

## Chapter 2

# PSYCHO-SOCIAL APPROACH TO PREVENT PHYSICAL INACTIVITY AMONG OLDER ADULTS.

Recep GÖRGÜLÜ<sup>1</sup>

### INTRODUCTION AND OVERVIEW

The sedentary lifestyle is becoming increasingly common especially at older adults (Bauman et al., 1996), despite considerable research revealed that physical activity can postpone disability and prolong independent living and therefore reduces morbidity and mortality (Christmas & Andersen, 2000). Involving physical activities in older adults' daily life style can be very important for reducing from being obese and suffering from sedentary life style (Washburn, Smith, Jette, & Janney, 1993). For example, taking stairs rather than using elevators, or gardening and walking for chatting with friends and colleagues instead of talking by sitting, going for shopping by walk rather than by car. These kinds of behaviours may provide some of the opportunities for being active in daily life and suggested by intervention programme in order to be supportive as a part of their physical activity programmes. Thus, during and after interventional programmes developing physically active life style may become automatically and habitually linked to the ways by that it is overcome on a daily basis (Silva et al., 2010). The considerable amount of research in this area revealed that the main goal of physical activity programmes is not just decreasing mortality, but also decreasing morbidity too. However, little is known about the reasons why older adults do and do not attend in exercise and the relationship between their level of participation and barriers in their lives (Allender, Cowburn, & Foster, 2006).

### BARRIERS TO PARTICIPATION IN PHYSICAL ACTIVITY; OBESITY, HEALTH BEING AND EXERCISE ADHERENCE

At first, main barriers to participation in physical activity and exercise seem to include some reasons such as high costs, lack of accessibility to facilities and unsafe environment. However, there are other and even more dangerous, health-related issues for older adults play a crucial role in participating physical activities

---

<sup>1</sup> Dr. Recep GÖRGÜLÜ, Bursa Uludağ University, gorgulurecep@gmail.com

## REFERENCES

- Allender, S. Cowburn, G. & Foster, C. (2006). Understanding participation in sport and physical activity among children and adults: a review of qualitative studies, *Health Education Research*, 21, 6, p. 826-835, <https://doi.org/10.1093/her/cyl063>
- Bauman A, Bellew B, Booth M, Hahn A, Stoker L, Thomas M. (1996). Towards best practice for physical activity in the areas of NSW. NSW Health Department.
- Biddle, S. & Fox, K. R. (1989). Exercise and Health Psychology, *The British Journal of Medical Psychology*, 62.
- Bluecharadt, M. H. & Shephard, R. J. (1995). Using an extracurricular physical activity program to enhance social skills. *Journal of Learning Disability*, 28, 160-169.
- Christmas C, Andersen RA. Exercise and older patients: guidelines for the clinician. *J AM Geriatr Soc*. 2000;48:318–324.
- Conn, V. S., Minor, M. A., Burks, K. J., Rantz, M. J., & Pomeroy, S. H. (2003). Integrative review of physical activity intervention research with aging adults. *Journal of the American Geriatrics Society*, 51, 1159–1168. doi:10.1046/j.1532-5415.2003.51365.x
- Crone-Grant, D.M. & Smith, R. A. (1998). Exercise adherence: a qualitative perspective, *Journal of Sport Sciences*, 16, pp.75.
- Cyarto, E. V., Moorhead, G. E., & Brown, W. J. (2004). Updating the evidence relating to physical activity intervention studies in older people. *Journal of Science and Medicine in Sport / Sports Medicine Australia*, 7(1 Suppl), 30–38. doi:10.1016/S1440-2440(04)80275-5
- Department of Culture Media and Sports Strategy Unit, *Game Plan: A Strategy for Delivering Government's Sport and Physical Activity Objectives*, London Cabinet Office
- Dishman, R. K. (1982). The psychology of habitual exercise. In T. Orlick, J. Partington and J. Salmela (Eds.) *Sport in perspective*. Ottawa, Canada: Coaching Association of Canada.
- Dishman R. K. (1985). Medical psychology in exercise and sport. *Med Clin North Am*. 69:123–143.
- Evans W.J. (1996). Effects of aging and exercise on nutrition needs of the elderly. *Nutr Rev*.II:S35–S39.
- Handmaker, N. S., Miller, W. R., & Manicke, M. (1999). Findings of a pilot study of motivational interviewing with pregnant drinkers. *Journal of Studies on Alcohol*, 60, 285-287.
- Hardcastle, S., & Taylor, A. (2001). Looking for more than weight loss and fitness gain: psychosocial dimensions among older women in a primary-care exercise-referral program, *Journal of Ageing Physical Activity*, 9 (pg. 313-28).
- Haslam D, James P. *Obesity*. *Lancet* 2005; 366: 1197–1209
- Hettema, J., Steele, J., & Miller, R. W. (2005). Motivational Interviewing, *Annual Review of Clinical Psychology*, 1,1, 91-111.
- Jasnoski, M. L., Holmes, D.S., Solomon, S., & Aguiar, D. (1981). Exercise, changes in aerobic capacity, and changes in self-perception: An experimental investigation. *Journal of Research in Personality*, 15, 460-466.
- Kelly, T., Yang, W., Cheng, C.S., Reynolds, K. & He, J. (2008). Global burden of obesity in 2005 and projections to 2030. *International Journal of Obesity*, 32, 1431-1437.
- McAuley, E., Duncan, T., & Tammen, V. V. (1989). Psychometric properties of the intrinsic motivation inventory in a competitive sport setting: A confirmatory factor analysis. *Research Quarterly for Exercise and Sport*, 60, 48-58.

- Miller, W. R. (1983). Motivational interviewing with problem drinkers. *Behavioural Psychotherapy, 11*, 147-172.
- Miller, W. R., Zweben, A., DiClemente, C. C. & Rychtarik, R. (1992). Motivational enhancement therapy manual: A clinical research guide for therapists treating individuals with alcohol abuse and dependence. Rockville, MD: National Institute on Alcohol Abuse and Alcoholism.
- Miller, W. R., & Rollnick, S. (2002). Motivational interviewing : Preparing people to change addictive behaviour (2nd ed). New York: Guilford Press.
- Miller, K. E., Hoffman, J. H., Barnes, G. M., Sabo D., Melnick, M. J., Farrell, M. P. (2005). Adolescent anabolic steroid use, gender, physical activity, and other problem behaviors. *Sustance use & Misuse, 40*, 1637-1657.
- National Heart Lung and Blood Institute (NIH). (1998). Clinical guidelines on the identification, evaluation and treatment of overweight and obesity in adults. The evidence report. Bethesda, Maryland: National Institute of Health.
- Penninx, B.W.J.H., Rejeski W.J., Pandya J., Miller M.E., Di Bari M., & Applegate W. B. (2002). Pahor Exercise and depressive symptoms: a comparison of aerobic and resistance exercise effects on emotional and physical function in older persons with high and low depressive symptomatology. *J Gerontol B Psychol Sci Soc.57B*:124–32.
- Pirozzo, S., Summerbell, C., Cameron, C., & Glasziou, P.(2003). Should we recommend low fat diets for obesity? *Obesity Review, 4*(2), 83-90.
- Reynolds, K. D., & Vohora, R. (2008). Fitness vs. Fatness: Implicit bias towards obesity among fitness professionals and regular exercisers. *Psychology of Sport and Exercise, 9*, 547-557.
- Ryan, R. M., & Frederick, C. M. (1997). On energy, personality and health: Subjective vitality as a dynamic reflection of well-being. *Journal of Personality, 65*, 529-565.
- Sallis, J.F., & Owen, N. (1999). *Physical Activity and Behaviour Medicine*, California,
- Silva, N. M., Markland, D. Vieira, N. P., Coutinho, R. S. et al. (2010). Helping overweight women become more active: Need support and motivational regulations for different forms of physical activity. *Psychology of Sport and Exercise Sciences, 11, 6*, 591-601.
- Singh S. (1997). Why are GP exercise schemes so successful (for those who attend)? Results from a pilot study, *J Manag Med 11*(pg. 233).
- Smith, D. E., Heckemeyer, C.M., Kratt, P. P., & Mason, D. A. (1997). Motivational interview to improve adherence to a behavioural weight control program for older obese women with NIDDM: A pilot study. *Diabetes Care, 20*(1), 53-54.
- Stathi A, McKenna J, Fox K. The experiences of older people participating in exercise referral schemes, *J R Soc Health , 2003*, vol. 124(pg. 18-23)
- Swyer, T., Sallis, J. F., Blizzard, L., Lazarus, R., & Dean, K. (2001). Relation of academic performance to physical activity and fitness in children. *Pediatric Exercise Science, 13*, 225-238.
- U.S. Department of Health and Human Services. (1996). Physical activity and health: A report of the surgeon general. Atlanta, GA: US Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotions.
- U.S. Department of Health and Human Services. (2000). Healthy people 2010: Understanding and improving health. Washington, DC: U.S. Government Printing Office.
- Taylor, A. H., Cable, N. T., Faulkner, G., Hillsdon, M., Narici, M., & Van Der Bij, A. K. (2004). Physical activity and older adults: A review of health benefits and the effectiveness of interventions. *Journal of Sports Sciences, 22*, 703–725. doi:10.1080/0264041

041000171242

- Trigwell, P., Grant, P. J., & House, A. (1997). Motivation and glycaemic control in diabetes mellitus, *Journal of Psychosomatic Research*, 43, 307-315.
- van der Bij, A. K., Laurant, M. G., & Wensing, M. (2002). Effectiveness of physical activity interventions for older adults: A review. *American Journal of Preventive Medicine*, 22, 120– 133. doi:10.1016/S0749-3797(01)00413-5
- Washburn, A. R., Smith, W. Jette, M. A., Janney, A. C. (1993). The physical activity scale for the elderly (PASE): Development and evaluation. *Journal of Clinical Epidemiology*, 46, 2, 153-162, [https://doi.org/10.1016/0895-4356\(93\)90053-4](https://doi.org/10.1016/0895-4356(93)90053-4).
- WHO Consultation on Obesity. (200). Obesity: Preventing and managing the global epidemic. WHO Technical Report Series No. 894. World Health Organisation, Geneva.
- Wing, R. R. (1998). Behavioural approaches to the treatment of obesity. In G. A. Bray, C. Bouchard, & W.P.T. James (Eds.) *Handbook of obesity* (855-873). New York: Marcel Dekker.
- World Health Organization. (2003). Annual global move for health initiative: A concept paper. Geneva, Switzerland: World Health Organization.