

**International Academic Multidisciplinary Research Conference 2017**

**Conference Proceedings**

**INTERNATIONAL BUSINESS ECONOMIC TOURISM SCIENCES TECHNOLOGY  
HUMANITIES SOCIAL SCIENCES AND EDUCATION RESEARCH CONFERENCE**

*London, United Kingdom  
5 – 7 April, 2017*

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*The International Education Social Sciences and Humanities Research Conference*

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# Conference Proceedings

INTERNATIONAL BUSINESS ECONOMIC TOURISM SCIENCES TECHNOLOGY  
HUMANITIES SOCIAL SCIENCES AND EDUCATION RESEARCH CONFERENCE

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## THE 2017 ICBTS

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## INTRODUCTION

We would like to welcome our colleagues to the International Business Tourism Transport Technology Social Sciences Humanities Education Research Conference. It is the seven series in 2016 of Conference on Business Tourism and Apply Sciences was held in Amsterdam. As always many members of the ICBTS 2016 community look forward to meeting, sharing and exchanging their research ideas and results in both a formal and informal setting which the conference provides. Likewise, the concept of alternating the international conference every one month on April to November between Europe and the rest of the world is now well established. This year's event in London (UK) Paris (France) Munich (Germany) Amsterdam (Netherlands) Boston (USA) Toronto (Canada) London (United Kingdom) Zurich (Switzerland) Berlin (Germany) Tokyo (Japan) and another continues with the cultural following the very successful and productive event held in London-Zurich in August 2016 in the field of various types for international academic research conference on Business Economics Social Sciences Humanities Education and Apply Sciences. As usual The ICBTS 2016 brings together leading academics, researchers and practitioners to exchange ideas, views and the latest research in the field of Business Tourism and Apply Sciences.

The theme of this event The 2016 ICBTS International Business Tourism Social Sciences Humanities and Education Research Conference is "Opportunities and Development of Global Business Economics Social Sciences Humanities and Education" It is also represents an emerging and highly challenging area of research and practice for both academics and practitioners a like, The current industrial context is characterized by increasing global competition, decreasing product life cycles, Global Business, Tourism Development, Social Sciences Humanities Education Apply Sciences and Technology collaborative networked organizations, higher levels of uncertainties and, above all, and customers. In our view holding this event in Tokyo represents a timely opportunity for academics and researchers to explore pertinent issues surrounding Business Economics Tourism Social Sciences Humanities Education Sciences and Technology.

Potential authors were invited to submit an abstract to the International Conference Session Chairs. All abstracts were reviewed by two experts from the International review committee and final papers were further reviewed by this volume with 30 contributing authors coming from 18 countries. This book of proceedings has been organized according to following categories:

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# PROMOTION OF EXERCISE FOR THE ELDERLY

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## ABSTRACT

This research is a documentary research. The purpose of this paper is to study research relating to promotion of exercise for the elderly in these following aspects; 1) Research method, types and period of exercise for promoting good health in the elderly, 2) The result that the elderly have gained from promotion of exercise. Data collection was from online research between September 1-5,2016. The research instrument is data record form which was created in accordance with research purposes. Quantitative data was analysed by using frequency and percentage. Qualitative data was analysed by content analysis and typology. The result showed that the research about promotion of good health in the elderly by exercising that was searched has 18 topics. 13 of them are experimental research and 5 of them are survey research. For participants, there were 1,691 elders participating which their age are 55-84 years old. The place used for research was mostly at Elderly Club. Types of exercise include exercise with elastic, walking, arm swinging, ballroom dancing, aerobics, and exercise with loincloth. The period of exercise promotion was 4-12 weeks, mostly 3 days per week, 30-55 minutes each day. The result that the elderly have gained from exercise promotion showed that they have stronger leg muscles, upper body of core muscle, arm and body muscles, better agility and balancing ability while moving, better muscle and joint flexibility than former times. Therefore, exercise promotion in the elderly should be promoted widely. The elderly who have health problems such as high blood pressure should have exercise constantly with simple way of exercise such as walking, arm swinging which are non-equipment kind of exercise that they can do both indoor and outdoor.

**Keywords-** Elderly , Exercise for Elderly , Promotion of Exercise

## INTRODUCTION

Thailand's population structure has changed rapidly in the last 3-4 decades. The number of elderly people has increased which leads the country to ageing society. In 2000-2001, more than 10 percent of Thai population is 60 years old. From the Thai population projection, from 2015 to 2030, Thailand will be in "ageing society" condition which is the situation that the country has elderly people who are 60 years old or older more than 10 percent compared to population in other age ranges in the same area. In the next 10 years, the country will become completed ageing society which more than 20 percent of population is elderly people who are 60 years old or older when comparing to population in other age ranges in the same area. The country is expected to be super ageing society in less than 20 years when elderly people are more than 28 percent. (1)

The elderly are considered being a vulnerable group. Their bodies gradually deteriorate and have both physical and mental changes such as having dry skin, slower response to stimulus, degenerative eyesight, poor nervous system, delicate bones, poor muscle strength, and having degenerating organs. (2) From the nationwide elderly health survey (3), the result showed that many of the elderly have suffered from high blood pressure, insomnia, muscle and joint pain, frozen shoulder, dizziness, limb muscle weakness, and other diseases. Therefore, health promotion in the elderly is necessary. Exercise is one way to promote good

health in the elderly. Exercise can be done every day and it promotes physical fitness. If the elderly do proper exercise, their physical fitness will be better especially in moving and balancing ability which can prevent the elderly from falling (2). Exercising in the elderly can be classified into two types which are 1) Specific part of body exercise such as shoulder exercise in frozen shoulder person, back muscle exercise in person who have pain in back, and muscle around knees joint exercise in case of knee osteoarthritis. 2) General exercise which can promote good physical and mental health and have indirect result improving balancing skill that can prevent the elderly from falling and having broken bones. Exercise in the elderly should be an exercise that use gross motor such as jogging in case of not having knee Osteoarthritis, walking, aerobics, Tai chi (Chinese boxing dance), and exercising with long plastic stick. Exercise should be done constantly 20-30 minutes, at least three days per week and should be taken as a part of daily life. Ministry of public health has a health development plan for the elderly which its purpose is to make the elderly live their lives properly.(4) Promotion of exercise for the elderly is one of the activities that help improve elderly's health. Researcher was interested in studying data of research about exercise promotion in the elderly to accumulate knowledge and use it as basic knowledge for applying in further exercise promotion in the elderly in future.

### **RESEARCH PURPOSES**

To study the research about promotion of exercise for the elderly in these following aspects;

1. Research method, types and period of exercise for promoting good health in elderly people
2. The result that the elderly have gained from promotion of exercise

### **LITERATURE & THEORY**

This research has reviewed the concept that relates to the exercise promotion and will concisely present as follows;

1. Situation of the elderly in Thailand

Nowadays, Thailand is an ageing society which its population has increased rapidly since 2000 when the proportion of the elderly (60 years or older) reaches 10 percent of country population and the country will become "completed ageing society" when percentage of the elderly population reaches 20 in 2021. Moreover, the country is expected to be a super ageing society in less than 20 years when percentage of the elderly population is 28 percent of all country population. (5) Now that the elderly have some changes in both physiological and mental health resulting from degenerating systems in their bodies, promotion of exercise is necessary. One of the proper activities is exercise promotion for good health in the elderly.

2. Exercising is necessary to help strengthen good health and improve organ systems in the elderly. Exercising for good health is neither competitive nor stressful. In addition, exercising benefits the elderly. It helps strengthen muscles, improve endurance and balancing skill, slow down the deteriorating of organs and improve body systems which will improve sleeping condition in the elderly. There are several types of exercise that suit the elderly such as walking, Tai chi (Chinese boxing dance), and physical exercises.(6)

3. This research collected and analysed data from 18 researches about exercise promotion for elderly.(7-24)

### **METHODS**

#### **1. Research Method**

This research is a documentary research which analysed the related work about promotion of exercise for the elderly publishing online and was searched between September 1-5, 2016. The samples were research reports and research articles which researcher searched from online system in 18 topics about "promotion of exercise for the elderly research"

#### **2. Research Instrument**

Instrument used in this research is record form which was created in accordance with research purposes. The research instruments include note taking issues as follows; 1) Research method, types and period of promotion of exercise for the elderly and 2) The result that the elderly have gained from exercise .

### **3. Construction of the instrument**

3.1 Study data from documents, textbooks, related research about situation of the elderly, health problems in the elderly and promotion of exercise in the elderly

3.2 Determine the structure of record form in accordance with the research purposes

3.3 Create issue that have to be studied in record form for writing down findings from each topic that have been read and analysed in research

3.4 Check the accuracy which must cover the issues as purposed by the expert of the qualitative research

3.5 Improve record form to be clearer and more comprehensive in accordance with the expert

### **4. Data collection**

4.1 Carry out the research in topic relating to the promotion of exercise for the elderly

4.2 Read and analyse each topic carefully

4.3 Record findings that are acquired from research following the record form created by researcher in accordance with each issue of research purposes

### **5. Assessment and data analysis**

5.1 Assess all of data from record form in each issue in accordance with research purposes

5.2 Analyse and synthesise the findings in each issue from record form by qualitative research method consisting of content analysis and typology. Analyse by quantitative research method consisting of simple statistics which is frequency and percentage, presenting each issue in accordance with research purposes.

## **RESULTS**

### **1. Research method, types and period of exercise promoting for elderly people**

1.1 Research method - There was 72.22 percent experimental research which compares the result of promotion of exercise for elderly in a variety of exercise types between experimental group and control group in 13 topics. Others 5 topics is 27.78 percent survey research. There were 1,691 elderly people participating in the research. Their ages are 55-84 years old. The places in which the data was collected were a public park where the elderly have exercised and their community

1.2 Types and period of exercise promoting for elderly people

1.2.1 From experimental research, there was the comparison between experimental group and control group before and after the experiment

A. *Types of exercise* - there were 15 types of promotion of exercise for the elderly (repeatedly counted in case that one research has several exercise types) as follows; 3 topics in exercising with elastic band, 3 topics in walking, and 2 topics each in arm swinging, ballroom dance and exercising with loincloth. In addition, there was 1 topic each for Tai Chi (Chinese boxing dance), exercising with table, and aerobics.

B. *Period of exercise promotion* - in 4-12 weeks, the elderly in sample group exercise 3 days a week, 30-55 minutes each day.

1.2.2 From survey research, there were 2 topics studying in exercising behavior in the elderly which were attitude toward exercise in the elderly, education and awareness about exercise in the elderly.

### **2. The result of exercise promotion for the elderly**

2.1 Most of the activities were some kinds of stretching exercises such as arm swinging, stepping, exercising with elastic band. In addition, It was found that the elderly would rather exercise by doing chores, grandchild raising, short-distance walking than sitting in a car.

2.2 The elderly were aware of their health condition after having an exercise that they had better physiology, body movement and stronger muscles.

2.3 The elderly who have good attitude toward the exercise tend to do Tai Chi (Chinese boxing dance) more accurately than those who have lower attitude score.

2.4 The result that the elderly have acquired from promotion of exercise

2.4.1 The elderly who have good support from members of family to have an exercise such as arm swinging are more likely to swing their arms better than those who don't have support.

2.4.2 The elderly who have an exercise by swinging their arms have stronger and more endurable muscle, more elastic body and better balancing act than those who have an exercise by walking.

2.4.3 The elderly who have an exercise by stepping with table have better result in balancing skill, muscle and joint flexibility, moving ability and lung endurance than those in control group.

2.4.4 The elderly who have an exercise by aerobics with music have stronger limb muscle, better body flexibility, agility and balancing act than those in control group.

2.4.5 The elderly who have an exercise by ballroom dancing in several styles such as begin and waltz have better balancing skill than former times and than those in control group

2.4.6 The elderly who have an exercise by using elastic and ballroom dance have better agility, flexibility, muscular endurance and balancing act than those in control group while there was very little difference in body moving aspect between having an exercise with elastic band and with balancing rubber sheet. However, elastic band is cheaper than balancing rubber sheet.

2.4.7 The elderly who have an exercise by sitting and walking in 8-foot distance have stronger core muscle and better balancing act than those in control group.

2.4.8 The elderly who have an exercise with loincloth have stronger and better flexibility of limb muscle, back muscle and upper body muscle than former times.

2.4.9 The elderly who have an exercise by walking in public park have better moving and balancing skill than those who have an exercise by doing Tai Chi.

## **CONCLUSION AND FUTURE WORK**

1. The result of research showed that the promotion of exercise for the elderly have mostly done in the elderly club. The elderly who are the members of the elderly club are often interested in activities and have better attitude toward exercise and personal health care than those who are not the members of the club. Therefore, there should be the promotion of exercise for the elderly who live in their house and have their cousins as a social supporter to encourage the elderly to exercise constantly. As Natedao J (25) had studied the factors which relate to health promotion behavior, it was found that social support is associated with health promotion behavior.

2. The result showed that the elderly who have an exercise by walking and arm swinging have good result in strength, muscular flexibility, moving skill and balancing skill which prevents them from falling that usually happens. The promotion of exercise for the elderly by proper walking is a good way to prevent falling incident in the elderly (26). There should be an easy way of exercise promotion which the elderly can do both indoor and outdoor such as walking, arm swinging which are non-equipment exercise and result in good outcome to the elderly's physical health.

3. The result showed that promotion of exercise for the elderly took 4-12 weeks for an experiment, spending 3 days a week and 30-55 minutes each day which conforms to exercise principle. If the elderly have an exercise constantly, in addition to acquiring limb muscle strength and better balancing skill, there is the

amelioration in the elderly who have hypertension (27, 28). Therefore, several types of exercise promotion for the elderly should be done constantly in both elderly people who don't have health problems and those who have health problems.

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