Relationship between Days of Physical Activity Participation and Functional Fitness in 60-74 Year Old Senior Citizens

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Abstract

Functional fitness is important for senior citizens to live an active and independent life in later age. Being functionally fit is positively related to the active participation in physical activities. Therefore, the purpose of this study was to find out the correlation between the days of participation in physical activity and functional fitness and BMI in later age. A total of 1406 male older adults in the age group of 60-74 year age group voluntarily participated in the test. Further, subjects were divided in three age groups namely 60-64, 65-69, and 70-74 year age groups. For the purpose of the study the Senior Fitness Test (SFT) developed by Rikli & Jones (1999) was administered to test the functional fitness and height & weight were measured to calculate BMI of the senior citizens. Descriptive statistics was computed all the testing variables. For relationship between days of participation in physical activity and the performance on senior fitness test variables the Pearson product moment correlation was administered. Results shows a significance correlation between days of participation in physical activity and the measures of lower and upper body strength, agility and aerobic capacity among all the age groups at \( p < 0.05 \) level, a significant correlation was found between days of participation in physical activity and the measures of lower body and upper body flexibility in the age group of 65-69 years and 70-74 years at \( p < 0.05 \) level, but no significant correlation was found between days of participation in physical activity and lower body and upper body flexibility in the age group of 60-64 years at \( p > 0.05 \) level. The conclusion of this study is that in older age maximum participation in physical activity positively improves the functional fitness with the advancement of age.