

Community Physical Activities Engagement and Overall Wellness among Older Adults in China

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Abstract: This study was designed to investigate the relationship between community sport participation and health promotion among Chinese older adults. This study used a descriptive comparative research design and a correlational research design. The population of this study is the elderly in Guangxi Xinxingyuan community, which has a total of 3847 elderly residents. The selected 300 older adults are surveyed to collect data related to community sport participation and health promotion. The study concluded that the individuals' gender, age and education level have a significant impact on their community sport participation and health and well-being. The attractiveness and accessibility of community sports activities need to be improved to stimulate active participation and increase the level of community sports participation among older adults. Individual differences should be taken into account when designing relevant policies and programs, so as to provide customized services and support for different groups. The health and well-being of older people needs urgent attention and improvement, especially in terms of physical health, mental health and quality of life. The impact of individual characteristics on health and well-being deserves our attention, and it is crucial to provide customized health management solutions for different groups. Community sports activities play an important role in promoting the health and well-being of older people, and related activities should be further promoted and strengthened. In response to the challenges of community sport participation for older persons, comprehensive policies and measures are needed to address these issues and provide a better environment and support for older persons to participate in sport.

Keywords: Community; Physical Activities Engagement; Overall Wellness; Older Adults; China.

1. Introduction

Globally, population aging is rapidly developing, and China, as a country with significant aging, is no exception (Cai, J.Y, 2020; Cao, S.H, 2021). As medical technology and living conditions continue to improve, the proportion of the elderly population in the overall population is gradually increasing, making it particularly important to focus on and manage the health and quality of life of the elderly (Zhang, 2022). With this, the challenge of effectively improving the health of the elderly and enhancing their active engagement in society has become a challenge that cannot be ignored.

Community sport is increasingly gaining widespread attention as a powerful avenue for health wellness and enhancement. Community sports aim to provide community residents with convenient exercise opportunities and also play an important role in the overall health and social harmony of the community (Yang, F., Be. W, & Fu, B. H., 2023). Physical activity in community settings not only helps to improve individual physical fitness, but also enhances social interactions and quality of life, thereby contributing to the overall health and well-being of older adults (Wu, Z.X., 2019). However, despite the well-recognized potential of community sport in health enhancement for older adults, there are still a series of unresolved issues and challenges in its practical application (Li, 2020).

In examining the topic of older adults' engagement in community sport and health wellness, while some studies have explored the short-term effects of community sport engagement on older adults' health, there is still a lack of insight into the long-term effects and sustainability of these participatory activities, especially over multi-year or even

longer time scales (Zhu, E., Zhang, Y.N. et al, 2019). The enhancement of and engagement in community sport activities are also related to the community environment, such as the accessibility of facilities and the support of community organizations (Li, X., 2020). There is still less research on the factors influencing older adults' sport engagement in different community settings. Health is not only physical health, but also includes multiple dimensions such as mental health and social health (Hu & Jin, 2021). Research may focus more on comprehensive health assessment and the impact of physical activity on each health dimension (Ding, P., Cai, S. et al, 2017). Community sport and health enhancement involves multiple fields, such as sport, healthcare, and social work (Zhong, L. P., 2021). study emphasized that the dimensions of social interaction and self-evaluation of community sport have a significant impact on older adults' participation and satisfaction (Wang, F, 2020). Cross-disciplinary collaboration and an integrative approach to research may contribute to a better understanding of the topic. Although policy support plays an important role in the development of community sport, more empirical research support is still needed on how to effectively implement these policies and how effective they are in practice.

The goal of this study is to explore in depth of the relationship between Chinese older adults' engagement in community sports activities and their level of health wellness. Specifically, this study will analyze community sport engagement among older adults and explore its impact on physical health, mental health, cognitive functioning, and quality of life. In addition, this study focused on the role that community sport engagement plays in older adults' social interactions and social integration, and explore possible

associations between community sport and older adults' health. Through this study, it is expected to provide a deeper understanding of the impact of community sport engagement on the health of older adults, and to provide strong support and guidance for the enhancement of older adults' health and quality life.

2. Significance of the Study

Older adults. The results of this study will provide older adults with a scientific rationale for the health-promoting effects of engagement in community-based physical activity. Older adults can better understand and capitalize on the benefits of physical activity engagement by understanding how different dimensions of physical engagement are associated with physical health, mental health, social interaction, and quality of life.

Community Managers. Through in-depth analysis of the relationship between community sport engagement and health among older people, community managers and policy makers can obtain useful advice on how to design, promote and improve community sport activities. They can use the findings to guide the formulation of relevant policies, thereby promoting the sustainable development of community sport.

Health Professionals. Health professionals such as doctors, nurses, and social workers can draw on the findings of this study to provide more personalized and comprehensive health wellness advice to older adults. These recommendations could cover physical exercise, mental health, and social interaction to better meet the diverse health needs of older adults.

Researchers. This study will fill the research gap in the field of community sport engagement and health wellness among the elderly and provide researchers with new research directions and entry points. Research scholars can conduct more in-depth discussions on the basis of this study to enrich the theoretical and empirical research in this field.

Social public. Through a more in-depth understanding of the relationship between community sports engagement and health wellness among the elderly, the public can pay more attention to the health problems of the elderly and encourage them to actively participate in sports activities, thus jointly creating a social atmosphere of caring for the health of the elderly.

Future Researchers. This study provides a rich resource for future researchers to draw on experience and knowledge, inspire new research ideas, expand research areas, and deepen academic exploration. Future researchers can build on the foundation of this study and contribute more to the development of the fields of elderly health and community sport.

3. Definition of Terms

The following presents the operational definitions of these terms as used in this study:

Access to sport facilities. In this study, this refers to the frequency, type of facilities, and satisfaction of older adults in using community-provided sports facilities, factors that are strongly associated with their physical health and physical activity diversity.

Cognitive function. Refers to the cognitive aspects of older adults' ability to think, remember, and pay attention.

Community Programs. In this study refers to the diverse activities and resources offered by the community or related

organizations that are designed to promote physical fitness, social interaction, cultural activities, and health education for older adults. These programs are designed to meet the diverse needs and interests of older adults and provide opportunities for them to actively participate in physical, cultural and health-related activities in the community.

Community Sport engagement. The extent to which older adults participate in sports and leisure activities in the community, including but not limited to working out, walking, dancing, gardening, etc.

Continuity of engagement. The frequency and continuity of older people's engagement in community-based physical activity over time can be measured by indicators such as the number of activities per week and duration.

Diversity of engagement. Older adults participate in different types and areas of community-based physical activity, including aerobics, strength training, and cultural activities.

Health enhancement. A comprehensive process of enhancing the physical, mental and social health of older persons through community sport engagement and other related activities.

Interests and Motivations. In this study refers to the personal interests and motivations of older adults to participate in community-based physical activity, including personal interest, health motivation, social motivation, and competitive motivation, which influence the types of activities they choose and persist in participating in.

Mental Health. Psychological aspects of older people's emotional state, psychological stress, and levels of depression.

Older Adults. For the purposes of this study, older adults are defined as individuals aged 60 years and older.

Physical Health. The physical condition of older adults, including weight, health problems, and lifestyle habits.

Quality of life. Older people's subjective feelings of satisfaction with their lives, including the content of their lives and their sense of well-being.

Self-evaluation. Older people's subjective perceptions of their performance and engagement in community-based physical activity, including evaluations of their own level of engagement, competence and satisfaction.

Social Interaction. The extent to which older adults communicate and interact with others in community-based physical activities, including engagement in group activities, social gatherings, etc.

4. RESULTS AND ANALYSIS

This chapter presents the presentation, analysis, and interpretation of data. The discussions are based on the sequence of the statement of the problem while analysis and interpretation are based on the treatment of data and guided by the literature and studies gathered in this study.

I. The profile of older respondents

Table 1 shows the basic profile of the study population, including gender, age and highest level of education. In terms of gender, there were 170 males, or 56.7 per cent of the total, and 130 females, or 43.3 per cent. Thus, there were slightly more male participants than female participants. The age distribution of older people was over 60 years old, with a major concentration between 60 and 70 years old. Of the 300 respondents, 170 or 6.7 per cent were between the ages of 60 and 70. Eighty-three, or 27.7 per cent, were aged between 71 and 80. Forty-seven (15.7 per cent) were over 81 years of age. Regarding the respondents' highest level of education, 189 or

63.0 per cent had a secondary school education. The number of respondents with high school education was 39, or 13.0 per cent. Fifty-eight respondents, or 19.3 per cent, had a bachelor's degree. There were 14 people with a master's

degree, accounting for 4.7 per cent. From the data, it can be seen that most of the respondents have a secondary school education as their highest level of education.

Table 1. The Profile of older -respondents

Sex		
	Frequency	Percentage
Male	170	56.7%
Female	130	43.3%
Total	300	100%
Age		
	Frequency	Percentage
60-70 years old	170	56.7%
71-80 years old	83	27.7%
81 years old and above	47	15.7%
Total	300	100%
Highest Educational Attainment		
	Frequency	Percentage
Middle School	189	63.0%
High School	39	13.0%
Undergraduate	58	19.3%
Master's Degree	14	4.7%
Total	300	100%

5. Conclusion

Based on the presented findings of the study, the researcher came up with the following conclusions:

1. Individuals' gender, age and education level have a significant impact on their community sport participation and health and well-being, and these individual differences need to be taken into account in the development of relevant policies and programs.

2. The attractiveness and accessibility of community sports activities need to be improved to stimulate active participation and increase the level of community sports participation among older adults.

3. The correlation between individual characteristics and community sport participation reminds us that individual differences should be taken into account when designing relevant policies and programs, so as to provide customized services and support for different groups.

4. The health and well-being of older people needs urgent attention and improvement, especially in terms of physical health, mental health and quality of life.

5. The impact of individual characteristics on health and well-being deserves our attention, and it is crucial to provide customized health management solutions for different groups.

6. Community sports activities play an important role in promoting the health and well-being of older people, and related activities should be further promoted and strengthened.

7. In response to the challenges of community sport participation for older persons, comprehensive policies and measures are needed to address these issues and provide a better environment and support for older persons to participate in sport.

8. In order to promote the sustainable development of

community sports for older persons, a variety of strategies are needed, including the provision of education and training opportunities, innovative sports programmes, the planning of rational community sports facilities, the effective management of funds and resources, and the strengthening of community cooperation.

6. Recommendations

Based on the conclusions derived in this study, the following are the recommendations:

1. Customized health management plans: Given that individual characteristics have a significant impact on the community sports participation and health and well-being of older persons, it is recommended that the relevant departments and community organizations formulate customized health management plans to provide personalized health services and guidance for older persons of different ages, genders and educational levels.

2. Improve community sports facilities: In response to the needs of the elderly to participate in community sports activities, it is recommended that efforts be stepped up to improve and construct community sports facilities, including repairing existing facilities, installing additional fitness equipment and remodeling park venues, so as to enhance the convenience and comfort of the elderly in participating in sports activities.

3. Promote innovative community sports programs: Encourage and support communities to develop innovative sports activities and programs, such as healthy gymnastics, outdoor hiking, and dance classes for the elderly, in order to attract more elderly people to actively participate and enrich their choices of sports activities.

4. Strengthening health education and publicity: Increase

publicity on health awareness and education for the elderly, popularize health knowledge, guide the elderly to establish correct health concepts and behaviors, and increase their motivation and participation in sports activities.

5. Establishing a cross-sectoral cooperation mechanism: It is recommended that the government, community organizations, medical institutions, volunteer groups and other parties cooperate to jointly formulate and implement policies and projects for the participation of the elderly in sports, so as to form a good cross-sectoral cooperation mechanism and provide the elderly with a full range of support and services.

6. Establishing economic subsidies and preferential policies: In response to challenges such as economic and time constraints, it is recommended that the government and relevant organizations establish economic subsidies and preferential policies to encourage the elderly to actively participate in community sports activities, lower the threshold of participation, and increase the participation rate.

7. Establish a long-term management mechanism: To ensure the sustainable development of community sports participation, it is recommended that a sound management mechanism be established, including the rational allocation and management of funds and resources, the regular evaluation and monitoring of the effectiveness of community sports programs, and the establishment of a long-term tracking and service mechanism, in order to guarantee the continuity and stability of community sports activities.

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