

CORRELATION BETWEEN PHYSICAL ACTIVITY AND THE QUALITY OF LIFE OF OLDER PEOPLE



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Aim

The aim of the study was to investigate the correlation between the physical activity and quality of life of older people

Material & Methods

Respondents were movable, older citizens of 70-90 years (N=100). Results were obtained on the basis of the completed Quality of Life Index. Participants were divided into two groups considering the frequency of physical activities. In the 'active' group were participants who participated in some sort of physical activity two or three times a week for more than 30 minutes (n=56), and a group of inactive people included

Results

There was a low but significant positive correlation frequency of doing physical activity and quality of life in the domain of health ($r=0.202$; $p<0.05$) and quality of life in the domain of performance ($r=0.198$; $p<0.05$).

Conclusion

In keeping with the recommendations of the World health Organization, a number of research results, and the results of this research, which suggests an important connection between the frequency of physical activity and health domain of quality of life, constant physical activity must be an essential measure of primary health prevention of older people, although the results of this study do not indicate a statistically significant correlation between physical activity and overall quality of life.