

## Case Study of the Exercise Habits and Aging Anxiety of Taiwanese Insurance Agents

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**Abstract :** The rapid aging of the population is a common trend in the world. However, the progress of modern medical technology has increased the average life expectancy. The global population structure has changed dramatically, and the elderly population has risen rapidly. In the face of rapid population growth, it must be noted issues of the aging population must face up to, which are the physiological, psychological, and social problems associated with aging. This study aims to investigate how insurance agents are actively dealing with an aging society, their own aging anxiety, and their exercise habits. Purposive sampling was the sampling method of this study, a total of 204 respondents were surveyed and 204 valid surveys were returned. The returned valid ratio was 100%. Statistical method included descriptive statistics, *t*-test, and one-way ANOVA. The results of the study found that the insurance agent's age, seniority, exercise habits to aging anxiety are significantly different.

**Keywords :** insurance practitioners, aging anxiety, exercise habits, elderly

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