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The Benefits of Circuit Resistance Training on Perceived Physiological, Psychological, and Self- Worth Dimensions in Older Adults

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ABSTRACT

According to research, the benefits of physical activity include attenuating the age-related decline in physical performance, optimizing changes in age-related body composition, and promoting a sense of happiness and well-being. This study conducted circuit resistance training in the elderly of community to investigate the impact on perceived physiological, psychological, and self-worth dimensions post-intervention. Before and after the intervention, all participants completed a self-administered questionnaire, which included three questions focusing on perceived physiological, psychological, and self-worth dimensions. Each question was assessed using a 5-point Likert scale, ranging from 1 (completely disagree) to 5 (strongly agree). The Wilcoxon signed-rank test was employed to compare the self-rated scores before and after intervention. A total of 16 participants were analyzed, revealing significant improvements in their perceived physiological ($p = 0.001$), psychological ($p = 0.005$), and self-worth ($p = 0.007$) dimensions. This study offers crucial insights into the influence of circuit resistance training on perceived physiological, psychological, and self-worth conditions among older adults in the community. The findings suggest that physical activity may yield psychological benefits and enhance self-worth, providing valuable information for the national health promotion team as a reference source for policy development.

Keywords: circuit resistance training; perceived physiological status; perceived psychological status; perceived self-worth status