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Name of students: Au Yeung Wai Shan, Chan Hoi Kei, Chan Mun Yee, Chan Pui Kwan, Chan Yu Ping, Cheng Chong, Ho Ka Ki, Ko Suk Ching, Lai Ka Yan, Sze Po Ngai, Tsui Wai Shan

Title: Physical activity among physically independent older adults in Hong Kong

ABSTRACT

Physical activities (PA) are beneficial to health. It helps to improve both the physiological and psychological condition. As the population of Hong Kong is aging, older adult become one of the major population, the level of PA in older adults is concerned. Chronic diseases are commonly seen in the older adults, PA help in reducing the risk of heart disease and some cancers, strengthening bones and muscles, and improving mental health. PA older adults live longer than those who are physically inactive. Moreover, the studies are not specific to older adults in Hong Kong or the related factors in participating in physical activity are not yet concluded. To get a whole picture of the situation in Hong Kong nowadays, conduct a research study is needed.

The purpose of this study was to investigate the PA level and its related personal factors among physically independent older adults in Hong Kong. This study adopted a cross-sectional descriptive survey. Data was collected by using a structured face-to-face interview from 250 older adults (aged 65 years old or above) the social center of older adults in October 2010. Independent T-test and ANOVA were used in data analysis. Independent T-test was used to assess the difference in PA level between the subgroups in gender and health status. ANOVA was used to assess the difference in PA level between the subgroups of personal factor, such as age, marital status, living situation, income, educational level, and health perception among physically independent older adults Hong Kong.

According to the study, it revealed that those personal factors, such as age, marital status, living situation, income, educational level, and health perception have an influence on the physical activity, however the way how these personal factors influencing the PA cannot be concluded.