

The Association Between Objectively Measured Physical Activity and Health-related Quality of Life, Life-space Mobility and Successful Aging in Older Indian Adults

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Abstract : Background: Longevity is increasing, accompanied by a rise in disability and chronic diseases with physical activity (PA) delaying disability, ensuring successful aging (SA) and independent living in older adults. Aim: This study aimed to determine objectively measured PA levels, health-related quality of life (HRQoL), life-space mobility, and successful aging (SA) of older adults in KwaZulu-Natal province, South Africa, as well as their mutual associations. Methods: A total of 210 older adults aged 65-92 years were purposively sampled and completed the Medical Outcomes Study 36-Item Short-Form Health Survey, the Life-Space Mobility, and Successful Aging questionnaires. PA levels were measured using an Omron Pedometer, which the participants wore for seven consecutive days. Results: The average number of steps taken per day for the seven days was 2025, with 98.6% of the entire study population classified as sedentary. The Vitality domain (one of 8 categorized) reflected the best health status ($M = 59.9$, $SD \pm 18.8$), with a significant 93% of the participants indicating that they had not visited places outside their immediate neighborhood ($P < 0.0005$). A significant, negative association between the average number of steps taken in 7 days and all three SA variables - namely, the physical ($r = -0.152$, $P = 0.027$), sociological ($r = -0.148$, $P = 0.032$) and psychological ($r = -0.176$, $P = 0.010$), and a significant, positive association with life-space mobility ($r = 0.224$, $P = 0.001$) was noted. Conclusion: The majority of the elderly were sedentary, affecting their HRQoL, life-space mobility, and SA negatively.

Keywords : active life expectancy, geriatrics, nursing homes, well-being

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