

Participatory Management Model of Exercise Activities among the Elderly at a Community Level

Malinee Jumnian

Faculty of Nursing

Bangkokthonburi University, Thailand

malinee2014@outlook.co.th

Abstract

As people age the importance of physical exercise becomes greater because exercise can prolong life and facilitate greater enjoyment through better fitness. However, it is important that physical exercise to improve health should be undertaken regularly (Bureau of Health Promotion, Department of Health, Ministry of Public Health, 2562). It is recommended that physical activities should be undertaken five days a week.

In many communities there is usually only one exercise leader and when that person is out of the community on other duties physical exercise activities among the elderly are neglected

Sixteen second year nursing students enrolled in Community Nursing Practicum I were assigned to be involved in health promotion activities in a community for eight weeks in January to February 2019. The aim of the program was to work with the elderly in the community to provide them with the knowledge, skills and confident to undertake physical exercise when the community exercise leader was absent. A participatory management model was considered to be an appropriate way to achieve this aim.

Focus group discussions and in-depth interviews were conducted to determine why the elderly did not exercise when the leader was absent. Data were analyzed and a participatory management model for regular exercise activities was developed to facilitate continuity and sustainability

The results showed that after using the participatory management model in the exercise activities among the elderly in the community. The elderly who came to participate in exercise activities accepted each other better and once everyone had been trained to be an exercise leader they could design an activities plan and manage group exercise activities.