

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

TELESNA DEJAVNOST STARIH LJUDI

PHYSICAL ACTIVITIES OF ELDERLY

Študent: KRISTIЈAN ZIMAJ

Mentor: doc. dr. BORIS MIHA KAUČIČ, dipl. zn., univ. dipl. org.

Somentorica: viš. pred. NATAŠA VIDNAR, dipl. m. s., univ. dipl. org.

**Študijski program: VISOKOŠOLSKI STROKOVNI ŠTUDIJSKI
PROGRAM ZDRAVSTVENA NEGA**

CELJE, 2019

POVZETEK

Uvod: V Sloveniji in v svetu se življenjska doba podaljšuje, pojavnost kroničnih nenalezljivih bolezni pa se povečuje. Zdravo staranje prinaša s sabo vidne spremembe na telesu, fizični in kognitivni upad ter krčenje socialne mreže. Zdrav življenjski slog, s poudarkom na ukvarjanju s telesno dejavnostjo v starosti, mora biti del kakovostne starosti. Z raziskavo smo želeli ugotoviti, kako pogosto se stari ljudje ukvarjajo s telesno dejavnostjo.

Metoda: Raziskava je temeljila na kvantitativnem raziskovalnem pristopu, metodi deskripcije, kompilacije in sinteze. Podatke smo pridobili s tehniko anketiranja. Za merski instrument smo uporabili anketni vprašalnik, oblikovan na podlagi pregleda literature. Uporabili smo neslučajnostni, priložnostni vzorec, v katerega smo vključili 100 starih ljudi. Realizacija vzorca je bila 99 odstotna. Podatki so bili analizirani s statističnim programom Microsoft Excel 2016 in IBM SPSS 22.0.

Rezultati: S telesno dejavnostjo se vsaj trikrat tedensko ukvarja 81 (82 %) anketiranih starih ljudi, telesni dejavnosti namenijo povprečno 236,7 minut (SO=239,52) tedensko. Obstaja statistično značilna razlika v kakovosti življenja med skupinama anketiranih starih ljudi; tistimi, ki so telesno dejavni, in tistimi, ki niso (Mann-Whitney U=451,500; Wilcoxon W=622,500, p=0,011). Glede na starost anketiranih starih ljudi obstajajo statistično značilne razlike v pogostosti ukvarjanja s telesno dejavnostjo ($\chi^2=8,696$, p=0,013), ne moremo pa trditi, da glede na spol obstajajo statistično značilne razlike v pogostosti ukvarjanja s telesno dejavnostjo med anketiranimi moškimi in ženskami ($\chi^2=3,340$, p=0,068).

Razprava in sklep: Ukvarjanje s telesno dejavnostjo v starosti je eden od dejavnikov, ki pripomore k zdravemu staranju in zmanjšanju tveganja za razvoj nenalezljivih kroničnih bolezni in poškodb. Ugotavljamo, da se s telesno dejavnostjo ukvarja pretežni del anketiranih starih ljudi, delež tistih, ki se s telesno dejavnostjo ne ukvarja, pa je še vedno nezanimljiv. Medicinske sestre morajo starega človeka s svojim znanjem in pristopom pravilno usmeriti, motivirati in mu svetovati, da se bo odločil za zdrav življenjski slog. Hkrati se morajo medicinske sestre zavedati pomena medpoklicnega sodelovanja na področju telesne dejavnosti starih ljudi in vključevanja fizioterapevtov, kineziologov in drugih strokovno izobraženih kadrov s področja telesne dejavnosti starih ljudi.

Ključne besede: telesna dejavnost, star človek, promocija zdravja, staranje, kakovost življenja, medicinska sestra.

SUMMARY

Introduction: Life expectancy is rising in Slovenia and over the world. The number of non-communicable chronic diseases is also increasing. Healthy ageing is accompanied by visible changes on the body such as physical and cognitive decrease and reduction of individuals' social network. Healthy lifestyle with an emphasis on physical activity should be a part of quality ageing. With this research we wanted to find out how often do elderly people engage in physical activity.

Method: The research is based on quantitative approach, method of description, compilation and synthesis. Our data was gathered using interviewing method. We used a questionnaire, based on literature review, as our measuring instrument. A non-probability, casual sample included 100 old people was used. Realization of that sample is 99 percent. The data was analysed with statistical program Microsoft Excel 2016 and IBM SPSS 22.0.

Results: Out of all old people included in the research 81 of them (82%) are physically active at least three times a week. They spend 236,7 minutes (SO=239,52) per week being physically active. There is a statistically important difference in quality of life between old people who are physically active and those who are not (Mann-Whitney U=451,500; Wilcoxon W=622,500, p=0,011). Based on their age, there are also statistically important differences between old people in our sample regarding the frequency of physical activity ($\chi^2=8,696$, p=0,013); however, we cannot say that there are statistically important differences between genders regarding frequency of physical activity ($\chi^2=3,340$, p=0,068).

Discussion and conclusion: Being physically active is one of the factors that aids to healthy ageing and reduces the risk of developing non-communicable chronic diseases and injuries in old age. We found that predominant part of old people in our sample is physically active; however, the part that is not physically active is still significant. Nurses should use their knowledge and approach to correctly guide old people and advise them to embrace a healthier lifestyle. Simultaneously, nurses should be aware of the meaning of interdisciplinary cooperation in the field of physical activity of old people and include physiotherapists, kinesiologists and other professionally educated personnel in the area of physical activity of old people.

Key words: physical activity, elderly, health promotion, ageing, quality of life, nurse.