

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**VPLIV PROSTOČASNIH DEJAVNOSTI STAREJŠIH NA
OHRANJANJE IN KREPITEV ZDRAVJA**

**THE INFLUENCE OF LEISURE TIME ACTIVITIES OF THE ELDERLY
PEOPLE TO PRESERVE AND STRENGTHEN HEALTH**

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POVZETEK

Uvod: Delež starega prebivalstva se iz leta v leto povečuje. Prostočasne dejavnosti, gibanje, aktiven način življenja starejših so pomembni za ohranjanje in krepitev zdravja, za boljše počutje, podaljšano, kakovostno življenje v starostnem obdobju in podaljšani dobi zdrave starosti. Namen raziskave je ugotoviti, s katerimi prostočasnimi dejavnostmi se najpogosteje ukvarjajo starejši za ohranjanje in krepitev zdravja.

Metoda: Uporabili smo neslučajni priložnostni vzorec, kvantitativni raziskovalni pristop, metodo deskripcije, sinteze in komparacije. Anketni vprašalnik, izdelan izključno za potrebe raziskave, smo uporabili kot merilni instrument. Med člane društva, ki so stari 65 let in več in so bili prisotni na Univerzi za tretje življenjsko obdobje U3 Sevnica, smo razdelili 60 anketnih vprašalnikov. Izpolnjenih in vrnjenih je bilo vseh 60 anketnih vprašalnikov, kar predstavlja 100 % realizacijo vzorca. Podatke smo analizirali s pomočjo računalniškega programa Microsoft Excel.

Rezultati: Starejši se 100 % vključujejo v prostočasne dejavnosti, 40 % jih je vključenih v organizirane oblike, 60 % pa ni vključenih v organizirane oblike prostočasnih dejavnosti. Prevladujoči motivacijski dejavnik za vključitev v prostočasne dejavnosti je bil v 34,1 % vpliv prijateljev. 92 % starejših hodi, 62 % jih telovadi, 63 % vrtnari, 35 % planinari, 27 % plava, 15 % se jih ukvarja z jogo in 2 % jih teče. 34,1 % starejših pridobi informacije o prostočasnih dejavnostih iz medijev. Starejši so ocenili kakovost navodil o zdravem in aktivnem staranju, ki jih je posredovala diplomirana medicinska sestra, v 25 % kot zelo dobro in v 61,7 % dobro. 61,7 % starejših bi potrebovalo več informacij o prostočasnih dejavnostih za zdravo, aktivno in dejavno staranje. Za starejše so informacije v 50 % zelo pomembne in prav tako so prostočasne dejavnosti v 50 % pomembne za krepitev in ohranjanje zdravja.

Razprava in sklep: Ugotovili smo, da so starejši dejavni, se ukvarjajo z različnimi prostočasnimi dejavnostmi za ohranjanje in krepitev zdravja, se zavedajo pomena ukvarjanja z različnimi prostočasnimi dejavnostmi ter njihovega vpliva na ohranjanje in krepitev zdravja. Diplomirana medicinska sestra mora delovati zdravstveno-vzgojno, ker je preventiva ter ohranjanje in krepitev zdravja s prostočasnimi dejavnostmi zelo pomembna za starejše in ima pomembno vlogo pri svetovanju in promociji zdravega, dejavnega in aktivnega staranja.

Ključne besede: zdravo staranje, dejavno staranje, prostočasne dejavnosti, starejši, promocija zdravja, staranje

SUMMARY

Introduction: The share of elderly people increases every year. Leisure time activities, motion, the active way of life of the elderly people are very important for them in order to preserve and strengthen their health, to feel better, to live a prolonged, quality healthy life in their last period of life. The intention of the survey is to find out which are the most common leisure time activities that elderly people are involved in to keep and strengthen their health.

Method: We used a non-common, occasional sample, a quantity investigative approach and the methods of description, synthesis and comparison. The questionnaire, created exclusively for the purposes of the survey, was used as a measuring instrument.

60 questionnaires were handed out among the members of the society; people are over 65 and were present at a meeting of U3 (University for the third life period in Sevnica).

All the questionnaires were written down and returned, which means the realisation of the sample is 100 percent. The data were analysed with the help of the program Microsoft Excel.

Results: All asked elderly people (100 %) participate in leisure time activities, 40 % of them are involved in organised forms of them, 60 % of the asked are not members of any organised form of leisure time activities. For most of them, the motivation to be organised in a certain form of activities were their friends (34,1 %). 92 % of elderly people walk, 62 % do exercises, 63 % work in the garden, 35 % go mountaineering, 27 % swim, 15 % do yoga and 2 % of them jog. 34,1 % of elderly people get the information about leisure time activities from the media. The quality of the instructions about healthy and active aging, provided by a qualified nurse, was in 25 % evaluated as excellent, in 61,7 % as good. 61,7% of the asked people would need much more information about leisure time activities for their healthy, active aging. For 50 % of elderly people the information about leisure time activities and leisure time activities themselves are very important to preserve and strengthen their health.

Discussion and conclusion: The survey showed that elderly people are active, they do different leisure time activities to preserve and strengthen their health. They are aware of the importance of different activities and their influence on one's health. A qualified nurse has to act in two ways: to preserve health and to educate elderly people, since the prevention, preserving the health and strengthening the health by doing different leisure time activities is vital for elderly people and has a significant role at consulting and promoting the healthy and active aging.

Key words: healthy aging, active aging, leisure time activities of the elderly, health promotion, aging