

<b>Research Title</b>	Effects of Tai Chi and Elastic Training on Balance and Strength to Elderly.
<b>Researcher</b>	Assist. Prof. Kritpech Nontakhod,
<b>Researcher</b>	Assist. Prof. Kritpech Nontakhod, Jeerawat Chuaibunchum, Choktawee Klaharn, Netiphog Phunsang
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<b>Organization</b>	Department Sport Sciences Faculty Science Buriram Rajabhat University

### Abstract

**Purpose :** The purpose of the study was to examine the effects of tai chi and Elastic training on balance and strength to elderly.

**Methods :** Participants were 40 elderly female, aged between 62 – 76 of elderly school (Name has been changed.) They were equally divided into two groups based on balance score. The control

Group did not receive treatment, whereas the tai chi and elastic training for 8 weeks, 3 day a week for 60 minutes. Participants volunteered and signed consent form. Collection of quantities data, including measuring the balance, arm muscle strength and leg muscle strength. The qualitative data were collected, including interviews and observations.

**Results :** Findings indicated two themes. First Theme, after fourth and eight weeks of tai chi and elastic training, the experimental group had a stable average. Arm and leg muscle strength was significantly better than before training and control group at the .05 level. Second themes, (1) improved balance and strength (2) increasing flexibility (3) relaxation and good mental health, (4) improving socialization with others.

**Conclusion :** Tai chi and elastic training give the elderly better balance and strength. Program training health promotion well suited to the elderly. It is an health choice for exercise.

**Keywords :** Taichi, Elastic, Balance, Strength, Elderly