

ANALYSIS ON THE SUBJECTIVE PHYSICAL ACTIVITIES OF AGED PERSONS LIVING IN BUSAN, ULSAN, AND GYEONGNAM PROVINCES

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ABSTRACT

The purpose of this study is to analyze the subjective physical activities of aged persons. This study has been carried out over persons aged 65 years old and above who live in Busan-ci, Ulsan-ci, and Gyeongsangnam-do province for the period from August 14 to September 27, 2012, and total 849 respondents have been selected as final effective samples through the Convenient Sampling Method. For the data processing, we have carried out Frequency Analysis, Cross Tabulation Analysis, and Chi-square Verification by utilizing SPSS WIN Ver. 18.0. The results of this study are as follows: first, the sex of the respondents has a positive influence on their physical activities. Second, the age of the respondents has a positive influence on their physical activities. Third, it has a positive influence on physical activities of the respondents whether they live with their spouses or not. Fourth, the education level of the respondents has a positive influence on their physical activities. Finally, the elderly who have a certain income such as retirement allowance, pension, etc., have a certain amount of allowance in economy, leading to more active participation in physical activity.

Keywords: Activities, aged person, exercise, physical activity.