

Project Code	281/63
Project Title	The Effects of Physical Activity Program for Elderly to Physical Fitness
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Introduction: Elderly problems mostly caused by inappropriate behavioral activity and least physical movement so that it does need to be looked after. This research presented the idea of an activity program for elderly physical fitness.

Research objectives: This study aims to compare the elderly physical fitness before and after physical activity programs.

Research methodology: This study is a single quasi-experiment group research. The result is performed before and after the experiment. The tool of experiment is developed from the Home-Based Physical Activity Promotion Handout for the Elderly in an Urban Area by Duangthip Anansupamongkol (2012) by following; 1. The researcher trained the general knowledge about physical fitness for the elderly. 2. The researcher assigned the elderly to perform their physical fitness at home 5 times a week for 8 weeks by choosing 13 specific physical fitnesses from designated handouts and following 1 type of exercise. 3. The researcher did the general medical check up and physical fitness test 4 times. The information is collected and analyzed by a statistics tool called Paired Sample T-test.

Results: After experiment, the elderly physical fitness resisted aerobic by approximately 2.88 which is a good amount. For movement and posture, the average is around 1.5 which is not a good result.

Conclusions: The average of physical fitness after experiment is significantly greater than before experiment around 0.01

Implications: Elderly should have more physical activity especially for leg muscle. The elderly should have more activity in daily life, for example stand up and sit down, walk around 8 feet and walk forward and backward to their couches. They should be accessed for movement and posture in order to protect their falling.

Keywords: physical activity program, physical activity, physical fitness, elderly