



The effect of physical activity on the mental health of older women during the covid-19 pandemic

Poster Presentation

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Abstract

Introduction: Spread of Coronaviruses, fear of getting affected and dying caused negative emotion, inactivity, changes of lifestyle, and many other reasons endanger the mental health of the community. The elderly have been one of the most vulnerable groups in society due to the weakness of the body defense system during the Covid-19 epidemic. Therefore, it is necessary to study their mental health and methods to help improve it for the elderly during the Covid-19 outbreak, and on the other hand, few studies have examined this issue. Therefore, this study aimed to investigate the effect of physical activities on the mental health of older women during the Covid-19 pandemic.

Methods: The study population included all healthy older adults in Tehran for the year 2021; there were 24 people selected because of limitations in Covid-19 and the research method voluntarily. Subjects were assigned randomly into two groups of 12 people which already been checked and qualified. By all healthy protocols, the issues in the controlled group performed physical exercise for six weeks and each week three days and each day one hour, while the other selected group did not do any activities for a while. Mental health was measured by the GHQ-28 test twice, first before the activities second after their six weeks complete performance. Data has been analyzed by analysis of covariance.

Results: The results of the covariance test showed that physical activity had a positive and significant effect on the mental health of older women during the Covid-19 pandemic quarantine. ($p < 0.01$)

Conclusion: According to the result of research, physical activity can be used as an influential factor in improving the mental health of the elderly during the Covid-19 pandemic quarantine.

Keywords

mental health; COVID-19 pandemic; Elderly; Physical Activities

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