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## Physical Activity, Enjoyment and Quality of Life among Institutionalized Older Adults: A Cross-Sectional Study

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Increasing Physical activity (PA) among elderly persons has become an international priority. However, it is unclear how physical activity patterns are associated with enjoyment of PA and health-related quality of life (HRQoL) among institutionalized older adults. A sample of institutionalized older adults ( $n = 134$ , mean age = 73.72; SD = 8.59) from the Klang valley in Malaysia was recruited. In cross-sectional analyses, PA, enjoyment of physical activity and quality of life were screened using Physical Activity Scale for the elderly, 8-item Physical Activity Enjoyment Scale and EuroQuol-5 Dimensions-5 Levels questionnaires respectively. High levels of physical activity were associated with enjoyment of PA and HRQoL. A total of 41% subjects met the guidelines of physical activity for elderly and 53% of the participants enjoyed PA. Positive correlation was found between level of PA with enjoyment of PA ( $r_s = .355$ ,  $p < .001$ ). Significant correlations were recorded between the dimensions of HRQoL and the level of PA ( $p < 0.001$ ) except pain / discomfort and anxiety / depression. Providing opportunities for institutionalized older adults to engage in a variety of activities might help them identify PA they enjoy and facilitate lifelong PA habits.

### Biography

Mr. Nizar is an astute physical therapist and sagacious rehab science researcher currently working as Senior Lecturer in Physiotherapy at University Tunku Abdul Rahman, Malaysia. His commitment to teaching excellence has earned him accolades. His research interest spans a variety of topics in obesity, physical activity and sedentary behavior. He presented his research findings at international conferences, published articles in prolific journals and was awarded with scholarships and research grants. Mr. Nizar served as Head of Department of Physiotherapy at Mahatma Gandhi University, Kerala, India. He writes health care articles for periodicals and national dailies.