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Scientific Abstract

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Elderly on the Move: Levels, Barriers, and Motivation to Physical Activity

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Background of Study: Physical inactivity is associated with many chronic diseases, impaired cognitive health and increased mortality rate among older adults. Therefore, it is important to understand the level of physical activity, the underlying motivations, and barriers to physical activity among older adults.

Materials and Method: This quantitative, descriptive survey involved 34 older adults aged 65 and above from Johor Bahru, Malaysia. Respondents were asked to complete questionnaires about levels of physical activity over the last seven days, barriers, and motivations to physical activity.

Results: Results imply that majority of elderly adults (50%) have a moderate level of physical activity. Lack of skills (90.58 ± 12.04), fear of injury (90.29 ± 9.36), and lack of energy (89.70 ± 11.41) were the major barriers in participating to physical activity. In addition, intrinsic motivation (18.42 ± 9.53) and identified regulation (18.35 ± 9.48) represents the main types of motivation that encourage older adults to engage in physical activity.

Conclusion: The findings of this research provide an insight that can be used for developing interventions that promote higher level of participation and address barriers of physical activity among older adults