

PHYSICAL HEALTH AND FOOTBALL IN THE OLDER ADULT

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Abstract:

The purpose of the research was to determine how football affects the health of the professors of the senior club of San Marcos National University. It is important to realize that physical activities like football can contribute significantly to a person's lifestyle and health. The research is at an applicative level; it was carried out in a set of activities using the fundamental theoretical concepts of recreational physical activities in the realization of football, looking for how this activity influences health fitness, the population was made up of adults between 50 and 83 years old who perish when football club of teachers who have practice days on Tuesdays and Thursdays from 2:00 p.m. to 4:00 p.m., the type of investigation was causal, under a non-experimental field design. Through non-probability sampling, a sample of 60 adults from the studied club was chosen. Whose physical fitness and health were measured by the Test. Senior Fitness Test (SFT) The battery designed by Rikli and Jones; a questionnaire was also applied throughout the survey. By way of conclusion, it can be determined that the level of influence of recreational activities through football on the health of older teachers of the UNMSM is known.

Key words: Football, physical activity, health.

Introductions:

The development of the current research is trying to demonstrate that the practice of football produces profitable changes on the physical health of elders, bringing them benefits in physiological levels such as improving their circulatory system, active their cardiovascular system, improving their muscular tonicity, stimulating their corporal flexibility providing a better posture. It all makes possible a life with fewer risks of illness and gives a high level of independence to solve problems of their daily lives.

Physical activities offer more benefits such as psychological, social, cultural, etc. There are plenty of authors like Foster W and Fujita (1995), and some others that study the involution of age problem and have observed the changes related to aging produced in the most dissimilar organs and fabrics of the human organism.

The aging process is not only the loss of functions being that at the same time the

organism develops countervailing mechanisms against this phenomenon. During elderly: the last stage of human being, the individual begins to suffer the physical ravages of his age, starting with the loss of his agility, his hair; in any case, the individual loses a big part of this intellectual and physical abilities. When the person begins to age, his senses: vision, hearing, taste, smell, and touch tend to decrease. The world of older teachers at San Marcos National University is closely related to the loss process, which impacts it and causes a state of crisis.

In the adult stage, losses are compensated through new acquisitions, whether material or social, which in old age cannot be compensated. However, the man at this age does not feel old, on the contrary, he very often tries to increase his motor activity through physical exercises, through the Circle or teachers' club. Through this, the Physical Education professional is used in the fight for health and longevity (Bárbara, Coll & Echemendia, 2021).

The rate of aging varies according to individuals, it is an individual process that

changes with people and social differences. Therefore, aging is a complex and varied process that depends not only on biological causes but also on the social conditions of life and a series of material and environmental factors, etc. For this reason, the struggle for longevity, for the preservation of health, is a characteristic feature of our society. Differentiated aging exists in certain subjects who seem to represent more or less aging than indicated by their age and the chronological age is replaced with biological age, this expresses the body's better resistance capacity. Many people are biologically older and represent less age.

Mazzeo, et al. (1998), in a statement of the American College of Sports Medicine (ACSM) on exercise and physical activity in older adults, state that the benefits associated with regular physical activity and exercise, promote a healthier and more independent lifestyle, which significantly improves the functional capacity and quality of life of the elderly population.

Parallel results in Spain were obtained by Casterad, Serra, and Betran (2003) when they studied the effects of Toronto-gymnastics for five months at the cardiovascular level in 67 older adults between 64 and 82 years of age since they not only found very significant differences at the level of heart rate and tension mean arterial but also important psychological, sociological, affective benefits.

Physical fitness is the ability to carry out daily tasks with vigor and alertness, without excessive fatigue, and with enough energy to enjoy leisure time and cope with unforeseen emergencies (Caspersen, Powell & Christenson, 1985). Physical fitness is the state or condition that each individual possesses or reaches. Physical fitness has a set of different dimensions, that is, different aspects such as resistance or cardiorespiratory capacity, muscular endurance, muscular strength, speed, flexibility, agility, balance, reaction time, and body composition.

When you have good cardiorespiratory and muscular functions, a healthy body composition, better bone health, and a favorable metabolic profile for the prevention of cardiovascular diseases and type 2 diabetes (Paterson, Jones, Rice, 2007). Physical activity is associated with a lower risk of falls and an improvement in cognitive functions.

Methods:

A casual design is followed, using Pearson's regression and linear correlation model, since this type of study is interested in determining the degree of relationship between two variables of interest in the same sample of subjects or the degree of the existing relationship. between observed phenomena or events.

Table 01:

Operationalization of independent variable

CONCEPTUAL DEFINITION	OPERATIONAL DEFINITION	DIMENSIONS	INDICATORS	ÍTEMS	RATING SCALE
The practice of soccer is one of the most practiced sports in the world, being played recreationally and competitively by a large	Soccer practice includes a physical activity that is very important for physical health at all levels. The warm-up, the game, the elongation, the training, taking	Frequency	Number of sessions	In a typical week, how many days do you engage in physical activity through intense soccer at work?	Dayli() Every other day()
				During the past 90 days, on how many days did you play at least 20 minutes in a row?	Times per week() Days per week() No one()
				During the past 90 days, on how many days did I engage in physical activity through	Days per week() everyday()

part of the population: children, adolescents, and adults.	into account the frequency, intensity, time and type of activity.			soccer for at least 40 minutes in a row?			
				Typically, how much time in total did you spend running during physical activity through soccer on one of those days?	Hours per week 1 hr. () 2 hrs. () 3hrs ()		
		Intensity	Efforts			Does it require playing soccer as an intense physical activity that involves a significant acceleration of respiration or heart rate, for at least 10 consecutive minutes?	Yes () no ()
						During the past 90 days, how many vigorous physical activities did you do through soccer?	Days per week: Tuesday and Thursday () No intense physic activity ()
						During the past 90 days, on how many days did you do moderate physical activity through soccer?	Days per week () No moderate physic activity ()
						On one of those days when you practice physical activity through moderate-intensity soccer, how much time do you usually spend doing that activity?	Hours () minutes ()
		Time	Length of the sessions			Typically, how much time in total did you spend on physical activity through intense soccer on one of those days?	Hours per day 1 hr. () 2 hrs. () 3hrs () Minutes per day 40' () 30' () 20' () Don't know ()
						Typically, how much time in total did you spend in moderate physical activity through soccer on one of those days?	Hours per day 1 hr. () 2 hrs. () 3hrs () Minutes per day 40' () 30' () 20' () Don't know ()

		Type	Aerobic activity	Usually, in physical activity through soccer, is it done through the consumption of aerobic and anaerobic energy?	yes () no ()	
			Strength exercises	Do you think that during physical activity through football they imply a significant acceleration of respiration or heart rate?	yes () no ()	
			Flexibility exercises	During the practice of physical activity through soccer, what types of movement do you perform?	run () throw () jump () turn around () kick () play using the head () all the options () no one ()	
		Mode	Location		Where do they carry out their physical activities through soccer?	work () gym () sports slab ()
					Is the space where you do physical activity through soccer adequate?	Synthetic grass () Grass Natural () Cement ()

Tabla 02:

Operacionalización de variable dependiente

CONCEPTUAL DEFINITION	OPERATIONAL DEFINITION	DIMENSIONS	INDICATORS	ÍTEMS	RATING SCALE
Physical health is understood as an optimal state of motor skills, morpho-functional components of the individual, mainly: Body Composition, to develop the most basic activities of daily life	It is the ability of the body to do different physical activities in good shape efficient, delaying the onset of fatigue and decreasing the time needed to recover. Considering the Health-related physical condition	Corporal composition	IMC	Size Weight	19 (Bad) 19 al 26 (good) + 27 overweight
		Cardiorespiratory endurance	Aerobic resistance	6" 2"	- 25% bad conditions - 75% good conditions
		Muscular endurance	Dynamic balance	Resistance	
		Muscular strength	Leg's strength	Arm's strength	Repetitions of flexion and extension with dumbbells of 4 kilos for men and 02 kilos for women.

with the greatest economy of effort.	<ul style="list-style-type: none"> • Cardiovascular endurance • Body composition • muscle strength and endurance • flexibility 	Corporal flexibility	Leg's flexibility	Distance from arm to leg approach	
			Arm's flexibility		

The population is made up of the members of the Senior Club from various faculties of the

UNMSM, for convenient reasons we chose a sample of a total of 60 club members.

Table 3:
Population size

Faculties	Professors of the club
Basic Science	12
Health Science	08
Social Science	10
Economy and Business	12
Humanities	10
Engineering	08
Total	60

Results:

The result was established using the following hypotheses:

- Ho: There is no significant influence of soccer practice on the physical health of the teachers of the senior club - UNMSM.
- Ha: There is a significant influence of the practice of soccer on the physical fitness and health of the teachers of the senior club - UNMSM.

If the p-value ≥ 0.05 , the Null Hypothesis (Ho) is accepted. If the p-value < 0.05 , the Alternative Hypothesis (Ha) is accepted

The hypothesis testing used Pearson's correlation between the independent variable: soccer practice and the dependent variable: physical health. to leg approach.

Table 04: Correlation matrix between soccer practice and health

Correlations		FOOTBALL PRACTICE	PHYSICAL HEALTH
FOOTBALL PRACTICE	Correlation of Pearson	1	,560**

	Sig. (bilateral)		,001
	N	60	60
PHYSICAL HEALTH	Correlation of Pearson	,560**	1
	Sig. (bilateral)	,001	
	N	60	60
**. The correlation is significant at the 0.01 level (bilateral).			

Results:

VALOR- P < VALOR X
 $H_0 =$ NULL HYPOTHESIS

0.001 < 0.05 $H_1 =$ ALTERNATE HYPOTHESIS

$H_0 =$ rejected

$H_1 =$ accepted

As the value of $p = 0.001 < 0.05$, the Null Hypothesis is rejected and the Alternate Hypothesis is accepted. Therefore, the practice of soccer significantly influences the physical health of the teachers of the older adult club - UNMSM, likewise the correlation is direct, significant, and reaches a level of 0.560 which corresponds to a positive correlation level.

Conclusions:

- It was determined that the practice of soccer influences the physical fitness and health of the teachers of the senior club - UNMSM, according to the p -value = $0.001 < 0.05$, therefore, it reaches a level of 0.560.
- It is concluded that the overcrowding of the practice of sport and particularly soccer in adults to maintain and preserve cardio-respiratory resistance.
- It is concluded that to maintain muscular endurance, activities such as soccer should be carried out with a higher frequency level and with a level of consistency between daily and daily with a duration of more or less than 50 minutes.
- It is recommended that the staff area of the Universidad Nacional Mayor de San Marcos include sports activities in their strategic plan

that include soccer as well as for teachers of different ages, to preserve and maintain health.

- It is concluded that the overcrowding of the practice of sport and in particular soccer in adults to maintain and preserve cardio-respiratory resistance.

- It is concluded that to maintain muscular endurance, activities such as soccer should be carried out with a higher frequency level and with a level of consistency between daily and daily with a duration of more or less than 50 minutes.

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