A Study of exercise to reduce depression of the elderly in Iran

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ABSTRACT
Subject of this study the effect of exercise in the elderly depression Reduction of Iran. Topic of our method in this quasi-experimental research is descriptive. All statistics are elderly the community who live in the abode of the elderly are. This study, 300 samples were 300 elderly women and the elderly Iranian were selected randomly to test the pre-test and the test is. The choice of abode in the elderly has been chosen. Test tool in this study is that Beck is Standard Beck Depression Inventory test, and includes 124 questions based on 36 different aspects, In this study, we want to consider whether the exercise program in reducing depression tired and helpless these people will be effective. Statistical method used in this study, t-test method is for each time (pre-test and test) was performed separately.

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Introduction
Pan in the beginning of creation, the historical changes in the basic rate is established fun. The decade of 1380 people worked 72 hours a week, until the beginning of 1980 people between 36 to 38 hours per week worked, a continuous decrease in average working hours there is (Grshany, 1992) of them in time to the average working hours has increased. Also, the time of World War II to now, the number of employed women has increased widely. Recent changes largest entertainment, familiarity with the TV is 3 to 4 hours of daily time all ocation increased widely. Recent changes largest entertainment, familiarity with the TV is 3 to 4 hours of daily time all ocation increased widely.

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Very very old human familiarity with sport mourning that endocrine Ryzmsl Ndvrfyn production in offspring stress, sympathetic nervous system stimulation Endocrine Ryzmsl Ndvrfyn production in offspring stress, sympathetic nervous system stimulation. Exercise Avshynv 2 Vhmkaran (1992) frothily am able to work a 10 followed three of the study found social support: Wire heart - so that the vascular effects of stress makes blood less Brasher Humph cardiovascular risk decreases (2) of the wire less stress And finally to the elderly was what the community and family focus are in hot and what those who live in institutions appropriate conditions need to exercise their age have.

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decreased sense of disturbance and who for days and even in some other cases, the next day, will feel more power (and Marvlaklis Zhrvas, 1993) Physical training and exercise lead to more self-confidence and body image is Msbeitry. Sanstrvm and Pats (1996) that the perception in sports skills, physical condition, attractive body, physical strength and their overall value, all confidence, and lack of positive sentiment and negative sentiment will predict.

Materials and Methods
In this study, the type of research methodology used in research is descriptive method that is executed through the semi-experimental.

The statistical
In this study, the total term community refers to older people in the Iranian Salmndanzndgy home shall be evaluated are.

Statistical sample
In this study samples randomly between the Statistical Society of the total 600 elderly persons comprised 300 women and 300 men of which the pre-test and test them have been tested that people in nursing homes of living have been.

Measuring instrument
The fact that depression in this study were evaluated, the information collected through testing is done Beck "Beck Depression Inventory test» (BDI) consists of 124 questions based on 36 different aspects of depression has been developed.

Re 1 if exercise in reducing depression in elderly women are effective?

<table>
<thead>
<tr>
<th>Variable</th>
<th>Total</th>
<th>Mean</th>
<th>Middle</th>
<th>Fashion</th>
<th>Standard deviation</th>
<th>Variance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-test</td>
<td>300</td>
<td>28.45</td>
<td>32</td>
<td>32</td>
<td>9.64</td>
<td>76.66</td>
</tr>
<tr>
<td>After the test</td>
<td>300</td>
<td>27.68</td>
<td>33</td>
<td>39</td>
<td>8.63</td>
<td>89.38</td>
</tr>
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The average elderly depression before Myarpayyn test deviation above and more are Can be concluded that elderly depression before exercise have higher average depression in the elderly after the test and lower standard deviation is higher Can be concluded that elderly depression have less in the test. Therefore, test results lies in T depression in the elderly before the test significantly with depression in the elderly there and test results of the exercise lies a large influence on the reduction of depression in the elderly.

Re 2 If exercise to reduce depression in elderly men is effective?

Depression in elderly male mean test higher and lower standard deviation is Can be concluded that the elderly man before exercise have higher depression and depression in elderly men mean the test below are higher and standard deviation can be concluded that elderly men had lower depression Therefore, test results lies in T that depression in elderly male test significant depression of the elderly men there and test results of the exercise lies a large influence on the reduction of depression in elderly men.

Results
- Depression before running the sports activities among women and elderly men which is as follows: depression both women and elderly men are at a high level and mean differences between the groups is not.
- The rate of depression among elderly men and women after the execution of sports has been reduced but the mean difference between the groups is not all.

Reference
- Reis, H.R. & Franks, P. (1996) the Role of Intimacy and Social Support in Heath outcomes: two Processes or one? Personal Relations hip, 1, 185-197