

26th World Congress on

NURSING CARE

May 21-23, 2018 Osaka, Japan

Daily physical activity and stress of rural elderly in South Korea

Hyunjung Moon

Far East University, Republic of Korea

The physical and mental vulnerability of the elderly can cause stress and physical activity has positive effects on maintaining physical function and mental well-being. However, there are few studies on the relationship between physical activity and stress of rural elderly in Korea. The purpose of this study was to investigate the relationship between daily physical activities, stress and to provide basic data to improve health and quality of life of elderly in rural area. A descriptive cross-sectional study was conducted with 150 older adults in rural area. Data collection was performed through a structured interview, supported by sociodemographic characteristics, International Physical Activity Questionnaire (IPAQ) and stress indicators. A descriptive data analysis, t-test, ANOVA and Pearson correlation coefficient were also performed. 22.5% were in the lowest PA group, in addition to an association with age, perceived economic status and presence of spouse. 62% of the subjects had enough stress to be actively managed, in addition to an association with perceived economic status and presence of spouse. The more daily physical activity, the lower is the stress but not statistically significant. It is necessary to develop and apply a stress management program for the elderly people living alone who are lacking in physical activity or economically vulnerable in rural area.

Biography

Hyunjung Moon has completed her PhD from Seoul National University in South Korea. She is an Associate Professor in the Department of Nursing Science, Far East University, South Korea. Her areas of interest include community health promotion, case management for vulnerable groups, health education and disaster management.

m.hyunjung@gmail.com

Notes: