

Interest and Preferences of Senior Citizens: Basis for Wellness Program

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Abstract:

This paper examined the interests and preferences of senior citizens that can be the basis for wellness program. It used the descriptive – survey method of research in determining the interests and preferences Cagwait senior citizens. Interviews were also conducted among the respondents to verify the data gathered. Senior citizens were also made to perform activities to supplement the information needed. Stratified random sampling was utilized in determining the number of participants. The actual number of respondents per barangay was determined by identifying the proportional value. Thus, the top five physical activities that were preferred by senior citizens were brisk walking, jogging, dancing, and aerobic dancing and aerobic exercise that swimming and aquatics may be introduced to the senior citizens as one of their wellness program since beaches in Cagwait were accessible to them. Thus, the senior citizens of Cagwait may enhance their fitness level through a wellness program or by joining the wellness program, the Local Government of Cagwait and the Municipal Social Welfare and Development may sustain the implementation of the wellness program for the senior citizens, and leaders of the senior citizens organization were encourage having budget or enough financial support to sustain wellness program and may be included in their anniversary as one of the activities.

Keywords

**Interests, Preferences, Senior Citizens,
Wellness Program**

1. Introduction

The welfare of Filipino elderly is protected and promoted by the government through Republic Act No. 7432 also known as “Expanded Senior Citizens Act of 2010”, RA No. 7432 states the provision for adequate social services and arising standard of living, and improve quality of life for the elderly. This study determines the interest and preferences of senior citizens of Cagwait, Surigao del Sur.

Currently, the structure of social population is changing and the ratio of the aged is growing gradually. Philippines, in fact as cited on the 2000 Census of Population and Housing has 4,565,560 senior citizens (www.census.gov.ph/content/senior-citizen-comprised-six-percent-population). With the growing number of senior citizens, caring for them becomes a great responsibility of the society. However, not all of them are receiving pretty amount of pensions, or even if they happen to receive any, it usually goes out to medicine and food allowances. Worse, when the said amount is maneuvered to family’s expenses especially if they belong to a nuclear type of family where in a number of blood- related people live together.

Therefore, to save an extra amount for the senior citizens’ wellness is not a priority in the family. There are rather necessary things to buy than to pay a private wellness instructor. Senior citizens’ themselves, also do not comprehend the importance of their physical health as they grow older. What

they all have in common is the thought that it is no use maintaining a sound body because they are already on the twilight of their lives. Albeit these thought, the old should make preventative approach to health, and need to enjoy a greatly enhanced quality life.

Fortunately, the Local Government Unit of Cagwait is on its heights of providing activities or program that will best protect the interests of the senior citizen residents. The local government, in cooperation with the Municipal Social Welfare Development organized Cagwait Senior Citizen Organization which presently has 1,057 members. The organization holds anniversary celebration every October highlighted with money contest of Mr. & Mrs. Senior Citizen through *pintakasi*, *balak* and chorus contest. However, the organization failed to conduct or initiate any activity related to physical fitness development of the Senior Citizens. The Senior Citizens had their physical activities in the past years but there was no consistency in the implementation of the program. The problem not noted in the proper planning of their physical activity. The activities prepared did not suit the senior citizens physical capabilities and needs.

It is at this point that the researcher devised this study to identify interests and preferences of the senior citizens in the municipality as regards physical activities which will serve as basis in formulating a wellness program. Predicated by the need to uplift the way of living of the senior citizens, appropriate physical activities will be accessible to the elders and good health condition will be assured.

2. Theoretical/Conceptual Framework

This study is anchored on the theory of Cooper (2011). This article, titled “Physical Activity Across Adulthood and Physical Performance: Findings from a British Cohort” pointed out, that maintaining

physical performance and muscle strength with age is important and increased activity should be promoted early in adulthood to ensure the maintenance of physical performance in later life.

On the other hand, the disengagement theory (Berk, 2007) stipulates that a mutual withdrawal between elders and society takes place to allow the elders to enjoy the rest of their lives peacefully. They somehow begin to interact less often and engagements in physical activities decrease.

However, not all persons prefer to be disengaged (Berk, 2007). Isaacowitz (2012) revealed that as people age, they seek out situations that would lift their moods by pruning social circles of friends or acquaintances who might bring them down and learn to let go of loss and disappointment over unachieved goals, and align their goals toward greater well-being. Thus, many of items engage in many physically stimulating activities.

Thus, in this study, interests and preferences in physical activities of the Senior Citizens of Cagwait shall be highlighted.

3. Methodology

The study used the descriptive – survey method of research in determining the interests and preferences of Cagwait senior citizens. Interviews were also conducted among the respondents to verify the data gathered. Senior citizens were also made to perform activities to supplement the information needed. The respondents of this study were the senior citizens residing in the municipality of Cagwait having 11 barangays. Out of 1,057 registered senior citizens, 292 of them participated during the conduct of the study. Stratified random sampling was utilized in determining the number of participants. The actual number of respondents per barangay was determined by identifying the proportional value.

4. Results and Discussions

Table 1
Interest and Preference of Senior Citizens of Cagwait When Classified According to Gender

Activities	Male N=101			Female N=191			Total N=292		
	Engaging	%	Not Engaging	Engaging	%	Not Engaging	Engaging	%	Not Engaging
1. Tae Bo	8	7.92%	93	2	1.04%	189	10	3.42%	282
2. Aerobic Dancing	14	13.86%	87	57	29.84%	134	71	24.31%	221
3. Aerobic Exercise	12	11.88%	89	33	17.27%	158	45	15.41%	247
4. Yoga	2	1.98%	99	9	4.71%	182	11	3.76%	281
5. Pilates	1	.99%	100	0	0.0%	191	1	.34%	291
6. Aero Kick Boxing	8	7.92%	93	3	1.57%	188	11	3.76%	281
7. Micah Bo	1	.99%	100	1	.52%	190	2	.68%	290
8. Brisk Walking	29	28.71%	72	66	34.55%	125	95	32.53%	197
9. Jogging	37	36.63%	64	52	27.22%	139	89	30.47%	203
10. Stationary Biking	4	3.96%	97	6	3.14%	185	10	3.42%	282
11. Bicycling	8	7.92%	93	3	1.57%	188	11	3.76%	281
12. Dancing	20	19.80%	81	68	35.60%	123	88	30.13%	204
13. Aquabics	0	0.0%	101	1	.52%	190	1	.34%	291
14. Playing Sports	4	3.96%	97	6	3.14%	185	10	3.42%	282
15. Weight Lifting	5	4.95%	96	1	.52%	190	6	2.05%	286
16. Tai Chi	2	1.98%	99	2	1.04%	189	4	1.36%	288
17. Tread Mill	0	0.0%	101	0	0.0%	191	0	0.0%	292
18. Twister	3	2.97%	98	2	1.04%	189	5	1.71%	287

The data reveals that majority of the male senior citizens engage in jogging with 37 or 36.63% of them doing the said activity. It can be noted that none of them prefers tread mill or aquabics.

On the other hand, most of the female respondents prefer dancing (68 or 35.60%) as a physical activity. This was closely followed by brisk walking having 66 or 43.55% of them preferring to do the said activity. Meanwhile, table 1 shows that no

one among the female respondents is interested in pilates (0%) and treadmill (0%).

Table 2
Interest and Preference of Senior Citizens of Cagwait When Classified According to Occupation

Activities	Fishing (9)		Teaching (10)		Farming (123)		Business (25)		Others (195)		Total (292)	
	Engaging	%	Engaging	%	Engaging	%	Engaging	%	Engaging	%	Engaging	%
1. Tae Bo	0	0.0%	1	10.0%	4	3.75%	5	20.0%	0	0.0%	10	3.42%
2. Aerobic Dancing	0	0.0%	6	60.0%	20	16.26%	11	44.0%	34	27.2%	71	24.31%
3. Aerobic Exercise	0	0.0%	5	50.0%	13	10.56%	8	32.0%	19	15.2%	45	15.41%
4. Yoga	0	0.0%	3	30.0%	2	1.62%	2	8.0%	4	3.2%	11	3.76%
5. Pilates	0	0.0%	0	0.0%	0	0.0%	1	4.0%	0	0.0%	1	.34%
6. Aero Kick Boxing	1	11.11%	0	0.0%	4	3.25%	3	12.0%	3	2.4%	11	3.76%
7. Micah Bo	0	0.0%	1	10.0%	0	0.0%	1	4.0%	0	0.0%	2	.68%
8. Brisk Walking	1	11.11%	6	60.0%	41	33.33%	6	24.0%	41	32.8%	95	32.53%
9. Jogging	3	33.33%	2	20.0%	43	34.95%	7	28.0%	34	27.2%	89	30.47%
10. Stationary Biking	1	11.11%	1	10.0%	4	3.75%	1	4.0%	3	2.4%	10	3.42%
11. Bicycling	2	22.22%	1	10.0%	2	1.62%	2	8.0%	4	3.2%	11	3.76%
12. Dancing	1	11.11%	6	60.0%	32	26.01%	8	32.0%	41	32.8%	88	30.13%
13. Aquabics	0	0.0%	0	0.0%	1	.81%	0	0.0%	0	0.0%	1	.34%
14. Playing Sports	0	0.0%	0	0.0%	5	4.06%	0	0.0%	5	4.0%	10	3.42%
15. Weight Lifting	1	11.11%	0	0.0%	3	2.43%	0	0.0%	2	1.6%	6	2.05%
16. Tai Chi	0	0.0%	1	10.0%	0	0.0%	1	4.0%	2	1.6%	4	1.36%
17. Tread Mill	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
18. Twister	0	0.0%	0	0.0%	2	1.62%	0	0.0%	3	2.4%	5	1.71%

Table 2 reveals that most of the fishermen three or 33.33% are interested in and prefer jogging. Meanwhile, majority of the teachers are interested and prefer aerobic dancing (six or 60.00%), brisk walking (six or 60.00%) and dancing (six or 60.00%). Farmers on the other hand are interested in and prefer to jogging (43 or 34.95%) while 11 (44.00%) of the business men are interested and prefer aerobic dancing.

The table also indicates that among the laborers, housekeepers, housemaids and etc. majority are interested in prefer to dance (41 or 32.8%) and brisk walk (41 or 32.8%).

Table 3
Interest and Preference of Senior Citizens of Cagwait
When Classified According to Body Composition

Activities	Underweight (16)		Normal (180)		Overweight (73)		Obese (23)		Total (292)	
	Engaging	%	Engaging	%	Engaging	%	Engaging	%	Engaging	%
1. Tae Bo	0	0.0%	5	2.77%	5	6.84%	0	0.0%	10	3.42%
2. Aerobic Dancing	4	75.0%	46	25.55%	16	21.91%	5	21.73%	71	24.31%
3. Aerobic Exercise	3	18.75%	24	13.33%	16	21.91%	2	8.69%	45	15.41%
4. Yoga	0	0.0%	7	3.88%	4	5.47%	0	0.0%	11	3.76%
5. Pilates	0	0.0%	1	.55%	0	0.0%	0	0.0%	1	.34%
6. Aero Kick Boxing	0	0.0%	6	3.33%	5	6.84%	0	0.0%	11	3.76%
7. Micah Bo	0	0.0%	1	.55%	1	1.36%	0	0.0%	2	.68%
8. Brisk Walking	7	43.75%	61	33.88%	22	30.13%	3	13.04%	93	31.84%
9. Jogging	6	37.5%	52	28.88%	25	34.24%	6	26.08%	89	30.47%
10. Stationary Biking	0	0.0%	8	4.44%	2	2.73%	0	0.0%	10	3.42%
11. Bicycling	0	0.0%	9	5.0%	2	2.73%	0	0.0%	11	3.76%
12. Dancing	6	37.5%	50	27.77%	25	34.24%	7	30.43%	88	30.13%
13. Aquabics	0	0.0%	1	.55%	0	0.0%	0	0.0%	1	.34%
14. Playing Sports	0	0.0%	6	3.33%	4	5.47%	0	0.0%	10	3.42%
15. Weight Lifting	0	0.0%	5	2.77%	1	1.36%	0	0.0%	6	2.05%
16. Tai Chi	0	0.0%	3	1.66%	1	1.36%	0	0.0%	4	1.36%
17. Tread Mill	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
18. Twister	0	0.0%	3	1.66%	2	2.73%	0	0.0%	5	1.71%

Results reveal that majority of those who are underweight (seven or 43.75%) and (61 or 33.88%) normal in body composition are interested and prefer brisk walking. Meanwhile among the overweight respondents, many of them prefer and interested in jogging (25 or 34.24%) and dancing (34.24%).

The respondents, who are obese, on the other hand prefer and are interested in dancing with seven or 38.84% of them engaging in the said activity.

Table 4
Interest and Preference of Senior Citizens of Cagwait
When Classified According to Cardiovascular Fitness

Activities	High Performance (35)		Good Fitness (16)		Marginal Fitness (34)		Low Fitness (207)		Total (292)	
	Engaging	Percent	Engaging	Percent	Engaging	Percent	Engaging	Percent	Engaging	Percent
1. Tae Bo	2	5.71%	0	0.0%	1	2.94%	5	2.41%	8	2.73%
2. Aerobic Dancing	12	34.28%	7	43.75%	5	14.70%	16	7.72%	40	13.69%
3. Aerobic Exercise	6	17.14%	5	31.25%	5	14.70%	12	5.79%	28	9.52%
4. Yoga	1	2.85%	0	0.0%	1	2.94%	1	.48%	3	1.02%
5. Pilates	0	0.0%	0	0.0%	0	0.0%	1	.48%	1	.34%
6. Aero Kick Boxing	1	2.85%	0	0.0%	3	8.82%	4	1.93%	8	2.73%
7. Micah Bo	0	0.0%	0	0.0%	0	0.0%	1	.48%	1	.34%
8. Brisk Walking	17	48.57%	4	25.0%	9	26.47%	9	4.34%	39	13.35%
9. Jogging	17	48.57%	7	43.75%	18	52.94%	16	7.72%	58	19.86%
10. Stationary Biking	1	2.85%	0	0.0%	1	2.94%	2	.96%	4	1.36%
11. Bicycling	0	0.0%	0	0.0%	2	5.88%	3	1.44%	5	1.71%
12. Dancing	17	48.57%	6	37.5%	10	29.41%	19	9.17%	52	17.80%
13. Aquabics	0	0.0%	0	0.0%	0	0.0%	1	.48%	1	.34%
14. Playing Sports	1	2.85%	0	0.0%	3	8.82%	1	.48%	5	1.71%
15. Weight Lifting	1	2.85%	0	0.0%	3	8.82%	0	0.0%	4	1.36%
16. Tai Chi	1	2.85%	0	0.0%	0	0.0%	1	.48%	2	.64%
17. Tread Mill	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
18. Twister	2	5.71%	0	0.0%	1	2.94%	1	.48%	4	1.36%

The table above presents that most of the high performers prefer and are interested in brisk walking (17 or 48.57%), jogging (17 or 48.57%) and dancing (17 or 48.57%) while those under good fitness level prefer and are interested in aerobic dancing (seven or 43.75%) and jogging (seven or 43.75%).

For those under marginal fitness level, it can be noted that 18 or 52.94% of the respondents are interested in and prefer jogging. Meanwhile, 19 or 47.5% of the respondents that fall under low fitness level are interested in and prefer dancing, since this activity is easier to execute.

Table 5
Interest and Preference of Senior Citizens of Cagwait
When Classified According to Muscular Flexibility

Activities	Muscular Flexibility						Total (292)		
	Passed (34)			Failed (258)			Engaging	Percent	Not Engaging
	Engaging	Percent	Not Engaging	Engaging	Percent	Not Engaging			
1. Tae Bo	2	5.88%	32	8	3.10%	250	10	3.42%	282
2. Aerobic Dancing	11	32.35%	23	60	23.25%	198	71	24.31%	221
3. Aerobic Exercise	8	23.52%	26	37	14.34%	221	45	15.41%	247
4. Yoga	1	2.94%	33	10	3.87%	248	11	3.76%	281
5. Pilates	0	0.0%	34	1	.38%	257	1	.34%	291
6. Aero Kick Boxing	0	0.0%	34	11	4.26%	247	11	3.76%	281
7. Micah Bo	0	0.0%	34	2	.77%	256	2	.68%	290
8. Brisk Walking	15	44.11%	19	80	31.0%	178	95	32.53%	197
9. Jogging	13	38.23%	21	76	29.45%	182	89	30.47%	203
10. Stationary Biking	2	5.88%	32	8	3.10%	250	10	3.42%	282
11. Bicycling	1	2.94%	33	10	3.87%	248	11	3.76%	281
12. Dancing	14	41.17%	20	74	28.68%	184	88	30.13%	204
13. Aquabics	0	0.0%	34	1	.38%	257	1	.34%	292
14. Playing Sports	2	5.88%	32	8	3.10%	250	10	3.42%	282
15. Weight Lifting	2	5.88%	32	4	1.55%	254	6	2.05%	286
16. Tai Chi	1	2.94%	33	3	1.16%	255	4	1.36%	288
17. Tread Mill	0	0.0%	34	0	0.0%	258	0	0	292
18. Twister	1	2.94%	33	4	1.55%	254	5	1.71%	287

Data show that brisk walking is the physical activity that is preferred by most of those who passed the muscular flexibility test with 15 or 44.11% of them choosing the said activity and even those who failed the test (80 or 31.0%).

Furthermore, nobody (0%) those who passed the flexibility test are interested in Pilates, Aero Kick Boxing, Micah Bo, Aquabics and Thread Mill. Meanwhile, the activities less preferred by those who failed the test are Pilates (one or .38%) and aquabics (one or .38%).

Table 6
Interest and Preference of Senior Citizens of Cagwait When Classified According to Muscular Strength and Endurance

Activities	High Performance (127)		Good Fitness (17)		Marginal Fitness (5)		Low Fitness (143)		Total (292)	
	Engaging	Percent	Engaging	Percent	Engaging	Percent	Engaging	Percent	Engaging	Percent
1. Tae Bo	6	4.72%	0	0	0	0.0%	4	2.79%	10	3.42%
2. Aerobic Dancing	45	35.43%	6	35.29%	1	20.0%	19	13.28%	71	24.31%
3. Aerobic Exercise	29	22.83%	2	11.76%	2	40.0%	12	8.39%	45	15.41%
4. Yoga	6	4.72%	2	0.0%	0	0.0%	3	2.09%	11	3.76%
5. Pilates	0	0.0%	0	0.0%	0	0.0%	1	.69%	1	.34%
6. Aero Kick Boxing	8	6.29%	0	0.0%	0	0.0%	3	2.09%	11	3.76%
7. Micah Bo	0	0.0%	0	0.0%	0	0.0%	2	1.39%	2	.68%
8. Brisk Walking	45	35.43%	8	47.05%	2	40.0%	40	27.97%	95	32.53%
9. Jogging	55	43.30%	7	41.17%	2	40.0%	25	17.48%	89	30.47%
10. Stationary Biking	7	5.51%	1	5.88%	0	0.0%	2	1.39%	10	3.42%
11. Bicycling	5	3.93%	0	0.0%	0	0.0%	6	4.19%	11	3.76%
12. Dancing	53	41.73%	6	35.29%	2	40.0%	27	18.88%	88	30.13%
13. Aquabics	1	.78%	0	0.0%	0	0.0%	0	0.0%	1	.34%
14. Playing Sports	7	5.51%	2	11.76%	0	0.0%	1	.69%	10	3.42%
15. Weight Lifting	4	3.14%	0	0.0%	0	0.0%	2	1.39%	6	2.05%
16. Tai Chi	2	1.57%	0	0.0%	0	0.0%	2	1.39%	4	1.36%
17. Tread Mill	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
18. Twister	2	1.57%	1	5.88%	0	0.0%	2	1.39%	5	1.71%

The table reveals that most of those with high performance in muscular strength and endurance are interested in and prefer to jog (55 or 43.30%). On the other hand, brisk walking is preferred activity by most of those under good fitness (eight or 47.05%) and low fitness (40 or 27.97%) levels. Meanwhile, respondents under marginal fitness level are mostly interested in and prefer aerobic exercise (2 or 40.00%), brisk walking (2 or 40.00%), jogging (2 or 40.00%), and dancing (2 or 40.00%).

This implies that the respondents under different levels of fitness; marginal fitness and even low fitness in muscular strength and endurance opt for activities that are easily done and affordable – brisk walking and jogging.

Table 7
Interests and Preferences of Senior Citizens of Cagwait
As Regards Physical Activities

Activities	Male N=101	Percent	Female N=191	Percent	Total N=292	Percent
1.Brisk Walking	29	28.71%	66	34.55%	95	32.53%
2. Jogging	37	36.63%	52	27.22%	89	30.47%
3.Dancing	20	19.80%	68	35.60%	88	30.13%
4.Aerobic Dancing	14	13.86%	57	29.84%	71	24.31%
5.Aerobic Exercise	12	11.88%	33	17.24%	45	15.41%
6.Bicycling	8	7.92%	3	1.57%	11	3.76%
7.Aero Kick Boxing	8	7.92%	3	1.57%	11	3.76%
8.Yoga	2	1.98%	9	4.71%	11	3.76%
9.Playing Sports	4	3.96%	6	3.14%	10	3.42%
10.Tae Bo	8	7.92%	2	1.04%	10	3.42%
11.Stationary Biking	4	3.96%	6	3.14%	10	3.42%
12.Weight Lifting	5	4.95%	1	.52%	6	2.05%
13.Twister	3	2.97%	2	1.04%	5	1.71%
14.Tai Chi	2	1.98%	2	1.04%	4	1.36%
15.Micah Bo	1	.99%	1	.52%	2	.68%
16.Aquabics	0	0.0%	1	.52%	1	.34%
17.Pilates	1	.99%	0	0.0%	1	.34%
18. Tread Mill	0	0.0%	0	0.0%	0	0.0%

Table 7 reveals that the top five activities preferred by most of the senior citizens are: 1. brisk walking with 95 (32.53%) respondents, 2. jogging with 89 (30.47%), 3. dancing with 88 (30.13%), 4. aerobic dancing with 71 (24.31%) and 5. aerobic exercise with 45 (15.41%) respondents.

The result implies that the top five activities mentioned are the most accessible and affordable activities for the respondents. These activities are possible since they do not require heavy apparatus or equipments.

Hence, brisk walking, jogging, dancing, aerobic dancing and aerobic exercise will now become the bases in designing wellness program for the senior citizens residing in the municipality of

Cagwait in order to help them more active and more participative not only in their respective household but also in the society.

5. Conclusions/Recommendations

The activities that senior citizens are interested in and prefer are brisk walking, jogging, dancing, aerobic dancing and aerobic exercise. Senior citizens of Cagwait need a wellness program which focuses on brisk walking, jogging, dancing, aerobic dancing and aerobic exercise, so as improve their health conditions. Thus, the senior citizens of Cagwait should enhance their fitness level through a wellness program or by joining the wellness program. Swimming and aquabics may be introduced to the

senior citizens as one of their wellness program since beaches in Cagwait are accessible to them. The Local Government of Cagwait and the Municipal Social Welfare and Development may sustain the implementation of the wellness program for the senior citizens. The researcher may tie up with the leaders of the senior citizens organization to have budget or enough financial support and the wellness program must be included in their anniversary as one of the activities.

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