and supporting a high quality of life. Physical exercises could be an important potential promoter in achieving healthy ageing. However, the unique characteristics of healthy ageing and physiotherapy among empty-nest older adults.

Purpose: This study explored the current status of healthy ageing and physiotherapy among community-dwelling empty-nest older adults and analyzed their relationship. To investigate the effectiveness of a structured physical rehabilitation program as an intervention to enhance psychological resilience and promote healthy aging among older adults experiencing empty nest syndrome.

Methods & Materials: A case series of 5 cases study design was employed between January to May 2025. Empty-nest older adults were recruited from urban, suburban, and rural communities in Pondicherry, using a convenient sampling method. The outcome measures where Aerobic capacity, Balance, Flexibility and Psychological Resilience assessed through 2 min- walk test, Romberg test and v-sit and reach test, Connor Davidson Resilience Scale respectively.

Results: Five participants (2 Males, 3 Females) completed the 6-week physiotherapy-integrated program. Significant improvements were observed in functional endurance, balance, flexibility, psychological resilience and quality of life. The 2- minute walk distance increased from 118.0±4.95m to 145± 5.32 m ($p < 0.001$). Romberg test (eye open) improved from 26.4± 2.07 sec to 39.4 ±2.30 sec and eyes closed from 11.6± 1.02sec to 20.4 ± 1.02sec. Sit-and-reach scores increased from 6.4 ± 1.02 cm to 13.0 ±1.41 cm. psychological resilience scores improved from 20.0 ± 1.58 to 29.6 ± 2.07 ($p < 0.001$).

Conclusion: The study shows that combining physiotherapy exercises with resilience training effectively improves physical function, mental well-being, and quality of life in empty-nest older adults. This integrated approach is practical and beneficial for healthy aging.

Keywords: Healthy ageing, Empty Nests Syndrome, older adult, Physical Exercises.