

## Investigation of the Relationship between Physical Activity and Stress and Mental Health in the Elderly

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**Abstract :** Physical activity is important because it affects the stress and mental health of the elderly. The purpose of this research is to examine the relationship between the physical activity of the elderly and stress and mental health. The current research is correlational research, and the studied population includes all the elderly who are engaged in sports in the parks of Mashhad city in 2021. The whole community consists of 200 people. Sampling was done by the headcount method. The tool used in this research is a questionnaire. The physical activity questionnaire is Likert. General GHQ is based on the self-report method. The study method is correlation type to find the relationship between predictor and predicted variables, and the multiple regression method was used for the relationships between the sub-components. And the results showed that physical activity has the effect of reducing the stress of the elderly and improving their mental health. In general, the results of this research indicate the confirmation of the research hypotheses.

**Keywords :** relationship, physical activity, stress, mental health, elderly

**Conference Title :** ICPCN 2022 : International Conference on Psychiatry and Clinical Neurosciences

**Conference Location :** Rome, Italy

**Conference Dates :** October 13-14, 2022