

Long Paper

Physical Activities: Challenges and Opportunities among Elderly in Salian, Abucay, Bataan

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Abstract

The purpose of the study is to identify the challenges and opportunities in physical activities among the elderly in Salian, Abucay, Bataan. The study is a qualitative type which utilized the phenomenological type of research. The random of the study consists



of ten (10) participants who answer the question. This study employed a questionnaire as a major instrument in gathering data in identifying the Physical Activities: Challenges and opportunities among elderly aged 60-80. The data gathering procedure was done after the approval of Barangay Captain of the Barangay Salian. The participants shared their experience or challenges in physical activity in their daily lives and how they can find a solution or opportunities while facing different kinds of challenges regarding their health, age, and the effect of their environment. Two (2) themes and four (4) sub-themes were formulated that answered the statement of the purpose which are to look for the physical activity engagement of the participants and the challenges faced by the elders of the Barangay Salian. Regular activities have been stopped and the daily behavioral patterns of the elderly have changed due to pandemic. Most participants found it difficult to engage in physical activity during the epidemic, but they nevertheless managed to do things like stroll around their neighborhood and complete home tasks. The researcher developed a physical activity program to address the challenges that older adults face in accessing opportunities for physical activity. By putting this into practice and seeking advice from a specialist in the field, older people can maintain their fitness and lead active lifestyles that can enhance their physical, mental, and social well-being. To treat physical and mental health issues, elders' families must encourage their willingness to participate and decision to be physically active.

Keywords – elders, physical activities, health, challenges, opportunities

INTRODUCTION

The current COVID-19 (coronary viral disease) epidemic has disproportionately affected older persons. To curb the spread of COVID-19, countries all over the world have employed a range of "lock down" and "social distancing" strategies, which certainly had a significant influence in "flattening the curve" in many of these countries. Given the high rates of mortality and morbidity among older individuals, it is probable that seniors will be encouraged to continue engaging in physical activities like exercise, especially if they also have other acute or chronic medical issues. These initiatives involve examining older individuals to survive the pandemic or battling the viruses specifically the COVID-19 health of elderly folks and ways to prevent any unwanted impacts. Elders bear the burden of the pandemic as the group most at risk of hospitalization and mortality from COVID-19 illness, but they also suffer from loss of social contact, limited mobility, disruption of the care chain, and loss. Everything in community health care other than COVID-19 is a product of the pandemic reaction.

Older persons are more likely to experience cardiovascular, neuropsychological, autoimmune, and mental health issues, social isolation and confinement are well-known to have a negative impact on mental health (Gerst-Emerson & Jayawardhana, 2015). More recently, it was reported that social isolation and disconnectedness puts older adults at

greater risk of anxiety and depression (Santini et al., 2020). These impacts will be exacerbated for the elderly whose social interaction is limited to locations other than the home, such as community centers, childcare clinics, and places of worship. Older persons who do not have close family and rely heavily on social assistance from outside the house, as well as those who suffer from loneliness and isolation, may be at increased risk. As a result, immediate measures should be put in place to alleviate the mental health repercussions for older persons who were told to stay at home and avoid social contact with others.

According to Oliveria, et al. (2022) that during the COVID-19 quarantine period, the older population's level of physical activity declined globally. To preserve and enhance the health of this group, strategies to maintain physical condition must be supported through physical workouts that fit the demands of the elderly in the present pandemic scenario.

The restrictions, quarantines, and lockdowns related with COVID-19 had a significant negative impact on the senior population's level of physical activity and way of life. Significantly less physical activity was being conducted, resulting in a loss of physical fitness and an increase in sedentary behavior—factors strongly linked to an increase in frailty in this population. Exercise and physical activity can enhance health outcomes in the elderly, including a reduction in cardiovascular mortality. Lockdowns enforced in reaction to COVID-19 limited people's ability to exercise in several countries. Normal activities, such as exercise programs, were, for example, more difficult to obtain for the elderly. We don't yet know how these constraints and gaps in exercise routines effect the physical and emotional health of the elderly. When a multicomponent physical exercise (MPE) program for the elderly was disrupted by the COVID-19 outbreak, we set out to explore how the pandemic affected the elderly's physical and mental health. The MPE curriculum included exercises for balance, flexibility, and strength.

Furthermore, Goethals, et al. (2020) on his study entitled “Impact of Home Quarantine on Physical Activity Among Older Adults Living at Home During the COVID-19 Pandemic: Qualitative Interview Study” shows showed, in the two research locations, prior to quarantine measures, the COVID-19 pandemic influenced the proportion of seniors participating in group physical exercise programs. Furthermore, older people demonstrated a desire to exercise at home despite a decline in their participation in group physical activities prior to the quarantine. Elderly people must be helped to incorporate simple, secure methods for staying physically active in confined spaces. In this situation, a nationwide initiative to encourage seniors to exercise at home seems essential.

It appears that it is crucial to explain internationally how important it is for older persons to keep physical exercise at home. We are concerned about the degree of independence and mental health of older persons when quarantine ends if there is no effective home-based program to promote physical exercise.

Vahia et al. (2020) discussed as the coronavirus disease 2019 (COVID-19) started to spread in the US in early 2020, older adults experienced disproportionately greater negative effects from the pandemic, including more severe complications, higher mortality, concerns about disruptions to their daily routines and access to care, difficulty adjusting to technologies like telemedicine, and concerns that isolation would exacerbate existing mental health conditions. There was fear about an older adult mental health crisis given the scope and severity of the epidemic, even though older persons often have lower stress reactivity and greater emotional regulation and well-being than younger adults.

We are designed to move, therefore being physically active all the time improves the way many of our body's functions. Regular physical activity is one of the most important things you can do for your health, especially for older people. Many age-related health problems can be prevented or delayed. It also makes your muscles stronger, allowing you to carry on with your daily activities without depending on others. Remember that some physical activity is better than none. Your health benefits also increase with more physical activity. Adults over the age of 65 should get at least 150 minutes of physical activity per week. For example, he should do 30 minutes a day of moderate intensity exercise, such as brisket, five days a week. B. Walk briskly. Or he should do 75 minutes a week of strenuous activity like walking, jogging, or running. At least two days a week of strength-building and balance-improving activities. B. Standing on one leg about three days a week. If a chronic condition interferes with your ability to meet these recommendations, stay as active as your ability and condition allow. High levels of aerobic activity (exercise that noticeably elevates our heart rates) may be linked to higher decreases in depression symptoms for controlling their symptoms, according to some study. Consider engaging in short bursts (30-90 seconds) of more intense exercise once or twice each day. Activities such as jumping jacks, mountain climbers, and a range of strength training exercises can help some people achieve this at home (i.e., standing squats, push-ups, sit-ups). Using home fitness equipment. Exercise and physical activity have numerous advantages that have been shown over the course of life. We are designed to move, therefore being physically active all the time improves the way many of our body's functions.

The study's assumptions are that certain elderly people who do not move much can lose a considerable amount of muscular strength, flexibility, and aerobic ability. It can hasten the fragility and reliance of elders, as well as their need for care and health services. Furthermore, both current and new research suggested that physical activity might boost antiviral immunity. Home exercise is also a viable choice. As a result, we will create a home version of the functional training exercise video with multiple sets of 10-minute workouts that will be available seven days a week. This ground-breaking option may sustain health promotion for the elderly to prolong active aging and maintain optimal health.

The research's findings will be of significant service to many individuals and institutions for the following reasons: Elders aged 60 to 85 since it highlights the need of physical exercise, the study is beneficial to seniors aged 60 to 85. As a result, it may provide useful data that may be used to improve physical education programs for all seniors. It also helps older adults with chronic, incapacitating diseases build more stamina and physical power. Reduces the signs and symptoms of sadness and anxiety, improving mood and well-being. Physical activity promotes bone, muscle, and joint health. The community can benefit in this study that participate in physical activities and recreation develop strong social bonds and social behavior and the people who live in them are generally healthier and happier than places where physical activity isn't a priority. Exercise, sports or physical activities and recreation builds stronger, healthier, happier, and safer communities. Also, coaches and trainers as the study will serve as a guide for every coach among Physical educators to understand every aspect of sports physical activity and participated and lead by coaches and trainers. The study may reveal different important information that may enhance the current action plans and programs implemented by the coaches and trainers for elders specifically sited to what is importance in physical activities that we can improve our health specially during pandemic. Lastly, the future researchers which through this endeavor, researchers may bridge the gap between study participants and the entire physical educator's industry focused on the importance of elderly during pandemic. The study may serve as a basis for future research on the same area related to the Importance of Physical Activities for Elderly amidst Pandemic.

This involves a survey for those who are living at Salian, Abucay, Bataan. The selections of participants are both female and male, ages 60 to 85 years old. This research is designed to have a thorough knowledge of the problems of elders who have lack of knowledge about the importance of physical activities in their health especially during pandemics and how to solve their problems by being aware of this study.

Statement of the Purpose

This study aims to know “Challenges and Opportunities among elderly during covid-19 pandemic”. The findings of this study served as input to the elderly who have not enough knowledge about the physical activities that can help their health during pandemic

Specifically, the study aims to answer the following questions:

1. What are the physical activities of the elders during COVID -19 Pandemic?
2. What are the challenges encountered by elders in involvement in physical activity amidst pandemic?
3. How does the elder engage in physical during pandemic?
4. What physical activity may be proposed based on the result of the study?

METHODOLOGY

This study utilized qualitative-phenomenological research approach that seeks to understand and describe the universal essence of a phenomenon. The approach investigates the everyday experiences of human beings while suspending the researchers' preconceived assumptions about the phenomenon (Alchemer, 2021). As for the qualitative researcher design the researcher used a guide questionnaire and the researchers used it in the conduct of the interview with the participants to gather valuable information about the research study that could booster and strengthened the gathered data from the research study. The questionnaires that managed to the participants of the study provided the questions that related to the study that helped the participants and researchers to have understanding about the challenges and opportunities among elderly during covid-19 pandemic. We interpreted the participants or participants' feelings, perceptions, and beliefs to clarify the essence of the phenomenon under investigation we believed that this research design help the study to have more meaningful and realistic information because as researcher we need the reliable information while collecting data.

Environment

Research environment defined as including shared values, assumptions, beliefs, rituals, and other kinds of conduct whose core focus is the acceptance and acknowledgement of research practice and output as valuable, worthwhile, and pre-eminent activity. This research included elders from Salian, Abucay, Bataan ranging in age from 60 to 85 who survived the pandemic despite the worsening condition during the spike in the number of cases. Salian is one of the barangays in Abucay, Bataan with 6.5 percent of elders on its population and that gave clear understanding among the researchers that the locality would benefit from this study.

Participants

Judgmental, selective, or subjective sampling is a type of non-probability sampling in which researchers depend on their own judgment when selecting individuals of the public to participate in their surveys. Participants were chosen using purposive sampling procedures. The researcher set a criterion for the participants and has a prior knowledge about the participants. As all survey respondents were chosen because they met a specific profile, researchers employed purposive sampling when they wish to reach a specific group of people.

Majority of the ten (10) participants were female and two (2) of them were male. Participants A, B, C, H are 63 years old, Participant D, G, I were 71 years old, Participant E is 60 years old, Participant J is 70 years old, and Participant F is the oldest with an age of 80 years old.

Data Gathering Procedure

The data that gathered from the interview was encoded and interpreted to unlock problems in the study. It was encoded and treated manually. Thematic analysis was created to represent the central idea of the participants. The process of data gathering sought to answers the formulation of a conclusion to the qualitative part of the study.

One researcher was responsible to conduct the semi-structured interview. To allow the researchers to return to the environment, emotions, and interactions that occurred during the analysis process the researcher took reflective interview notes during and immediately following the interviews. At the conclusion of the interviews, participants were asked to provide their physical activity experiences during pandemic. The interviews were audio recorded and transcribed for data analysis purposes. In accordance with Saunders et al. (2012) Purposive sampling, sometimes referred to as judgment, selective, or subjective sampling, is a sampling approach in which a researcher uses his or her own judgment to pick participants from the population for the study.

In this study, virtual and face to face interviews were conducted to ask questions of the participants to elicit responses that could be analyzed to answer the research questions. The researcher also invited some of the family members during the interview to provide some of the answers to clarify the responses of the elders. Interviews were conducted with each participant for clarification and verification. To assist direct the interview, several questions were posed as topic starters. The guided interview questions were intentionally developed as open-ended to elicit thoughtful storied responses.

Participant were vigilant on what the questions provided to them and answered it wholeheartedly despite of the bad experiences and challenges faced in the time of pandemic.

This process was considered before proceeding to the interview of the participant such as securing approval from the immediate relatives of the participants.

Data Analysis

Colaizzi's (1978) the unique seven-step approach ensures a thorough analysis, with each stage remaining true to the data. The ultimate product is a brief yet comprehensive account of the phenomenon under investigation, which has been validated by the people who generated it. The technique relies on detailed first-person accounts of experience, which can be gathered through face-to-face interviews or a variety of alternative means, such as written narratives, blogs, research diaries, and internet interviews. The researcher becomes comfortable with the data by going over each participant's story multiple times before beginning the data analysis. All claims made in the stories that are specifically relevant to the phenomena under inquiry are noted by the researcher. The researcher interprets meanings that are relevant to the phenomena

after carefully reviewing the important utterances. The researcher must automatically "frame" their assumptions to be as near to the phenomena as it is perceived (though Colaizzi recognizes that complete bracketing is never possible). The researcher organizes the meanings into themes that appear in all the narratives. Again, premise bracketing is required to avoid any possible impact from current theory. The researcher blends each of the issues created in step 4 into a thorough and comprehensive explanation of the phenomenon. The researcher distills the lengthy explanation into a succinct, compact statement that only includes the elements believed to be fundamental to the phenomenon's structure. All participants (or occasionally a sub sample in bigger studies) are given the essential structure statement again by the researcher to see if it accurately describes their experiences. Considering this input, he or she may go back and change prior analytical stages.

The data gathering procedure of the research for the qualitative research approach both involved primary and secondary sources of data collection in the Salian, Abucay, Bataan. Furthermore, the most important part of data collection of the research study is the data that came from the participants of the study through the aid of the guided questionnaires that were used in the data gathering process of the research study. The researcher provided a reliable question to explore challenges and opportunities among elderly during covid-19 pandemic. The researcher first makes use of a secondary source of data collection which is gathering information from the related literature and relevant studies from different researchers related to the study. The researcher compiled and summarized the gathered data to serve as a basis and platform for the study.

Research Instrument

For the instrument of the study, the questionnaires that were administered to the participants of the study provided questions that helped the participants and the researcher have a clear understanding of the experiences on the Importance of Physical activities for elders amidst pandemics. The questionnaire is a self-made questionnaire aligned to the goals and objectives of the study.

As for the qualitative researcher design the researcher used a guided questionnaire and an in-depth one-on-one interview with the participants of the study to gather valuable information about the research study that could bolster and strengthen the gathered data from the research study.

The process is quite inexpensive to administer and enable the researcher to gather the needed information from the participants within a short time frame. In addition, confidentiality and anonymity of the study are vital in terms of gathering data from the participants. The questionnaire that used in the study is a valuable means of gathering data.

Construction and Validation of the Instruments

The researcher made use of a valuable instrument that explore and bring out the best results about the study of importance of Physical activities for elderly amidst pandemic. The researcher used a self-made questionnaire that before the administration of the questionnaire, feedback will be given to the researcher to improve the questionnaire and add strength to the research instrument which focuses on the challenges and opportunities among elderly during covid-19 pandemic in Salian, Abucay, Bataan. Information and data that were collected and treated with the utmost confidentiality and validated by the experts using face validity. Another, as part of the validation of the research instrument was the researcher conducted a preliminary data gathering or interview to add strength in validating the research instrument. Mistakes and actions were treated carefully and have a counteractive action so that the reliability of the information will be preserved. Afterward, the researcher presented the research instrument and the schedule of the interview.

RESULTS

The goal of this phenomenological study was to learn about physical activities of the Elder of Barangay Salian during the covid-19 pandemic. The following were the three research topics that motivated this study: What are the physical activities of the elders during COVID -19 Pandemic; What are the challenges encountered by elders in involvement in physical activity amidst pandemic?; How does the elder engage in physical activity during pandemic?; What physical activity program may be proposed based on the result of the study?

In this study investigating the challenges and opportunities of elderly in Barangay Salian. Three (2) themes were developed, and seven (4) sub-themes were revealed because of the data analysis. The themes uncovered are most of the experiences and challenges on physical activities of elders of the Barangay Salian. This contains an analysis of the findings. specifically in this chapter, the researcher presents a table about the profile of the participants and the results of data gathering that we conduct for the research topic about the challenges and opportunities among elderly during covid-19 pandemic in physical activities we assure that the data that will be presented, it will be reliable because we conducting interviews with different people covered in this study also in this chapter, first is analyzing the data followed by the discussion of research findings. The findings will narrate according to the research question that is guided in the study. Personal or face to face interview was used for the data gathering using questionnaire made by the researchers. Researchers look for ten (10) elders that could be the participants their age range at 60-85. He/she agreed to voluntarily answer our questions and share their ideas and experience regarding physical activities and exercise routine and its benefits for their life and health amidst in pandemic.

PHYSICAL ACTIVITIES OF THE ELDERS DURING COVID – 19 PANDEMIC

On the theme findings things to do the participants described in their own experiences that they have encountered during the Covid -19 pandemic about their physical activities. Two sub-themes were revealed under the theme “Finding things to Enjoy” these are “Diversional Activities” and “Practice Physical Activities”. These tackled the major concern of the which to know what the physical activities of the participants are and how they cope with the pandemic.

Theme 1. Finding Things to Enjoy

This theme included two sub-themes, as described below. To adjust to unforeseen circumstances, such as crises, older adults are triggered to cope by having something enjoyable to do, which is known as internal resiliency. Exercise is a crucial aspect of healthy aging for seniors, but as we get older, we may find ourself getting out of the home less frequently. It may be more difficult to keep to your usual exercise program, such as visiting to the gym or your community center, as a result. And the fact that you're staying at home more often implies you're probably moving less.

Sub Theme 1.1 Diversional Activities

To address this situation, most of the participants sought alternative diversionary activities, which also made them appreciate the simple activities in which they had participated before the pandemic, resulting in adaptation to the ongoing crisis, such as gardening in their small backyards, watching television with their loved ones, and having a brief talk with their neighbors. This was supported by the following participant statement.

Evidently the participant shared the following:

“Yes, these physical activities are just a little walking and jogging around the house. The physical activities that, I did during pandemic is joining with a group of Zumba dance but before we start doing our Zumba dance lesson, we are assuring that everyone is following the health protocol set by DOH or in our community like wearing face mask and one meter a part away for every one on social distancing for everyone.”

(Participant A)

Reduced social and physical interaction with others has been linked to boredom, annoyance, and a feeling of loneliness. Additionally, there is concern that a prolonged stay at home may lead to an increase in sedentary behaviors, such as spending too much time sitting, reclining, or lying down (watching television, reading, or using mobile devices), which could increase the risk of developing chronic health conditions and contribute to acute and chronic reconditioning.

Dancing, playing with children, and carrying out household tasks like cleaning and gardening are other ways to be physically active at home for older people. Follow an

online exercise or Zumba. Take advantage of the wealth of online exercise or any kinds of physical activities.

Sub Theme 1.2 Practice Physical Activities

According to the participants, one of the main coping mechanisms during the pandemic crisis was reading the Physical activities (Zumba, jogging and walking) and conducting their Physical routine daily. They indicated that these actions provided them strength and protection to prevent COVID-19. Accordingly, they helped the participants to adjust and appreciate things the way they did.

“I engaged in Zumba inside our home with my grandchildren, as for them it was their requirements in school.”

(Participant A)

“When I heard the news about the pandemic, I ask my child to bring me to my doctor to have check-up so that I know if I am capable of doing physical activities. Since I can have physical activity, I started having small exercises at home especially doing household chores.”

(Participant E)

Physical activity is important for older adults, especially to maintain their level of independence, mental health, and well-being. However, there are hindrances which stopping them to participate in the activities which must be addressed by the local government unit.

CHALLENGES ENCOUNTERED BY ELDERS IN PHYSICAL ACTIVITY ENGAGEMENT AMIDST PANDEMIC

On the theme challenges during Covid 19-Pandemic in terms of physical activities, the participants described in their own experiences based on the challenges that they have encountered during the covid 19pandemic about their physical activities. Below shows the meanings, study of theories, literature, and synthesis and quoted statements of the participants.

Theme 2. Struggles that encounter

In this study we encountered many challenges during Pandemic in terms of Physical Activities. Life challenges are problems and issues that interfere with the quality of life or ability to achieve their goals, the example of challenges that they encounter first they can't go outside to do some physical activities like, Walking, jogging, and go to gymnasium, second the places that aligned to the physical activities that they want to do and third is the lack of exercise or physical activities during the pandemic is can cause physical health problems especially to their age.

Sub-theme 2.1 Personal Reason and Health Status

Widespread lockdown and preventative measures have isolated individuals, affected the world economy, and limited access to physical and mental healthcare. Even while these precautions may be required to stop the virus from spreading, their detrimental bodily, psychological, and social repercussions are obvious. In response, technology has been modified to try to lessen these consequences, providing people with digital substitutes for many of the daily tasks that can no longer be carried out in the traditional manner. However, the senior population has reaped the fewest benefits from these digital solutions while being the group that has been most severely impacted by the virus and the lockdown procedures.

The participants shared their experiences:

“The challenges that we have encountered during a pandemic before we do physical activities: first you must go to barangay hall to get exit pass or quarantine pass indicating that you're doing a group of physical activities which is Zumba dance among elderly, wearing a facemask at all times and one meter apart before the Zumba dance lesson.”

(Participant A)

“I am old, I am having hard time moving and do some exercise. I have comorbidities which will not allow by the LGU to go outside”

(Participant G)

With the responses of the participants, they have had trouble in participating in physical activities additional to their age factor where their engagement in activities is minimal. Also, protocol like not allowing the elders to go outside in tendency of getting infected easily. They also, imagine that if they have exercise outside and do running or jogging, they must wear facemask which is not advisable since it is more on cardio exercises.

Sub Theme 2.2 Limitation on Activities

Most participants reported that the restriction of their normal activities, namely the prohibition of leaving their respective residences, caused them more difficulties than the threat that this virus posed to their health as older adults. These movement restrictions forced the participants to individually adapt and cope with their everyday lives, as indicated by one of the participants' statements.

The participants stated that:

“I really want to engage in physical activities but with the situation that we need to follow the protocols I chose to stay at home and do some chores.”

(Participant D)

“I am old, I am having hard time moving and do some exercise. I have comorbidities which will not allow by the LGU to go outside”

(Participant G)

Participants were struggling in participating in physical activities during pandemic not only because of the protocol but also of their personal reason. However, even they

cannot go outside to do exercise and physical activities they find a solution to this problem like doing household chore instead of doing physical activities outside. Household chore is one of opportunities that we can do because it is kind of physical activities.

DISCUSSION

After the presentation, in depth analysis and deeper interpretation of data obtained which to explore the challenges encountered by the elderly and how cope with the physical activities during pandemic. Specifically, it sought to answer the following questions: What are the physical activities of the elders during COVID -19 Pandemic? What are the challenges encountered by elders in involvement in physical activity amidst pandemic?; How does the elders engage in physical during pandemic?; What physical activity may be proposed based on the result of the study?

PHYSICAL ACTIVITIES OF THE ELDERS DURING COVID – 19 PANDEMIC

On the theme findings things to do the Participants described in their own experiences that they have encountered during the Covid -19 pandemic about their physical activities. Below shows the meanings, study of theories, literature, and synthesis and quoted statements of the participants also the two sub-themes.

Physical Activities of the Elders was limited due to the pandemic but some of them manage to participate in physical activities by doing household chores and maximizing their resources.

Theme 1. Finding Things to Enjoy

This theme has two related subthemes, which are shown below. Older folks are triggered to cope by having something fun to do, which is known as internal resilience, to react to unanticipated events, such as catastrophes. Seniors need to exercise regularly to maintain a healthy lifestyle, yet as we age, we can find it harder to leave the house. As a result, it could be harder to stick to your regular exercise routine, such going to the gym or community center. And since you're staying in your house more frequently, it follows that you're probably travelling about less. Elder at the age of 60 to 80 years old find out that doing physical activities helps them to be more productive and healthier when they are doing exercise.

Sub Theme 1.1 Diversional Activities

Most of the participants looked for alternative diversionary activities to deal with this situation, which also made them appreciate the straightforward activities they had engaged in prior to the pandemic and led to adaptation to the ongoing crisis. Examples of these activities include gardening in their modest backyards, watching television with their loved ones, and having a quick chat with their neighbors. The participant statement that follows lends support to this.

Boredom, irritation, and a sense of loneliness have all been connected to decreased social and physical connection with others. Additionally, there is worry that a protracted stay at home might increase sedentary behaviors, such as spending too much time sitting, reclining, or lying down (watching television, reading, or using mobile devices), which could raise the risk of chronic illness and aid in acute and chronic deconditioning.

On the study of Koponen et. al (2022) demonstrated how crucial it is to comprehend older people's capacity to take part in a variety of cultural activities even at the end of their lives. The ability to partake in cultural activities of one's own choosing is related to one's quality of life. When older individuals have more control over whether and which cultural activities are incorporated into their everyday lives, they place a higher value on their quality of life. Individual care with a cultural plan makes it possible to include significant and interesting cultural activities in the care of senior citizens. The quantity of chronic illnesses has no appreciable impact on life quality.

This study establishes the value of cultural activities for inhabitants in older people's care institutions. The question of cultural activities and experiences of quality of life should next be broadened to older people living at home with assisted care.

In line with the study, activities like dancing, playing with children, and carrying out household tasks like cleaning and gardening are other ways to be physically active at home for older people and cultural activities conducted by the local government unit. Another activity that they may give to elders is an online workout or Zumba class which has benefit accessible those who are staying at home. The inquiry turned up some older citizens' experiences that a lack of exercise could trigger the onset of various illnesses. These elderly people live about Salian in Abucay, Bataan. They claim that staying physically active can help us stay healthy and fend against several diseases. Physical activity has several benefits for our health, including the maintenance of a physically fit body and the growth of stronger muscles. Elders don't want to get sick because they want to live longer. Seniors help themselves keep physically active during pandemics to avoid this.

Sub Theme 1.2 Practice Physical Activities

According to the participants, one of the main coping mechanisms during the pandemic crisis was reading the Physical activities (Zumba, jogging and walking) and conducting their Physical routine daily. They indicated that these actions provided them strength and protection to prevent COVID-19. Accordingly, they helped the participants to adjust and appreciate things the way they did.

Based on the study of Goethals, et al. (2020) illustrated that, in the two research zones before the quarantine measures, the COVID-19 pandemic had an influence on the number of seniors participating in group physical exercise programs. Additionally, older people demonstrated a willingness to exercise at home despite having decreased their

participation in group physical activities prior to the quarantine. It is important to support elderly people in incorporating simple, secure methods for maintaining physical activity in confined spaces. A nationwide initiative to encourage seniors to exercise at home seems essential in this situation.

Physical activity is important for older adults, especially to maintain their level of independence, mental health, and well-being. However, there are hindrances which stopping them to participate in the activities which must be addressed by the local government unit.

CHALLENGES ENCOUNTERED BY ELDERS IN IVOVEMENT IN PHYSICAL ACTIVITY AMIDST PANDEMIC

On the theme challenges during Covid 19-Pandemic in terms of physical activities, the Participants described in their own experiences based on the challenges that they have encountered during the covid 19pandemic about their physical activities. Below shows the meanings, study of theories, literature, and synthesis and quoted statements of the participants.

In this study researcher found that lack of exercise is one of the problems, it can cause to have different diseases because of their age. Conducting this kind of study show the importance of being physically active can help them to have opportunities to care their self-using physical activities also this study helps them to realize that they can help their community to control increasing the percentage of elders with illness in their community.

Theme 2. Struggles that encounter

In this study we encountered many challenges during Pandemic in terms of Physical Activities. Life challenges are problems and issues that interfere with the quality of life or ability to achieve their goals, the example of challenges that they encounter first they can't go outside to do some physical activities like, Walking, jogging, and go to gymnasium, second the places that aligned to the physical activities that they want to do and third is the lack of exercise or physical activities during the pandemic is can cause physical health problems especially to their age.

Widespread lockdown and preventative measures have isolated individuals, affected the world economy, and limited access to physical and mental healthcare. While these precautions may be required to prevent the virus from spreading, the detrimental medical, psychological, and societal consequences are clear. As a result, technology has been modified to try to lessen these impacts, providing users with digital alternatives to many of the day-to-day activities that can no longer be accomplished regularly. However, the elderly, who have been disproportionately afflicted by both the virus and the lockdown measures, have reaped the fewest benefits from these digital solutions.

Sub-theme 2.1 Personal Reason and Health Status

With the responses of the participants, they have had trouble in participating in physical activities additional to their age factor where their engagement in activities is minimal. Also, protocol like not allowing the elders to go outside in tendency of getting infected easily. They also, imagine that if they have exercise outside and do running or jogging, they must wear facemask which is not advisable since it is more on cardio exercises.

On the study of Heid et al. (2021) discussed that more than 70% of participants reported adhering to physical distancing behaviors. Experiences appraised as most difficult by participants fell into 8 domains: Social Relationships, Activity Restrictions, Psychological, Health, Financial, Global Environment, Death, and Home Care. The most frequently appraised challenges were constraints on social interactions (42.4%) and restrictions on activity (30.9%). During the first several weeks of the pandemic, most older individuals reported following COVID-19 physical separation regulations and reporting a variety of difficult experiences. The findings emphasize the elements that have the greatest influence on older persons, enabling quantitative models for assessing the pandemic's impact on health and well-being outcomes, and showing how intervention efforts should be tailored to enhance older adults' quality of life.

Physically active during pandemic helps the elders to be productive. Physical activity and exercise help them to maintain their healthy lifestyle. Also stretching help, them to have a healthy living. It makes them to be stronger day by day. One of our participants say when she's not doing any physical activities, she feels that her body will get disease and it might get weaken.

Mental health is important in every individual, not only for youth but also for elders. Due to lockdown, some of the elders are experiencing depression. But our participants say that there are a lot of ways to cope with the stress and depression. Lack of exercise can elders affects their daily lifestyle because their bodies are getting exhaustion and weary every time they don't do some exercise such as walking, stretching or watching Zumba video can follow at home moreover if they do some physical activities their bodies are get stronger. When their bodies are getting exhaustion and weary their mental health effect because they think about their physical activity and their health.

Sub Theme 2.2 Limitation on activities

Most participants reported that the restriction of their normal activities, namely the prohibition of leaving their respective residences, caused them more difficulties than the threat that this virus posed to their health as older adults. These movement restrictions forced the participants to individually adapt and cope with their everyday lives, as indicated by one of the participants' statements.

Bansal (2021) discussed on his study that although the COVID19 epidemic has wiped out entire populations, elderly folks are most at danger. The COVID-19 epidemic

has caused food supplies to be disrupted and supplies of essential goods to be temporarily or insufficiently available (e.g., drugs, food supplements, healthy foods etc.). According to previous studies, deficiency disease is common among older adults. Studies have shown that undernourishment affects 35–65% of elderly hospital patients and 25–60% of institutionalized older adults, respectively. This makes older adults more susceptible to deficiency disease and intense non-healthy foods.

Participants were struggling in participating in physical activities during pandemic not only because of the protocol but also of their personal reason. However, even they cannot go outside to do exercise and physical activities they find a solution to this problem like doing household chore instead of doing physical activities outside. Household chore is one of opportunities that we can do because it is kind of physical activities.

CONCLUSIONS AND RECOMMENDATIONS

The study discovered some experiences of the elders that residents at Barangay Salian, Abucay, Bataan that lack of physical activities can manifests various diseases. According to them, one of the reasons on how we can avoid various diseases is doing physical activities. Through doing some physical activities there was a lot of good effects in their health, first they can maintain their body to be physically fit, second it can improve their muscle strength. Elders wants to live longer that is why they do not want to get any disease. With that, elder helped themselves to be active in physical activity in the middle of pandemic.

Elders were more productive during the pandemic because they were physically active. They were able to maintain their healthy lifestyle through physical activity and exercise. Additionally, stretching aided them in leading healthy lives. They become stronger every day as a result of it. One of our responders claims that she worries about getting sick and potentially losing strength if she doesn't engage in any physical activity.

Everybody's mental health is vital, not just children but also seniors. Some of the elderly are depressed as a result of lockdown. However, according to our responders, there are numerous strategies for overcoming stress and sadness. Elders who don't exercise may experience changes in their everyday activities because their bodies become fatigued and weary when they don't engage in activities like stretching, walking, or viewing an at-home Zumba video. Additionally, if people engage in physical activity, their bodies become stronger. Because they consider their physical exercise and health, when their bodies become worn out and exhausted, it has an impact on their mental health.

Physical activity is one of the most crucial things you can do for your health, and although some of the respondents share their experiences with health issues, even those

who don't share those experiences all know the value of physical activity for their health. They engage in both moderate and strenuous physical activity depending on their health issues, which has a positive impact on their bodies and helps them become healthier. One of the nicest feelings when facing this kind of issues in our nation due to the virus is maintaining a healthy lifestyle in the midst of a pandemic. The majority of respondents indicated that going for a morning walk is the best approach to maintain physical fitness during a pandemic. Additionally, they suggested that consuming a lot of nutritious foods and taking vitamins.

This study presented that elder at the age of 60 to 80 years old find out that doing physical activities helps them to be more productive and healthier when they are doing exercise. In this study researcher found that lack of exercise is one of the problems, it can cause to have different diseases because of their age. Conducting this kind of study show the importance of being physically active can help them to have opportunities to care their self-using physical activities also this study helps them to realize that they can help their community to control increasing the percentage of elders with illness in their community. Also, residents of Barangay Salian, Abucay, Bataan found that being physically active during a pandemic has a big potential to maintain their physical and mental health, elders realize that even if we're in the middle of lockdown they need to find other ways to stay healthy.

Abucay Rural Health Unit of Bataan ought to have a program twice a week Zumba routine to all elders in Barangay Salian, Abucay, Bataan to promote physical health of elders through doing physical activities like Zumba. The local government officials ought to distribute more funds for the Abucay Rural Health Unit and the community for this physical activity (Zumba) so that we will have a consistent program for the elders at barangay Salian for having a healthy lifestyle in their community. Government and Non-Government Organizations (NGO's) ought to back the enthusiasm for the elders in physical activities and seminars about healthy living that might help them to enjoy their lives. Further study is highly recommended for the improvement of the sports management program in Salian, Abucay, Bataan.

IMPLICATIONS

For older persons' general health and well-being, physical activity is essential. Regular physical activity offers a variety of effects and advantages for seniors. The elderly found ways to engage in physical activity despite finding it difficult to enjoy themselves because they knew it would improve their physical health. For example, regular exercise helps maintain a healthy weight, strengthen bones and muscles, and improve cardiovascular health. Enhancing balance and coordination through physical activity also lowers the chance of falls and associated injuries.

Physical activity can help improve mental health because some of the people throughout the outbreak had mental health problems. Because exercise releases endorphins, which are natural mood boosters, it lessens the symptoms of despair and anxiety. Additionally, memory, cognitive function, and overall brain health can all be enhanced by frequent exercise. Participating in team sports or group exercise as part of physical activity frequently fosters social interaction and a sense of community. Seniors who battle loneliness and isolation benefit from social interaction.

Additionally, taking into account that participants' own motivation for participating in physical activity is to live a healthier and longer life while also extending average life expectancy.

This study aided in the discussion of adult concerns after they encounter a pandemic-like situation. Additionally, this can serve as a forum for certain family members to think about the elderly in their care and the positive effects that even simple activities like housework and neighborhood walks have on their well-being.

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DECLARATIONS

Conflict of Interest

We, the researchers of the study, are fully aware that the term "conflict of interest" refers to situations in which financial or other personal motivations can limit my capacity to impartially judge, conduct, or publish research. I hereby declare that I am free from any financial conflicts of interest. Any actual or possible conflicts of interest that

might mistakenly arise will also be properly disclosed to the review committee so that they can be dealt right away. I also confirm that no other publications are reviewing the article.

Informed Consent

The research participants were informed through official letter. The prerequisites for participating in the study are explained to participants, who also have the choice to decline the invitation. However, the authors of the books and studies that were consulted for this paper were correctly cited and given due credit.

Ethics Approval

As far as the author is aware, this work was produced in accordance with research ethics. The participants' prior agreement to take part in the study has been obtained by the researcher. The barangay captain of Barangay Salian gave his consent. All participants, including their relatives, were informed of the study's specifics. The study was voluntary, and participants were free to leave at any time with no repercussions. Participants' confidentiality was assured. Participants were anonymous and given an encrypted code to maintain secrecy.

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Author's Biography

Kathrina N. Macatulad, born in Orani, Bataan, has a dream to become a professional teacher. That's why she studies hard. She is a 4th-year student taking the course of Bachelor of Physical Education with a specialization in Physical Education at Bataan Peninsula State University and an incoming graduating student in 2023. She finished her internship at Balsik National High School.

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Mariel V. Pablo, at the age of 22 -year-old who currently obtained his bachelor's degree at Bataan peninsula state university, Orani campus with specialization in Physical education, in the year of 2023, formerly finished his teaching internship in Tomas Pinpin Memorial Elementary School. She is inspiring co- student teachers to become best and better student teachers in our generation.

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