



## Social Support among Senior Citizens Participating in Group Fitness Programs

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### ABSTRACT

Group physical activity programs give older persons the chance to obtain social support, which is shown to be favorably related to their behavior when it comes to physical exercise in this demographic. However, the aim of this study was to identify social support functions and behavior that promoted older individuals' involvement in group physical exercise programs, as well as their social support requirements and problems. Physical activity helps to prevent a number of chronic diseases and dramatically lowers all-cause mortality. However, the percentage of individuals who are sufficiently active to get these health benefits is modest and gets smaller as people get older. Although the relationship between social support, a social predictor of health, and Physical activity in older persons has not been thoroughly examined, it may do so. Any skeletal muscle-driven activity that requires energy expenditure is said to as Physical activity. Exercise, sports, and physical activities that are done as a part of everyday life, employment, leisure, or active transportation are all included in Physical activity. Three goals guided this review: 1) Conduct a thorough review and summary of research on the relationship between Social support, or loneliness, and Physical activity in older persons; 2) determine which forms of Social support are positively linked with Physical activity; and 3) determine if the relationship between Social support and Physical activity varies among Physical activity domains.

**Keywords:** Social relationships, Exercise, Physical exercise, Physical activity

### INTRODUCTION

Fitness professionals who interact with our older population daily deal with the physical and cognitive decline that comes with age. The data indicate that individuals who lack both need them the most. Social support and physical activity are both beneficial for health and well-being. It's crucial to design programs that are motivated by the needs of older folks since they have distinct goals and motivations. Six variables affect adherence: the teacher, participant behavior, program design, social interaction, perceived advantages, and energizing and motivating impacts [1]. Group exercise that promotes sociability may increase enjoyment and adherence for older persons whose social isolation has a negative impact on their health and well-being.

Aging encompasses more than simply bone and muscle loss, deteriorating vision, and decreased response times. Retirement, a death, and empty-nest syndrome are other factors. These fundamental changes in senior people's lifestyles lead to social deficiencies, such as feelings of loneliness, social isolation, and even despair, which can make it difficult for them to stick with exercise regimens. A decrease in cardiovascular mortality has been linked to exercise training in older people's health [2]. Following exercise, there was likely a shift in the cardiac autonomic balance that resulted in an increase or a relative dominance of the vagal component [3]. Furthermore, endurance exercise training reduces systolic and diastolic blood pressure, heart rate at rest and during submaximal activity, and increases stroke volume in older individuals [4]. This is most noticeable during peak exertion, when total peripheral resistance, systolic and diastolic blood pressure, stroke volume, cardiac output, and oxygen consumption all raise. This highlights the significance of high intensity training even for the elderly by reducing after-load in the heart muscle, which in turn enhances left ventricular systolic and diastolic function. Their desired psychological benefits are delivered via social interactions in the group,

which provide them a feeling of support, enjoyment, and belonging. Remember that while the social aspect of group exercise is a significant factor in adherence, physical benefits including weight reduction, cardiovascular fitness, and strength are also crucial. Programs should be created with all of these elements in mind, while also accounting for any participant restrictions or necessary adaptations.

The brain regions supporting executive control may benefit from exercise as well. It's possible that having excellent executive functioning can help you do this difficult task consistently. Lower self-reported executive function has been linked to poor Rates of physical activity during a two-year period [5].

## CONCLUSION

In this review, we provided an overview of four aspects of group exercise: health outcomes of group exercise and social support and physical activity, importance of group exercise, mechanisms underlying the associations between group exercise and health outcome. Group exercise and physical activity. We developed a conceptual model of the health result from group exercise based on those factors.

The elderly population should be encouraged to exercise; this is crucial for both clinical and public health reasons. How to encourage older individuals with comorbidities to exercise is a crucial problem. In this special issue, we have papers that take a wide view of ageing and Physical activity while concentrating on various facets of Physical activity, exercise, and older individuals. Physical activity and exercise are crucial for illness management, primary, secondary, and tertiary prevention, sarcopenia prevention, preventing falls, and enhancing daily living and physical performance.

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