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## **THE PHYSICAL ACTIVITY OF THE ELDERLY PEOPLE AND THE FACTORS AFFECTING IT. ROLE OF NURSES IN PROMOTING THE PHYSICAL ACTIVITY OF ELDERLY PEOPLE**

**The relevance of the topic.** According to age classification of the world health organization (WHO) for the elderly people, it includes individuals aged from 60 to 75 years. Today the problem of physical activity of elderly people remain relevant in connection with the constant aging of the world population. If earlier this process was observed mainly in highly-developed countries worldwide, currently, this phenomenon is determined in countries with low and middle economy level [1]. Ukraine is among the world leaders in terms of population ageing. Moreover, migration and low birth rate contribute to the overwhelming decrease of the total number of young people presence among the representatives of population of Ukraine, nevertheless, significant increase in life expectancy of the population, especially among elderly people, is not observed [2]. The process of population ageing was identified and reported in 2001. The proportion of individuals aged 60 years and older in the total population was about 21.4% and appeared to be one of the highest in the world. Thus, the Ministry noted that Ukraine is among the 30 most "old" countries of the world in the proportion of persons aged 60 years and over: in 2015 it was 21.8 %, while the total share of people aged 65 and over accounted for 15.5 % of the total population [3: 31].

According to the national population prediction, by 2025 the part of 60+ aged individuals will account for 25.0% of the total population; 65+ will cover about 18.4 %; in 2030 the respective rate would be 26% and more than 20 % accordingly. This issue is not only impacts economic sphere, but also affects social welfare. Thus, improving the health of the elderly people can reduce mortality and increase longevity [4], which, according to WHO, will result in the following changes of EP rate: 2015 to 2030 the world's population aged 60+ will double; up to 2050 the number of people aged 60+ and older will be about 2 billion people, in contrast to 2015, where the number of elderly people was about 900 million [3: 32].

The issue of improvement of the population age-based structure always remains relevant in any country of the world, especially nowadays.

**The aim of our research** is to identify and clarify the factors that influence the physical activity of older people.

**Materials and methods of research.** 54 elderly people (60-75 years old) were surveyed. The following research methods are used: survey, based on previously designed questionnaire; mathematical and statistical methods in order to systematize and process the data obtained.

### Research results and discussion:

According to the survey, 61% of the representatives of elderly population seek medical attention immediately if a new disease occurs or a chronic illness is exacerbated, 8% of which do not receive adequate advice from healthcare providers about the importance of physical activity and harm of physical inactivity.

Not all elderly people are aware of the importance of physical development, as shown on diagram 1.

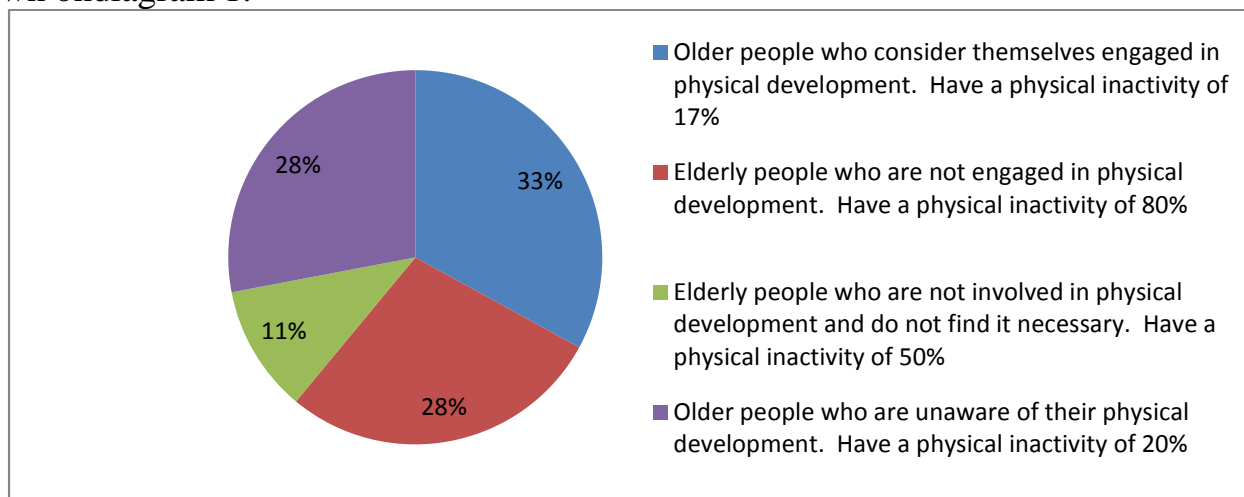


Diagram 1. The opinions of older people about the importance of physical development

The lowest level of inactivity we have identified among individuals who believe that they are engaged in physical development; the proportion of participants who lead a sedentary lifestyle is about 17 %; and the highest percentage among the respondents not engaged in physical development, but who would like to be, is about 80%.

We have identified that 21% of respondents carry out exercises regularly: an average 15 minutes of physical exercises a day; 16% of elderly people doing morning exercise only occasionally, which takes ~20 minutes a day (when performed); 33% not doing morning exercises at all, but have the desire to be engaged in this type of activity; 17% of people don't see a need or intention to exercise; 13% of elderly respondents do not have enough time to perform a set exercises and they are also affected by certain chronic diseases. 17% of respondents practice jogging and do not have a substantial level of physical inactivity.

The individuals with normal range of physical activity do not have chronic diseases. Patients with cardiovascular pathology, namely hypertension, form 67% of surveyed respondents, of which only 50% have normal locomotor activity. Coronary heart disease hurt 17% of participants, among whom 33% have a lack of exercise; 22% of respondents have non-insulin dependent diabetes mellitus, which, in turn, influences physical activity in people of this age group, thus, 25% of elderly people under research indicated a low level of physical activity. Disease of musculoskeletal system was found only in 11% of elderly people, who claimed to lead a sedentary lifestyle. Diseases of other systems among those surveyed by questionnaire have not been clearly determined or remained unidentified by the respondents.

Important role in ensuring and stimulating physical activity among the elderly people is the clarification of positive impacts of simply physical activity-based, for example: covering small distances, doing morning exercises, jogging, which positively affects health [5: 292]. Among the respondents, only 11% walk on foot and do not suffer from inactivity; 78% of surveyed use public transport, thus, expanding the level of inactivity among them up to 43%; the rest of the participants, which is about 17%, cover distances by car and experience lack of exercise.

**Conclusion.** Physical activity among the elderly people is mainly related to their lifestyle and substantially depends on the fact of carrying out duties at work, which immensely increases the positive impact of extra physical exercises, or remaining unemployed, gradually leading to chronic diseases and low activity level.

When referring to health care providers (namely nurses) for medical assistance, 83% of those surveyed received physical activity recommendations, which we consider to be a very good indicator.

The decrease in physical activity caused the development of cardiovascular diseases and the musculoskeletal system failures.

**The prospects of our research** implies the constant study and analysis of indicators of physical activity of the elderly people for further development of new methods of prevention of corresponding diseases and exacerbation of chronic ones among the elderly population of Ukraine.

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