

EFFECTS OF PHYSICAL ACTIVITIES TRAINING WITH YOGA, QIGONG AND STRETCHING ON THE HEALTH TO ELDERLY

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ABSTRACT

The purpose of this study was to examine the effects of physical activities training with yoga, qigong, and stretching on the health of the elderly. Research Methodology : The samples were 16 elderly people, aged between 63 – 76 years. They volunteered and signed the consent forms to participate in 60 minutes of physical activities training and stretching session, three days a week, for 8 weeks. Quantitative data was collected by balance mean differentiation, flexibility, lung capacity, and leg muscle strength. Data were analyzed by a contrast test of the pre-training and post-training of the 4th and 8th weeks of the samples, the data were analyzed by one-way repeated measures ANOVA, comparison of differences in pairs. Qualitative data was collected via semi-structured interviews and participant observation. Results: It could be summarized into 2 issues. First, post-training of the physical activities training and stretching after the 4th and the 8th week, the samples had the mean of balance, flexibility, lung capacity, and leg muscle strength was statistically significant differences at .05. Second, health benefits were found that 1) good health (1.1) balance (1.2) increased Flexibility (1.3) better breath (1.4) less ache and pain 2) having fun and good mental health. Conclusion: The physical activities training with Yoga, Qigong, and stretching, make the elderly healthy physical and mental. However, the elderly need time to training, should be careful of movement and balance for safety. Therefore, the elderly should training according to the program correctly and appropriately, as an alternative health care activity.

Keywords : Yoga, Qigong, Stretching, Health, Elderly