

Exploring Physical Activity Engagement Among Urban Community-Dwelling Chinese Older Adults: A Grounded Theory Study

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Background and Purpose

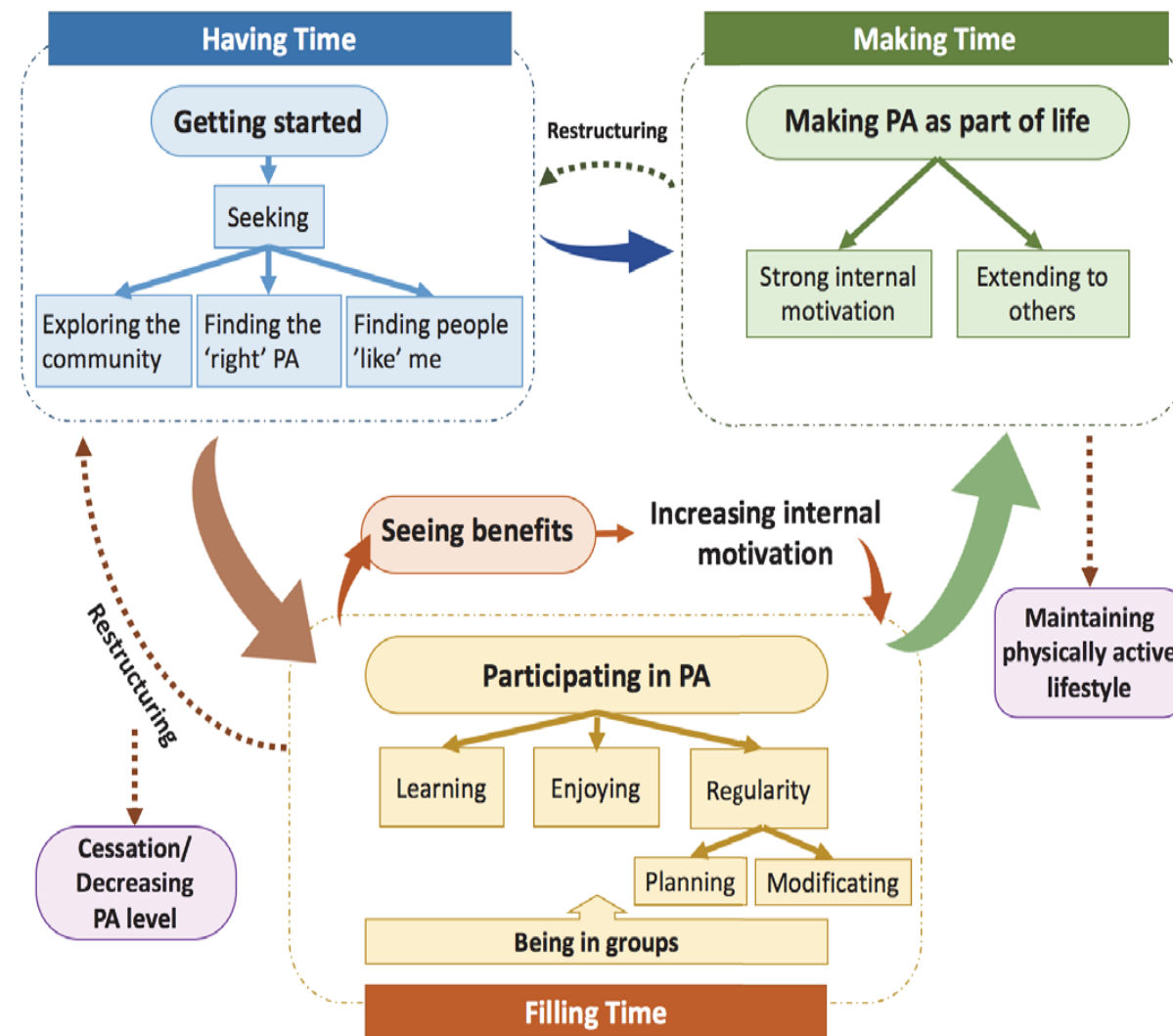
- Maintaining well-being of older adults has been identified as a critical public health concern in China.
- Physical activity (PA) produces many health benefits; however, we have little knowledge on how to get inactive Chinese older adults to initiate PA, and to promote active people to maintain and enhance physically active lifestyle.
- There is limited in-depth understanding of psychosocial processes that are important for engagement of PA among urban Chinese community-dwelling older adults.
- The purpose of this study is to explore how urban community-dwelling Chinese older adults understand PA, and to illustrate the sociological and psychological processes of PA engagement among urban community-dwelling Chinese older adults.

Method

- This study used grounded dimensional analysis, a variant of grounded theory to explore how participants' engaged in physical activity and conditions which influenced their PA engagement.
- 19 urban community-dwelling Chinese older adults age ≥ 60 participated.
- Semi-structured interviews were used for data collection.
- Open, axial and selective coding was used to analyze the data along with Memo-writing and constant comparative analysis.

Results

- Engaging and Maintaining PA in Chinese Older Adults



Discussion

- Understanding the meaning of PA for older adults is an important prerequisite for developing interventions to improve PA engagement.
- The importance of support systems and how to create these systems for urban dwelling Chinese older adults should be studied further.

This study is funded by University of Wisconsin-Madison, School of Nursing - The Charline Z. Larson Nursing Research Award

Categories	Quotation
Getting Started	P1: "it can make our joints more flexible and relief the pain... my blood pressure, blood sugar are controlled, I don't need to take medicine now..." P7: "I chose walking, briskly walking,, I think... We are old now, it may be hard for us to run, but we are still able to walk fast."
Seeing Benefits	P2: "we swim together for a long time and then we became friends, naturally...,, we like a big family." P6: "Now I feel I am still young, I am still able to do many things".
Participating in PA	P3: "I like taking photos and I was a member of a photography group. We always go to some remoted areas to take photos; so we need to do lots of hiking; you see, photography is a kind of physical activities as well and it is fun!" P6: "I feel if there is some kind of organizing- what time, what time, what place, do what - there will be more people to do exercise... We all have inertia; we need a regularity. we cannot do anything whenever we want, we cannot do something today and do something different tomorrow, which won't last long." P6: "Chinese are 'group animal', Chinese like live be in a group, live in a group. People can meet each other, talk with each other, chat with each other during physical activity."
Making PA as part of life	P10: "we found there is a small parking lot at the lakeshore where is quiet and open, so sometimes we go there with a radio in the morning and dance at there... sometimes other Chinese older adults would join us when they saw we're dancing there; sometimes we invite other Chinese older adults we met at the Center to come to dance with us." P7: ".....I would also tell them (neighbors) they need to walk more; more moving, better health; I told them how my health improved through walking, I told them PA has great benefits for our health."
Restructuring	P4: "when we in our old house.....we went to dance at 7pm almost every night. Sometimes, the community would call us to go to dance..... In the new community, there is no such things I can play, nothing. I also don't want to go outside walking anymore, I become lazy..." P12: "when we first moved to **, we asked and looked for dance groups; where had dance groups, I went to where..."