

THE QUALITATIVE INVESTIGATION OF THE SOURCES OF PHYSICAL ACTIVITY ENJOYMENT IN OLDER ADULTS

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BACKGROUND

In recent years, Taiwan has entered an advanced society. Therefore, health care for the elderly is one of the major issues in today's society, and physical activity is seen as a key strategy to promote healthy aging. Purpose: The purpose of this study is to explore sources of physical activity enjoyment in older adults and the psychological structure of the enjoyment-related response. Methods: This study focuses on the context of physical activity, analyzes data based on proven theories and approaches the issue from the qualitative, field study and in-depth interview perspectives. Results: The findings suggest that there are 82 significant items which can be classified into 3 categories as follows: (1) In terms of the perceptions about the enjoyment of physical activity, the subjects describe as sense of flow, excitement, vibrancy, enjoyment, fun, happiness, delight, calm, sexiness, freshness, etc. (2) There are 4 categories and 8 structural dimensions in sources of physical activity enjoyment which included achievement motivation and non-achievement motivation from both the interior and exterior. The dimensions of enjoyment-related response include an outlet for emotions, results of emotions, competence, the joy of performance, the joy of appreciating others, appearance approval, comfortable environment, and human interaction. (3) The enjoyment-related response



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has a positive effect on post-physical activity recognition, affection and behavior (eg. paying more attention to health, being more optimistic, more satisfied with lives, mindful, resilient, higher level of quality of life, well-being and sense of value, reducing depression, feeling happier, doing more exercise, being willing to share, trying new things, etc.). Conclusions: The results of this study give us a clearer understanding of sources of physical activity enjoyment in older adults. It is suggested that a theoretical model of sources of physical activity enjoyment in older adults can be established in the future.

KEYWORDS: Elderly, exercise participation, emotion, health benefits.

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