

The Relationship between Exercise Attitude and Performance with Self-Image in Elderly Men in Iran

Authors : Hadis Mahmoodsalehi, Elham Shakoor, Maryam Koushkie Jahromi

Abstract : Background and aims: Given the importance of health promotion in elderly and attention to health factors including physical activity and self-image reinforcing, this study aimed to investigate the relationship between exercise attitude and performance with self-image concept in elderly men. Methods: In this descriptive-correlational study, 50 different daily exercise activities of the elderly men living in Iran (mean age: 60.94 years) were selected through simple sampling method. Participants completed a questionnaire regarding exercise attitude and performance and Beck self-image concept. Pearson correlation test was used for analysis of the data. Results: The results showed the significant correlation between optimism and exercise performance ($p = 0.012$) and exercise attitude ($p = 0.005$). Conclusion: Findings show that exercise performance and attitude are associated positively with optimism in elderly women. So, increasing exercise or improving attitude toward exercise can lead to improving optimism.

Keywords : elderly, exercise performance and attitude, self-image, descriptive-correlational study

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