

RESEARCH ON THE REALITY OF HEALTH PRESERVATION EXERCISING OF VIETNAMESE ELDERLY

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Abstract:

By regular scientific research methods, the topic determined the purpose, the content, the time, the form as well as the factors that affect the health preservation exercising process of Vietnamese elderly in a comprehensive and objective way.

Key words: Health preservation, elderly, reality, exercising.

INTRODUCTION

Reality and science has proven to maintain health for the elderly by exercising sports. Of course, not all physical training and sports activities are beneficial to the elderly. Health preservation is a traditional Oriental way of exercising. It is a sport which is combined of aims, breathing and complexion with muscular activities that has a significant effect on the recovery of fatigue in the nerves and muscle of the body, and in the regulation of the respiratory system, cardiovascular system and nerves contributing to improve human health. Evaluating the practicing reality will determine the content, forms of practicing health preservation for Vietnamese elderly, proposing solutions that are proactive, positive, less expensive but highly effective, suitable for the conditions and health of the elderly.

Research subjects

The reality of practicing health preservation of Vietnamese elderly (male and female aged 60-74)

RESEARCH METHODS

In the research process, the following methods were used: analyzing and synthesizing materials; Interviewing and mathematical statistics.

Research range

The topic studied the reality of practicing health preservation of Vietnamese elderly by interviewing 32 experts (including sport teachers, doctors, trainers, health preservation guides) and 747 elderly joined the training in

February 2015 in Hanoi, Bac Ninh, Nghe An, Quang Binh, Hue City, Da Nang, Dong Nai, Binh Duong, Ho Chi Minh City and Long An.

RESULTS AND DISCUSSION

1. The purpose of practicing health preservation in Vietnam

Through the interviewing of 32 experts and 747 elderly, the results show that there are many different purposes for participating in health preservation training for the elderly. Mainly focusing on the purposes of: health protection and health promotion, there were 31 experts agreed (96.88%) and 683 elderly agreed (accounting for 95.31%); Decrease stress and fatigue, there were 29 professionals (90.63%) and 685 elderly (91.70%) selected this purpose; 28 professionals (87.50%) and 701 elderly (93.84%) agreed with the purpose of protecting cheerful emotion and mood. The least selected purpose of practicing health preservation is to improve the moving skills with only 3 professionals (9.38%) and 174 elderly (23.29%).

Thus, the main purposes of participating in health preservation of Vietnamese elderly are to maintain and improve health, reduce illness, help reduce stress and fatigue.

2. The actual status of exercising physical training and sports for the elderly in Vietnam

In the research, 747 elderly participated in health preservation (491 in the city and 256 in the rural areas). The results are shown in Table 1.

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Table 1. Results of the survey on the reality of practicing health preservation of Vietnamese elderly (n = 747)

Survey content		Survey results			
		City (n=491)		Rural area (n=256)	
		Number	%	Number	%
Health preservation content for the elderly (Multiple choice)					
1	Health preservation exercise for cardiovascular disease	321	65.38	159	62.11
2	Health preservation exercise with 30 moves	378	76.99	192	75
3	Health preservation exercise with 56 moves	352	71.69	185	72.27
4	Health preservation exercise for backache prevention	124	25.25	127	49.61
5	Five moves of health preservation exercise for mood and posture of Tibetan	232	47.25	92	35.94
6	Tai Chi exercise with 24 moves	291	59.27	142	55.47
7	Tai Chi Sword exercise with 42 moves	138	28.11	72	28.13
Starting time of training (select 1 item only)					
1	Morning (from 5 am)	104	21.18	115	44.92
2	Morning (from 6 am)	235	47.86	56	21.88
3	Morning (from 7 am)	32	6.52	21	8.2
4	Afternoon (from 5 pm)	69	14.05	13	5.08
5	Afternoon (from 6 pm)	32	6.52	10	3.91
6	Afternoon (from 7 pm)	12	2.44	32	12.5
7	Afternoon (from 8 pm)	7	1.43	9	3.52
Days of practicing in a week (select 1 only)					
1	1 day	14	2.85	12	4.69
2	2 days	67	13.65	42	16.41
3	3 days	112	22.81	78	30.47
4	4 days	203	41.34	85	33.2
5	5 days	77	15.68	25	9.77
6	6 days	18	3.67	14	5.47
Time of practicing/day(select 1 only)					
1	Below 30 minutes	17	3.46	0	0
2	30 - 59 minutes	187	38.09	116	45.31
3	60 - 79 minutes	204	41.55	104	40.63
4	80 - 100 minutes	83	16.9	36	14.06
5	Over 100 minutes	0	0	0	0
Form of health preservation exercising					
1	Self-practice	151	30.75	87	33.98
2	Practice with unofficial guides	173	35.23	103	40.23
3	Practice with official guides	167	34.01	66	25.78
Place for practicing					
1	Sport Club for the elderly	66	13.44	42	16.41
2	Pavement, sidewalk	61	12.42	74	28.91
3	Parks	46	9.37	0	0
4	House yards	52	10.59	51	19.92
5	School yards near house	79	16.09	77	30.08
6	Clubs for the elderly	87	17.72	0	0
7	Gymnasium, sport yards	82	16.7	0	0
8	Others	18	3.67	12	4.69



Health preservation is very suitable for Vietnamese elderly and is loved by Vietnamese elderly

Through Table 1, it can be seen that:

- The content of health preservation practicing is very abundant and diverse, including the prominent exercise such as Health preservation exercise for cardiovascular disease, Health preservation exercise with 30 moves, Health preservation exercise with 56 moves. The least chosen option: In the city the least chosen is the Health preservation exercise for backache prevention (accounted for 25.25% of people choices). In the rural areas, the least chosen is Tai Chi Sword exercise with 42 moves (28.13%).

- The starting time of the day chosen for training, mainly 6am in the city and 5am in the rural area (47.86 % and 44.92%). At other times there are low choices, which is also suitable with the work habits and life of Vietnamese elderly. In rural areas, the elderly often "go to sleep early and get up early " and in the city often "sleep late at night so get up late too".

- Number of health preservation practicing days in the week: Based on the results, the majority of elderly reported having participated in health preservation three or more times a week, in the city the rate was 83.50% and in rural areas was 78.91%. This shows that the demand for practicing health preservation of the elderly is high and also regular, continuous.

- Time for health preservation practicing: According to the results of this survey, it was

found that the duration of practicing in one session ranged from 30-59 minutes and 60-79 minutes, specifically in the cities accounting for 38.09% and 41.55% , while in rural areas accounting for 45.31% and 40.63%. This shows that the elderly are very persistent doing exercises, the amount of exercises meets the systematic requirements during the practicing process.

- Form of practicing: Self-practice in the city occupies 30.75% while in rural areas accounts for 33.98%. Practice with unofficial guides, in the city accounted for 35.23% while in rural areas accounted for 40.23%. Practice with official guides, in the city accounted for 34.01% while in rural areas accounted for 25.78%.

- Health preservation practicing locations: The distribution of health preservation practicing locations for the elderly is very scattered, some cities have parks, gymnasium, sport clubs and elderly clubs operating regularly and organized. In the rural areas, it is mainly house yards, the cultural house or the school grounds near the residence for practicing purposes.

3. Reality of the guides team for the elderly in Vietnam

Through the interviews about the guides team of 747 elderly who participated in practicing health preservation, the results showed that the number of participants that have guides in the city and the countryside is quite a lot. However, there are still 30.75% of people in the city and 33.98% of people in the countryside practice without the guidance of coaches. This group mainly have self-training through the guidance of books, documents, the internet or TV

4. Factors that influence the health preservation practicing process of the elderly in Vietnam

For a comprehensive overview of all aspects of health preservation practicing, the topic

Table 2. Factors affecting the process of practicing health preservation among Vietnamese elderly (n = 747)

Content	Interview result			
	Expert (n=32)		Elderly (n=747)	
	m _i	%	m _i	%
Lack of facilities, equipment	9	28.13	362	48.46
Lack of guides	25	78.13	529	70.82
There is still no policy for health preservation from Government	32	100	745	99.73
The knowledge of science and understanding of the elderly in this field are still limited	27	84.38	620	83
Unfavorable weather (heavy rain, little sunshine)	25	78.13	597	79.92
Lack of expenses for organizing activities	17	53.13	427	57.16
Busy with housework, no time for training	21	65.63	473	63.32
Not interest in practicing health preservation	17	53.13	126	16.87
There's no friend to practice together	13	40.63	93	12.45
Lack of organization in health preservation	29	90.63	692	92.64
Practice limitation due to poor health	12	37.5	486	65.06
Others	9	28.13	295	39.49

investigated factors affecting the process of practicing health preservation among Vietnamese elderly, as shown in Table 2.

Thus, it can be seen that the process of health preservation practicing of the elderly in Vietnam has many factors that affect the quality and effectiveness of practicing. In particular, the Government has no policies for health preservation; Lack of guides; The knowledge of science and understanding of the elderly in this field are still limited; Weather is not favorable (heavy rain, little sunshine); Busy with housework, no time for training; Lack of organization in health preservation.

CONCLUSION

- The purpose of practicing health preservation for the elderly in Vietnam is to maintain and improve health, reduce illness, reduce stress and fatigue in daily life, limit the aging of the functional body parts.

- The reality of health preservation practicing of the elderly in Vietnam mainly consists of exercises with 30 and 56 moves starting from 5 am in the countryside and 6 am in the city 3- 4 times a week, each time practice from 30-79 minutes under the infrequently guidances of the

guides and most guides satisfy the practicing members.

- The main reasons affecting the quality and effectiveness of the training are: the Government has no policies for health preservation; Lack of guides; The knowledge of science and understanding of the elderly in this field are still limited; Weather is not favorable (heavy rain, little sunshine); Busy with housework, no time for training; Lack of organization in health preservation.

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