

**16th International Conference on
Humanities, Psychology and Social Sciences**

14 - 16 March 2024

Berlin, Germany

Circuit Resistance Training Enhances Functional Mobility and Positive Mood of the Elderly in the Community

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ABSTRACT

Circuit resistance training has been shown to enhance muscle strength and cardiovascular endurance in the elderly, offering not only physiological benefits but also the potential for improved psychological well-being and happiness. Aging individuals may face a decline in muscle strength and agility, contributing to an elevated risk of falls. Therefore, this study implemented circuit resistance training among the elderly in community to explore alterations in functional mobility and perceived emotional well-being post-intervention. The Time Up and Go (TUG) test, serving as a sensitive and specific measure, identified community-dwelling adults at risk for falls. It was utilized to assess functional mobility and predict fall incidence in the elderly before and after intervention. Perceived emotional well-being was evaluated using a single-item scale developed for this study, employing a 5-point Likert scale ranging from 1 (worst) to 5 (best). The Wilcoxon signed-rank test was applied to compare the result of TUG test and self-rated score of emotional state before and after the intervention. The study enrolled 16 participants, revealing significant improvements in both the TUG test ($p = 0.015$) and emotional well-being ($p = 0.005$) post-intervention. Circuit resistance training not only enhances the functional mobility of the elderly, thereby reducing the risk of falls, but also contributes to positive emotional well-being.

Keywords: circuit resistance training; functional mobility; Time Up and Go; fall risk; emotional well-being