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Effect of Pa-kao-ma Dancing Exercise Program on Physical Fitness in the Elderly by applying Self-efficacy theory

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ABSTRACT

This quasi-experimental research was one group pretest-posttest design which aimed to study the effect of Pa-kao-madancing exercise program on physical fitness of the elderly by applying self-efficacy theory. The purposive sample consisted of 30 elders residing in Ka-Men Phung-Tai village, Ong-Karak district, Nakhon-Nayok province, Thailand who volunteered to take part of an 8-week exercise session. Data was collected by using senior fitness test (SFT), perceived self-efficacy, outcome expectation, and program satisfaction. In particular, the data was collected before and after program participation. Then, the data was analyzed by using percentage, mean, standard deviation, and paired samples t-test. The results showed that after attending the program, the experimental group had better average score of SFT, perceived self-efficacy, outcome expectation, and program satisfaction at statistically significant level of .01

Keywords:
Pa-Kao Ma Dancing Exercise, Self-efficacy Theory, Physical Fitness, Elderly

INTRODUCTION

Thailand is going to be a fully-fledged complete aged society in 2022 (Foundation of Thai Gerontology Research and Development Institute, 2020). Generally, elderly people come up against difficulties to maintain daily activities due to age-related deterioration of body systems such as cardiovascular, nervous, and musculoskeletal systems. In particular, people usually begin to lose their bonemass afterthe third decade of life (Eliopoulos, 2018).Besides, their muscle mass and strength gradually decline at the age around 40 (Keller & Engelhardt, 2013). In fact, it was discovered that the decline of muscle fiber begins approximately at the age 50 and continues to the age 80 in which 50 percent of the fiber lost are from limb muscles (Faulkner, Larkin, Claflin, & Brooks, 2007). These factors cause elderly to lose their strength; flexibility, balance, and functional reserve that affect ability to carry out their daily activities.

Maintaining a regular exercise routine to promote muscle strength and endurance is essential for aging adults to keep up and rehabilitate their physical capability. Besides, it also improves cardiopulmonary and cardiovascular efficiency. Furthermore, it directly reduces stress and