

عنوان مقاله:

How do Older Adults Spend their Leisure Time? A Population-Based Study in Yazd, Iran

محل انتشار:

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نویسندگان:

Zohreh Rahaei - *Department of Health Education and Promotion, School of Public Health, Shahid Sadoughi University of Medical Sciences, Yazd, Iran*

Hassan Rezaeipandari - *Elderly Health Research Center, School of Public Health, Shahid Sadoughi University of Medical Sciences, Yazd, Iran*

Sara Jambarsang - *Center for Healthcare Data Modeling, School of Public Health, Shahid Sadoughi University of Medical Sciences, Yazd, Iran*

Mahin Norouzian - *Department of Aging Health, School of Public Health, Shahid Sadoughi University of Medical Sciences, Yazd, Iran*

خلاصه مقاله:

Introduction: An important issue associated with old age is how to spend the leisure, which can help preserve independence, bring happiness and vitality and reduce mental disorders and indifference. Therefore, the present study aimed to investigate how older adults spend their leisure time. **Methods:** The cross-sectional study was conducted with ۲۷۰ elderly participants (> ۶۰ years) in Yazd city, Iran from July to September ۲۰۱۹. The two stage sampling method was applied. A researcher-made leisure activity questionnaire was used for data gathering. The validity and reliability of the questionnaire was confirmed. The data were analyzed in SPSS using descriptive statistics and the non-parametric Mann-Whitney U-test, Kruskal-Wallis test and Spearman correlation coefficient. **Results:** The mean leisure time of participants was ۵.۰۹ ± ۳.۵۴ hours. Most of the participants (۷۴.۴ %) spent their leisure time at home. Physical activity (۲۵.۲ %) and travel (۳۳.۸ %) were at a low level while religious activity (۶۱.۶ %) was the most frequent. Of the participants, ۵۰.۷ % were moderately satisfied with their leisure. **Conclusion:** Considering the low level of physical activity and travel in older adults' leisure time, both the government and families are suggested to make the required plans to increase older adults' physical activity and time for travel.

کلمات کلیدی:

Aged, Leisure, Satisfaction

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