



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 allocation will people, who form more than any other the fun is. Because exercise can provide useful physical and mental stimulation in the quality of life can be used. Can increase the capability and reduced depression can be used particularly for elderly patients elderly disturbance that are, nonetheless, exercise can be explained by the fact is essential. 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.

Statement of problem

Very very old human familiarity with sport mourning that either Party, whether in wars, accidents outstanding Was used and was not specific to age large and small, young and old, men and women in all sports and all have loved and used, but the work of our research on the effects of exercise elderly elderly and those standards in this of all people, perhaps less and less attention to them may be important if we are what we owe them so they can be the time for us not far drawn are compensated and that is what they will be compensated and by the need to provide them. Mirthfulness they need and one way to provide joy and exhilaration for them is exercise. Since the creation of human senses and needs of its diverse operating and excitement and motivation and effort has been drawing. Human adaptation to environment tools needs physical and spiritual needs to satisfy. Exercise primary means of adaptation of human psychological and emotional match that perfection needs a hand saving man and the other sedative of his life. Various ways to exercise and promote reconciliation tool Moghadam is human. Very easy to

use and accessible exercise of any nature because it was his. Exercise programs the quality of life used to feel alone and the elderly, depression, measured far corner past elderly said and thought as useful members of society to achieve this cause that they feel their community needs.

Background research

As per scientific research findings in line with previous research and has been more donor and complementary approaches are scholars and other thinkers. Regarding the exercise Avshynv 2 Vhmkaran (1992) frothily am able to work a 18 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 Endocrine Ryzmsl Ndvrfyn production in offspring stress, sympathetic nervous system stimulation وتوليد different physical stress (3) the immune system, the most powerful effects of social support was. Avshynv Vhmkaran (1996) submitted that although the behavior was related to stress health clearly the physical processes of putting, but it seems that the effect of social support than is the physical performance. These factors in the elderly are higher even social effects that can reduce physical aging. Study showed that 28 percent of cases caused by short-term deprivation, the health damage were clear Wayne short-term effects of depression for those who are controlled to eliminate the initial cause of depression is a disease. Rydyk and Stewart (1994) in 600 black and white women were retired and received the American study, women white retired participants in this study was that more recreational activities, mental health were higher. Aysv - Hvla and Park 3 (1996) that the recreational activities of members American groups, life stress, particularly depression prevention told, while the resulting is fun, the effect of physical stress prevents the disease. It seems that the company mass fun is a key factor in improving depression. The religious places belong to the church is effective in the treatment of depression. Tire (1989) received 10 minutes of fast walking decreased fatigue, more energy and reduce stress is the next 2 hours. Other studies discovered that after one hour physical activity, people in stress, depression, anger, fatigue and

decreased sense of disturbance and who for days and even in some other cases, the next day, will feel more power (and Marvlakys Zhrvas, 1993) Physical training and exercise lead to more self-confidence and body image is Msbtry. 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?

Variable	Total	Mean	Middle	Fashion	Standard deviation	Variance
Pre-test	300	28.45	32	32	9.64	76.66
After the test	300	27.68	33	39	8.26	89.38

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?

Variable	Total	Mean	Middle	Fashion	Standard deviation	Variance
Pre-test	300	28.63	24.56	28	9.51	78.85
After the test	300	26.87	27	33	8.63	98.46

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.

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