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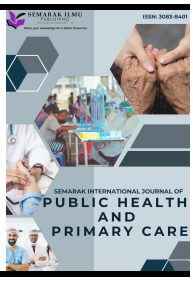

Converge of Physical Activities Programme on Health Profile among Elder Adults

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ABSTRACT

Health profile is essential for elder adults after battle life with COVID19 and every day routine especially urban area. The objectives of this study to obtain elder adult's health profile. Attended planned physical activities programmes' name - "Cyclic" and "APecR" after 4 to 5 continuous years cross sectional which, managed to figure out overall samples' anthropometry (psycho-motor, psychological and physiological). Self-recorded with descriptive statistic performed**.** Maximum training heart rate 70%. concerned. 13 samples aged 50's and 60's voluntarily involved and observed from 2018 to 2021/2. Parameters attempted: Physical activities level, Blood Pressure (BP), Body Weight, Diabetic, Cholesterol Level, High Density Lipid (HDL), Uric Acid, Pulse Rate, Recovery Rate, SpO2, Sleeping Hours, and Awaken times daily and lastly justified resulted with medical reports. Weight Loss showed mild changes, BP enhanced Excel (120/80) – from 39% to 58%, Normal (130/85) - 29% to 39%%, Normal Systolic (140/90) - 7% to 22% and mild hyper 2.48% to 0.40%. An hourly "Cyclic" and / or "APecR" came to more than 10,000 footsteps per session. Average SpO2 was 98 regularly with 70% from July 2022 until December 2022. Where else, SpO2 was 99 reading about 10% to 30% from September 2022 to December 2022. Sleeping hours with mean of 6 hours throughout the late 3 conservative years. One elder adults' health profile constructed. Practices and maintenance one's health status in applied psychological perspectives. "Cyclic" and "APecR" programme as alternative of general physical activities daily.

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1. Introduction

As far as universe health and the spreading of COVID 19 (the Corona Virus), post COVID severe over the world were still at alertness on the possibility spread of COVID 19 throughout the world - from East to West, North to South without differentiating colours skin, religions or believes, rich or poor. This scenario got worsen with the world's climate changes and global warming. In reality, there were undeniable of varies implementation of several effective mechanisms and it ends up with changed the whole ecosystem of either outdoor or crowed places activities / working environment. This changes cause worried the rise of obesity rates, high risk groups especially the younger generations, elderly groups of facing those Non-Communicative Diseases (NCD) risks and increasing of government's expenses in medical allocation over the years. WHO in 2012 sets of comprehensive landmarks "25 by 25" mortality, reduction target and 25 indicators which included rapid aging, rapid urbanization process and literacy rate and obesogenic environment accounted 67% or over 70% of the burden of NCD in 2024[1]? Hence, this study intended to fill up the "gap" of Self Health Profiling with contributed six significant facts as far as Applied Psychological Perspective is concerned and thus, it constructed one urban elder adults' health status profile.

1.1 Extension in Sports with Applied Psychological Perspective

Extension in sports' practices with applied psychology perspective was the central themes of this study. Extension was defined as an educational process to provide knowledge to the rural people about the improved practices in a convincing manner and people to take decision within their specific local conditions [2]. In applied psychology, there were a two–way channel; it brings scientific information to the participants and also takes the problems of the urban participants to the scientific institutions for solution, it is a continuous process, in both learner and teacher contribute and receive [3]. However, aspects of practice, its principle of delivery knowledge in common activity essentially health profile in the most countries and it is a basic element in programme or projects formulated to bring about changes in either rural or urban areas participants' beneficials. Hence, the researchers here played the roles of change agent especially to the community's health profiling or also sharing knowledge of how-to maintenance health status among elder adults with urbanization process took place and on top of it, this study constructed one health profile on these groups of elder adults specifically aged 50's and 60's.

2. Methodology

It was a longitudinal study with descriptive design which was undertaken by means of observation, log book recorded and soft interview methods used [4]. Describes the independent and dependent variable that happened as the way things are [4]. In terms of scientific research, it has two research objectives to be examined as stated what were differences and changes of elder adults' health profiling between the duration of 4 to 5 years to figure out one constructed profile among urban elder adults aged 50' to 60's from 2018 to 2022. Non-experimental in nature, research utilizes two set up physical activities' programmes name as "Cyclic" and "APecR" in order to collect data such as Activeness Level, Blood Pressure Readings, Weight Loss, Diabetes Level, Uric Acid Level, Cholesterol Level, High Density Level (HDL), Recovery Rate, Oxygen Saturation in SpO2, Sleeping Rate, and Awaken frequencies as far systematic applied research concerned [4].

2.1 Sampling

Participants of this study were urban elder adults from area's morning walkers in Taman Tasik Shah Alam, Selangor whom age 50's to 60's years old and they came from all walks of life. 13 participants sustained from year 2018 to 2022 instead of total 20 participants in the year of 2018, so the dropped out 7 out of 20 was equal to 35% dropped rate. However, remained 65% of these enthusiastic and volunteer urban elder adults to be updated in this report concerned.

2.2 Type of Programmes / Intervention Conducted of the Study

2.2.1 "Cyclic" programme

Mechanically the participants' body slanting forward, eyes look far ahead with neck tilled, shoulder relax and abdomen or whole body perpetually with horizontal plant. Participants' lower extremities with two legs with rotatory actions with the firm ankle context on the pedals of Compact Air Elliptical Cardio Workout (CAECW) equipment which was similar as cycling like actions and named as "Cyclic" programme. Both hands of participants with elbow flexion about 45 degrees and relax swinging alternatively as far as jogging style and when participants tired, participants could hold on to the handle of the CAECW equipment [4,5].

2.2.2 "APecR" programme

One of the scientific physical fitness programme and measured unit, and it provided a great feeling of achievement as well as offering an enjoyable and very accessible way to get fit and healthy. A person needs only to put on a pair of running shoes to run any times or anywhere. "APecR" as measured units as well as one physical fitness maintenance programme that under scientific studied recently and copyright gained (IPR - LY2019004970 – 28/8/2019) and it make as one form of exercises, but the truth was that just about every aspect of a person's physical and mental health benefited from this "APecR" [6,7,8,9]. Objectives of "APecR" programme was used in this study mainly to re - justify the of "APecR" on adults aged 50's & 60's with the method by post observation and combination with "Cyclic" programme in constructing one health profile status.

2.2.3 Equipment and Attire Used – "APecR" and "Cyclic"

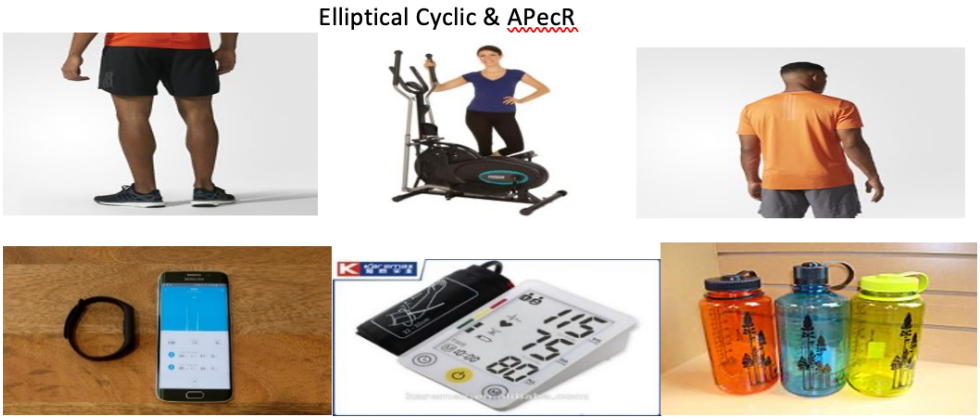

Fig. 1. Compact air elliptical, blood pressure measurement device, water bottle, sports attire and smart watches [17,18]

2.2.4 Protocols and procedures of the "Cyclic" and "APecR"

Choices of Percentage in Training Heart Rate (THR):
60% of Max THR - 100.8bpm., 70% of Max THR is 117.6bpm., 80% of Max THR is 134.4bpm.
Blood Pressure (BP) Reading Rate
120/80 – Optimal BP., 130/85 – Normal BP., 140/90 - Normal Systolic., &>140/ 90 – HBP 1 [10]

3. Results Empirically

3.1 Activeness Level of Participants

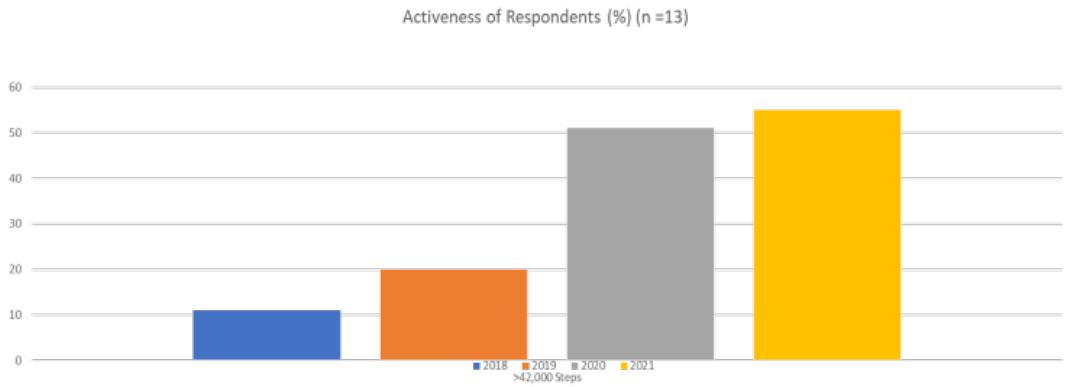

Fig. 2. Activeness in percentage of elder adults

How far the physical activities such as "Cyclic" and "APecR" on the elder adults' Blood Pressure and Weight Lose? Figure 1 to 2 described the activeness of participants in performing "Cyclic" and "APecR" which was monitored by CAECW and Route Map of "APecR" respectively and statistically results showed in figure forms on the activeness or seriousness among participants and the level of blood pressure gained after throughout years' involvement. The figures showed gradual active level (in Percent) among 13 participants.

3.2 Blood Pressure Level Gained of Participants

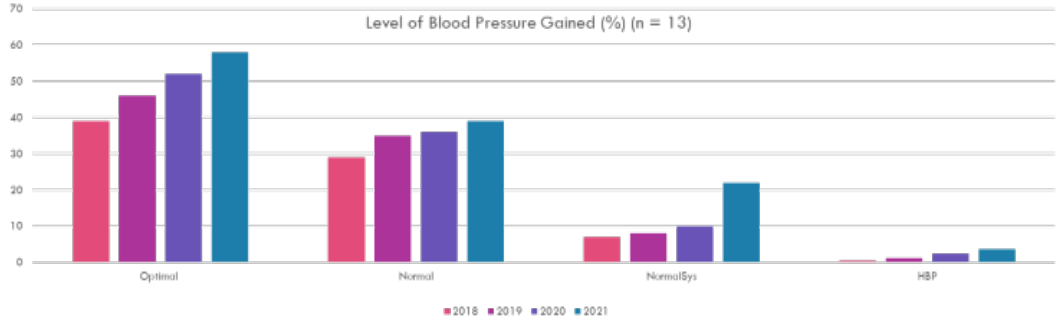

Fig. 2. Effectiveness of "Cyclic" and "APecR" on the participants' blood pressure

Figure above showed that increasing percentage in doing the "Cyclic and APecR" from year 2018 to 2021 which progressively from 11% (2018), 20% (2019), 50 % (2020) and 55% in 2021 respectively that participants performed "Cyclic" and "APecR" by themselves and monitored by researchers, they showed seriousness concerned about own health profile during Pandemic and persistent of the walk with talk principle or dedicated personal showed.

3.3 Weight Lose Result among Participants

Table 1
Result of weight loss (n = 13)

Month/year	Kg
March 2018	84.2
March 2021	79.6

Average of 1.8 Kg reduced at the end of the study. Table 1 recorded the weight of those participants had been reduced from 81.4Kg in the March 2018 and became 79.6Kg (March 2021) at the results showed there was actual average 1.8Kg lose for all participants after 4 to 5 years concerned. As the result, it was confirmed the effectiveness of overload principle would gain weight lose result. Various intensity could improvise one's training programme. Diet control was significance factor in weight loss. However, "Cyclic" and "APecR" programme could impact to blood pressure level as well as weight loss as the end results of the study concerned.

3.4 Medical Check Up Supports among Participants

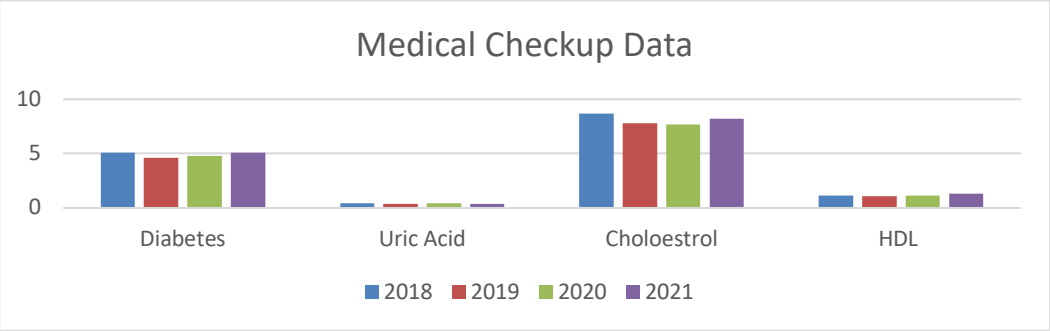

Fig. 3. Indicators of medical check-up (diabetes, uric acid, cholesterol and HDL (n = 13)

Figure 3 showed that there were 4 indicators of personal heath profiling with medical check-up reports that kept intention by this study, it showed that diabetes level keep contently at normal level (<5.1 MMOL/L) or slightly below the bench mark and this result make all respondents "happy" with the activities they performed apparently. Uric Acid that basically make respondents' feel the joint pain and fast tired showed slightly decreased which from 0.43 MMOL/L to 0.30 MMOL/L, it could be better improving where they continue with these programmes. High Density Cholesterol which commonly said as good cholesterol results showed increasing from 1.0 MMOL/L to 1.5 MMOL/L after these physical activities but there was huge workout needed. The negative or weak part that all participant needed to pay attention was their total cholesterol level which was not much changed to betterment showed by the medical reports because it was seem from readings 8.4 MMOL/L (2018) to 8.0 MMOL/L in year 2021 after years duration of "Cyclic" and "APecR", total cholesterol was still above normal reading (normal reading is < 5.2 MMOL/L). Duration of 60 minutes – one session of "Cyclic" and "APecR" programme for 4 to 5 times a week across 4 to 5 years duration. Duration time was the main parameter and intensities with variety physical activities consistently with "Cyclic" and "APecR" of participants were significant physical activities set would promise certain health level of these elder adults 50's and 60's concerned as far as justified by medical data where diabetes could be under control or pretty good, uric acid reduced and HDL increased but cholesterol level highly depend on healthy diet consumption (CP) because this study was without food in - take control parameter.

3.5 Pulse Rate Recovery Rate among Participants

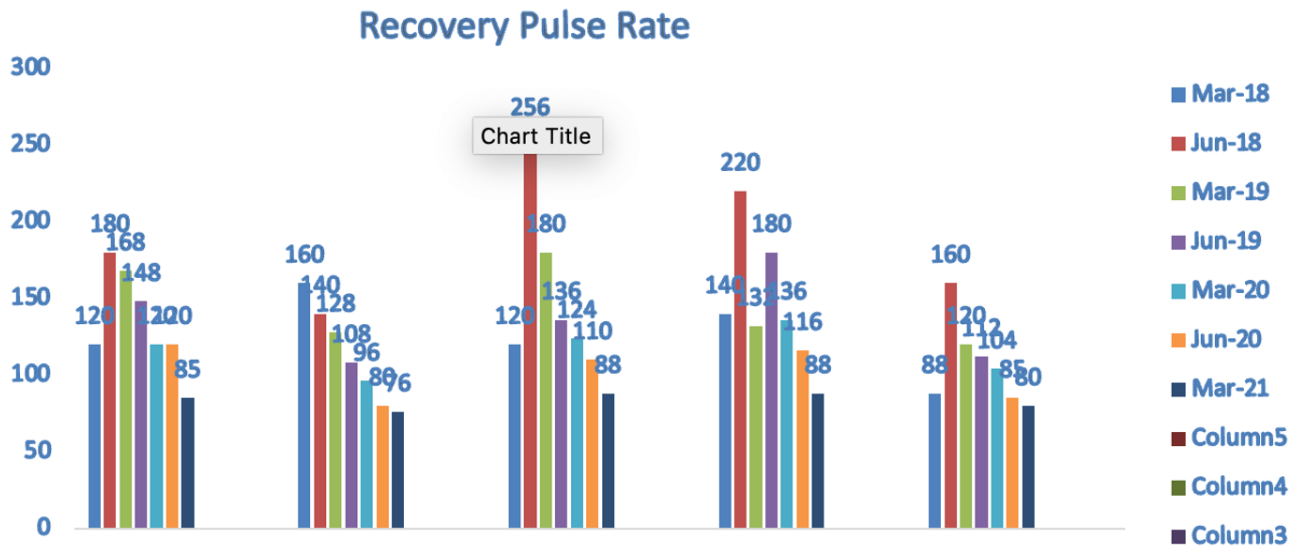

Fig. 4. Recovery rate (n = 13)

Pulse Rate Recovery considered as one of the indicators of healthy human being concerned, and the figure 4 showed that far left bar was pulse rate before workout and second bar was immediate after working out "Cyclic" or / and "APecR" and the rest to right hand side bars showed the recovery rate taken in duration of every one to two minutes and its showed constant or regulated decreasing pulse rate accepted on March 2021 which was post MCO stage. Overall, the recovery pulse rate among these groups of participants gradually normal and constant decreased with the range of 20 to 40 bpm. As conclusion, Average pulse rate recovery rate among participants were in good profile in term of fitness right from physical and physiologically as well.

3.6 Oxygen Saturation index among Participants

In order to be more specific on profiling elder adults' health profiling status around Shah Alam as urbanize area and yet was heated by COVID 19 or post Covid symptom so this study added on others physiological indicators to catch up health profiling status after the programme concurrently as far as elements liked: Oxygen saturation (SpO2), sleeping pattern (Hours) and awaken (frequent) along the sleeping hours would be serious consideration as showed with all results (Figures 5,6, & 7) liked below:

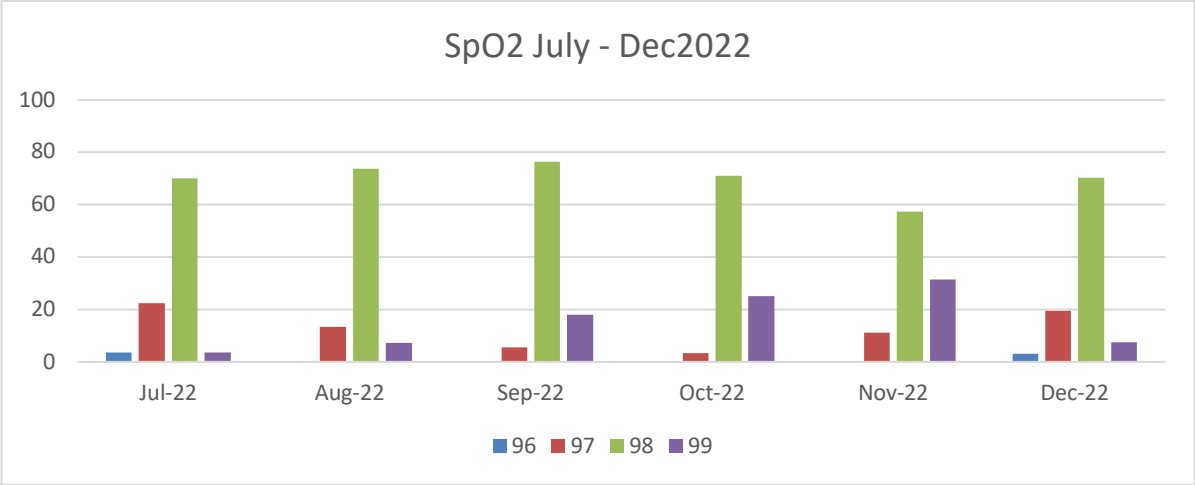

Fig. 5. Oxygen saturation in SpO2 (n = 13)

SpO2, also known as oxygen saturation, is a measure of the amount of oxygen-carrying haemoglobin in the blood relative to the amount of haemoglobin not carrying oxygen. The body needs there to be a certain level of oxygen in the blood or it will not function as efficiently. In fact, very low levels of SpO2 can result in very serious symptoms. This condition is known as hypoxemia. There is a visible effect on the skin, known as cyanosis due to the blue (cyan) tint it takes on. Hypoxemia (low levels of oxygen in the blood) can turn into hypoxia (low levels of oxygen in the tissue). This progression and the difference between the two conditions is important to understand. Average SpO2 for these group of elder adults were at the reading of 98 regularly with 70% from July 2022 until December 2022. Where else, SpO2 99 about 10% to 30% from September 2022 to December 2022 gained with these elder adults. Level of SpO2 per se in this study was much influence by participants' sleeping pattern and breathing rhythm or the quality of sleeping pattern as far as the total rest stage of one person. Verbal interaction with all participants responses voluntarily said the same or similar answers when SpO2 among them was considered. It is vital to maintain normal oxygen saturation levels in order to prevent hypoxia. Thankfully, the body usually does this by itself. The most important way that the body maintains healthy SpO2 levels is through breathing. The lungs take oxygen that has been inhaled and binds it to haemoglobin that then travels throughout the body with the payload of oxygen. The oxygen needs of the body increase during times of high physiological stress (e.g., lifting weights or running) and at higher altitudes. The body is usually able to adapt to these increases, provided that they are not too extreme [11].

3.7 Sleeping Duration among Participants

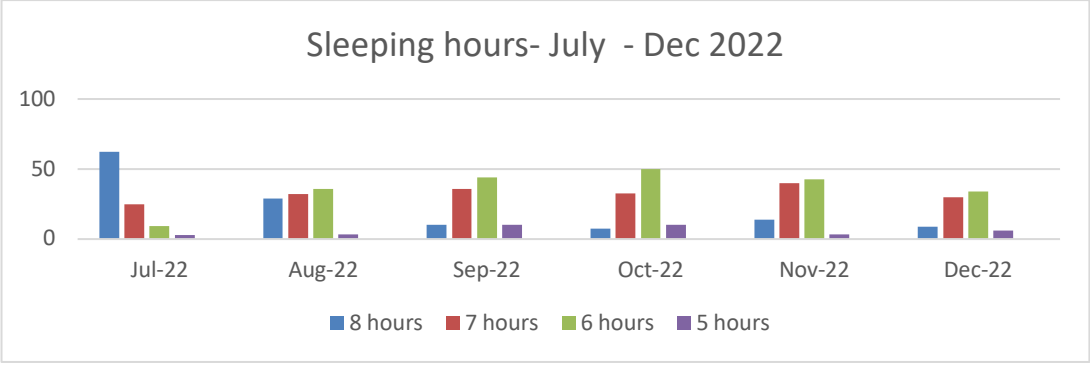

Fig. 6. Sleeping hours (n = 13)

How many hours of sleep are enough for good health? The amount of sleep a person need depends on various factors — especially your age. While sleep needs vary significantly among individuals, consider these general guidelines for different age groups:
In addition to age, other factors can affect how many hours of sleep a person needs. *Sleep quality,* if your sleep is frequently interrupted, you are not getting quality sleep. The quality of your sleep is just as important as the quantity. *Previous sleep deprivation,* if you are sleep deprived, the amount of sleep you need increases. *Pregnancy*, changes in hormone levels and physical discomfort can result in poor sleep quality. *Aging*, older adults need about the same amount of sleep as younger adults. As a person get older, however, your sleeping patterns might change. Older adults tend to sleep more lightly, take longer to start sleeping and sleep for shorter time spans than do younger adults. Older adults also tend to wake up multiple times during the night. For adults, getting less than seven hours of sleep a night on a regular basis has been linked with poor health, including weight gain, having a body mass index of 30 or higher, diabetes, high blood pressure, heart disease, stroke, and depression. Sleeping hours that showed among this group of elder adults were average 6 to 7 hours among them throughout the 4 to 5 conservative years with this health profiling project. Six hours were the clear picture when referred to the chart showed and this was averagely enough rest for the aged group 50's to 65's elder adults which suggested from 6 to 7 hours per day and the results showed participants of this group was at the 30% to 50% sleeping time around 6 to 7 hours from July to Dec 2022 as this study finding concerned **[12]**.

3.8 Awaken Rate among Participants

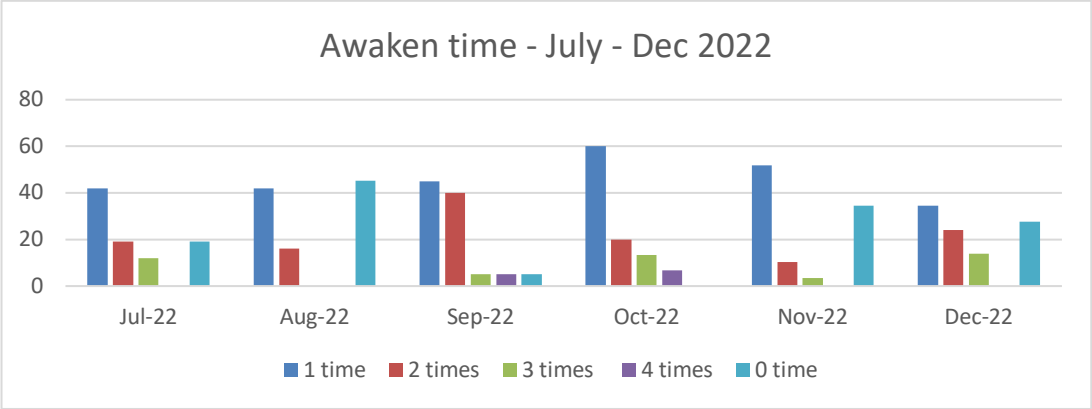

Fig. 7. Awaken times along sleeping hours (n = 13)

A person can awaken by another person, and a noise or the smell of pancakes or a scary dream can all awaken a person from a deep sleep. A person can also use the verb *awaken* to describe what happens when he or she wake from sleep: "I *awaken* every morning with my pillow on the floor." A more figurative way to awaken is to arouse a certain feeling or awareness. For example, a sad movie can awaken melancholy feelings in the most cheerful person [17]. In this study, all participant's feedback on the reasons they awaken were such liked: urination, sudden noise from outside their home, sweat and / or bad dreams, too early went up to bed, disturbing by spouse or girlfriends and last but not the least, awaken cause by overeating at late hours of a day. The statistical results showed (fig. 7) was 1 time awaken at the highest or most frequent (40% to 60%) and followed by 2 times awaken during 6 to 7 hours of sleeping time (18% to 40%). There was free awaken in December 2022 which consisted 25% to 42% in average throughout July to December 2022. As conclusion, 13 elder adults for this study showed quality in their sleeping pattern according to hours of sleeping and

frequencies of awaken as far as July to December 2022 concerned with “Cyclic” and “APecR” programme implemented with 4 to 5 continuous years [13].

4. Significant Contributions of the “Cyclic” & “ApecR” Programme towards Health Profile among Urban Elder Adults

4.1 Health Profile

“Cyclic” and “APecR” were actually two simple ways to increase one’s overall level of health. “Cyclic” and “APecR” could raise your levels of good cholesterol while helping one increased lung function. In addition, it could also boost one’s immune system and lower one’s risk of developing blood clots. Sugar level was under control per se but even better improvement will gain with diet parameter to be further examined. Along the 48 to 60 months hardly see any medical certificates that “sent” to researchers by all participants involved perhaps, these elder adults were satisfied in giving their effort to continue self - performed the “Cyclic” if under any consequences to perform outdoor “APecR” in order to get them stabilizing their blood sugar level.

4.2 Lose Weight

“Cyclic” and “APecR” were the best forms of exercises for losing or maintaining a consistent weight. A person felt a leading way to burn off extra calories and that it was the second most effective exercise in terms of calories burned per minute, following only after cross country which is outdoor and irrelevance for time being. However, type of food intake needed to be considered in order to gain better expected results (CP). However, losing weight was the main concerned and considered for these elder adults because they were influent by own cultural practices. At the end of the day, the awareness of weight could be the one of the main factors because once overweight or obese happened then NCD are most properly would occurred as far as metabolism of elderly adults concerned.

4.3 Relieve Stress

Stress could actually cause a number of health and mood problems. It could also diminish appetite and sleep quality. When a person performed “Cyclic” and “APecR”, they forced a person’s body to exert excess energy and hormones. “Cyclic” and “APecR” also helped to reduce chances of developing tension headaches. Participants felt “happy” after this study and especially the uric acid that participants gained in one way was reducing participants’ joins pain and could have better intimation with their spouses or girlfriends. Stress causes the elderly by having any forms of pains or sickness with their daily living and sweating a lot from the “Cyclic” and “APecR” performed by them for the long duration make them releasing their unnecessarily stressful causes and this make them willing to join this project with sports extension agents (researchers in this study) in order to getting self – wealth [14].

4.4 Boost Self – Confidence

Not all of the benefits of “Cyclic” and “APecR” were physically. “Cyclic” and “APecR” could provide noticeable boost to a person confidence and self - esteem. By setting and achieving goals, a person could help give self a greater sense of empowerment that left a person feeling much happier and self

- confidence boosted in term of images even though the weight loss was not up to ideal target. However, self - confidence was highly reflexing whenever they felt good in building up their daily functional well without requesting much helps from their surrounding especially their youngers family members and at the same time, participants' family members also well appreciated the changes in their elderly perceptions on physical activities at home psychologically.

4.5 Eliminate Depression

When a person was depressed, the last thing a person likely want to do was to get up and let's go for an "Cyclic" and / or "APecR" session. Yet a person would find that after only a few minutes of "Cyclic" and / or "APecR", a person's brain would start to secrete hormones that naturally improve a person's mood. In fact, there were few things in the world that could better or more rapidly treat depression than exercise such as "Cyclic" and "APecR". The findings showed that the elder adults had "not much time" to worry unnecessarily stuffs beside in mind to spend time for the fruitful programmes they involved with researchers. It may seem surprising to learn all of the different ways that "Cyclic" and "APecR" could improve a person health, but the truth of the matter was that these were many benefits that they could offer to a person's body especially HDL level definitely could be gained or improve by physical activities daily without fail. However, LDL in the elderly caused by food intake and metabolism of them and HDL perhaps gaining by physical activities and LDL was causes from dietary domain. The findings showed improvement in HDL reading after this duration but yet researchers suggested to further control diet among these participants and it would be bigger "hurdles" because study with experimental design concerned [15].

4.6 Act as an Alternative Approach for Self – Health Profiling Methods

In critical situation liked COVID 19 or even post COVID which force people to be stay home and tense to non - active out of home or outdoor activities and these make people became stress unnecessarily especially it could cause a rise of non - communicative sickness (NCD) throughout long duration of MCO, CMCO as well as RMCO which were the most worth alternative health profiling methods with "Cyclic" and "APecR" programmes for elder adults especially in 50's to 60's. For instant, physical activities could be performed in many forms and many ways, there is no one perfect of physical activities' programme but at this moment of timely, researchers found out that these two programmes were relevant in costing perhaps the "Cyclic" compare with "APecR" programme. Hence, these participants were elderly and the health profile of self-required and self- willingness to perform and these make both programmes as their alternative choices in maintaining or enhancing better healthy status World Health Organization [12].

5. Health Status Profile of Elder Adults

Regarding to table 3 below showed that elder adults aged 50's decreased in their body weight more effective compared with adults age 60's after the duration and with both programmes (Cyclic and ApecR) at the end of this study, it was due to rate of activeness among these two groups. Optimal blood pressure also better resulted for 50's, where else, the normal systolic showed that older aged group obtained more frequent with normal systolic reading which showed 2% and 8% respectively. However, recovery pulse rate showed younger age group recovered faster. SpO2 which better reading on 98 showed younger age was slightly better readings or percentage gained. Hence, sleeping pattern showed aged group of 50's higher rate for 7 hours which was 35% (50's aged group) and was

30% for age 60's adults, this makes the health status more significant. Thus, awaken rate showed much differences in the rate right from awake of 1 time, 3 times or without any awaken throughout the hours of sleepy within 6 to 7 hours for elder adults' age 50's compared the 60's group which means age 50's adults showed much better sleeping pattern. One apparently health profiling table was constructed for local elder adults ages 50's and 60's as far as references in health profiling especially contributing to coming scientific and systematic research in overall health of elder adults nationwide.

5.1 Constructed Profile of Respondents for the Study

Table 3
Profile health status among elder adults of 50's and 60's (n =13)

A)	Height	– 176cm		B)	Height	- 175cm
	Age	- 50's			Age	- 60's
	Weight	- 83K - 79.6Kg			Weight	- 82Kg – 81.4Kg
	Rate of Activeness – 40%				Rate of Activeness - 20%	
	Blood Pressure -	Optimal increased	8%			5%
		Normal increased	10%			10%
		Normal Systolic	2%			9%
		HBP 1	1%			1%
	Diabetes	Decreased	1%			1%
	Uric Acid	Decreased	0.5%			0.5%
	Cholesterol level	Decreased	1%			0.5%
	HDL	Increased	0.2%			0%
	Recovery Rate	Before 120bpm	90%		before 140bpm	80%
		After 80bpm	58%		After 90bpm	56%
	SpO2	Reading 98	70%			68%
	Sleeping Rate	7 hours	35%			30%
		6 hours	50%			43%
	Awaken	1 time	60%			50%
		3 times	23%			25%
		0 time	42%			4%

6. Additional Data from Verbal Session among Participants Themes Constructed or extracted from "APecR" (n = 20)

Themes	***N***	***%***
Relaxing	19	95
Reduce Stress	18	90
Getting new friends	13	65
Self - Talking	20	100
Feel Good	20	100
Nature Therapeutics	15	75
Sweat out	19	95
Soft skills built or gained	13	65
Sleeping time (long hours)	16	80
Heart Rate Recovery Faster than before	15	75%
Blood pressure reducing	17	85
Friendship	15	75
Tired	20	100
Lose Weight	12	60
Look forward to self - fit	20	100
Healthy Lifestyle	20	100
Do not want to depend on children care when old time (independent)	15	75

Go travelling when old age	12	60
Daily routine well performed after the program	20	100
Love lonely	5	25
Expensive / high end attire needed	5	25
Proper and Comfort attire only	20	100
Proper Running shoe needed	18	90
Release tension	18	90
Punctuality habits	14	80
Self – discipline needed	20	100
Personal time needed	14	70
Invite friends together	18	90
Satisfied with the fitness profiled done	17	85
Satisfied with the project	19	95
Satisfied with the researchers	18	90
Attendance rate	16	80
Chit Chatting process	14	70
Looking for "Golden" opportunities	1	5
Looking to Companion	3	15
Preferred Morning session	16	80
Preferred Afternoon Session	4	20
Looking for Competitive sports	1	5
Willing to take part in coming Study	16	80
Feel Shy of participating	2	10

7. Conclusion

The "Cyclic" and "APecR" as programmes for health profiling among elder adults by this study's researchers and mainly with the intention were encouraging changes in attitudes psychologically and self - fulfilment of elder adults and these would make elder adults be sustain in their daily living without facing NCD and this contributed to the quality life of elder adults either present days or in future in facing challenges of their living. On top of it, as far as community changes were concerned, researchers were playing the roles of bringing changes to the community especially the sports culture and healthy life style and even to encourage more or further study with concurrently nation movement which could create one harmonies and healthy nation. With the six (6) significant facts showed by the "Cyclic" and "APecR" programme that conducted by these researchers. One local elder adults' health status profile table constructed for future study and suggested the further study which might seriously considered to investigate those facts throughout applying qualitative research design study.

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