

# The Art of Aging Well: Recreational Activities in the Lives of the Elderly

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## INTRODUCTION

### BACKGROUND OF THE STUDY



THE WORLD'S AGING POPULATION CONTINUES TO GROW, CALLING FOR INITIATIVES THAT PROMOTE ELDERLY HEALTH AND WELL-BEING (WHO, 2024).

RECREATIONAL ACTIVITIES ENHANCES THE ELDERLY'S QUALITY OF LIFE.

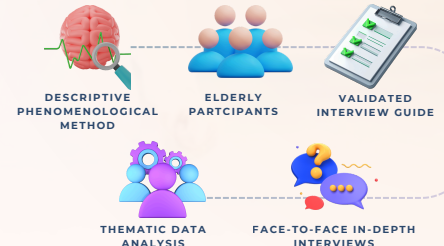
LIMITED RESEARCH ON HOW FILIPINO ELDERLY PERCEIVE RECREATIONAL PARTICIPATION.

### OBJECTIVES

THIS STUDY AIMED TO IDENTIFY THE RECREATIONAL ACTIVITIES THE ELDERLY INDIVIDUALS ENGAGE IN, EXAMINE THEIR PERCEIVED BENEFITS AND BARRIERS, AND PROPOSE SUITABLE INTERVENTIONS.

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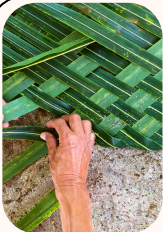
## METHODOLOGY



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## RESULTS & DISCUSSION

### MOST COMMON RECREATIONAL ACTIVITIES



PAGTITIKLAD (MANUAL LABOR STACKING) AND PAGNINIPA (COCONUT LEAF WEAVING)

"THIS IS WHAT I DO EVERY DAY WITH MY FAMILY, MAKING NIPA ROOFS."

THESE TASKS SERVED A DUAL PURPOSE:  
• A WAY TO PASS THE TIME  
• A SOURCE OF INCOME

THEY KEPT THE ELDERLY PHYSICALLY ACTIVE AND PRODUCTIVE IN THEIR COMMUNITY, MAKING ACTIVITY MORE MEANINGFUL AS IT CONTRIBUTED TO THEIR DAILY NEEDS AND LIVELIHOOD.

### PHYSICAL

ZUMBA (OR DANCING)

WALKING

PAGTITIKLAD (MANUAL LABOR STACKING)

PAGNINIPA (COCONUT LEAF WEAVING)

### SOCIAL

BONDING WITH FAMILY

TALKING WITH NEIGHBORS & FRIENDS

### MENTAL

SINGING

WATCHING TELEVISION SHOWS

"LIKE WATCHING TV, I LIKE TO WATCH DRAMAS AND TV SERIES."

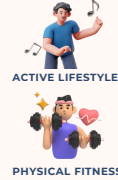


"WALKING AND EXERCISING HELPED AFTER I HAD A STROKE AND HYPERTENSION."

"I AM ON A WHEELCHAIR, I AM AFRAID OF GETTING IN AN ACCIDENT, THE ACTIVITIES SHOULD FIT TO PEOPLE LIKE ME."

### PERCEIVED BENEFITS

#### PHYSICAL



ACTIVE LIFESTYLE  
PHYSICAL FITNESS

#### MENTAL



PURPOSE AND FULFILLMENT  
RELAXATION AND STRESS REDUCTION  
MOOD & MENTAL ENHANCEMENT

#### SOCIAL



REDUCE LONELINESS  
COMMUNITY RELATIONSHIP  
SUPPORT & FRIENDSHIP AND STRONGER FAMILY RELATIONSHIP

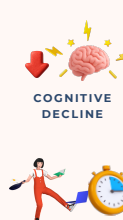
### PERCEIVED BARRIERS

#### PHYSICAL



OLD AGE  
POOR EYESIGHT  
WEAK BONES

#### MENTAL



COGNITIVE DECLINE  
DIFFICULTY MULTI-TASKING

#### SOCIAL

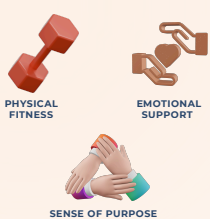


LACK OF SUPPORT FROM FAMILY  
POOR PROGRAM INCLUSIVITY  
LACK OF FINANCIAL SUPPORT FROM THE GOVERNMENT

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## CONCLUSION

WHEN THE ELDERLY ENGAGE IN RECREATIONAL ACTIVITIES



PHYSICAL FITNESS  
EMOTIONAL SUPPORT  
SENSE OF PURPOSE

HOWEVER, PARTICIPATION IS SEVERELY LIMITED BY:

#### PHYSICAL BARRIERS



DECLINING STRENGTH  
MOBILITY ISSUES  
FEAR OF INJURY

#### MENTAL BARRIERS



COGNITIVE DECLINE  
DOMESTIC OVERLOAD

#### SOCIAL BARRIERS



LACK OF FAMILY SUPPORT  
INSUFFICIENT GOVERNMENT SUPPORT  
POOR PROGRAM INCLUSIVITY

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## RECOMMENDATIONS



ENHANCING RECREATIONAL OPPORTUNITIES FOR THE ELDERLY



WHEELCHAIR-FRIENDLY AND SENSORY FRIENDLY ACTIVITY CENTERS



PLAN EFFECTIVE COMMUNITY-BASED, SERVICE-LEARNING PROGRAMS (SLP)

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## ACKNOWLEDGEMENT

THIS STUDY WAS MADE POSSIBLE THROUGH THE INVALUABLE SUPPORT OF THE ELDERLY PARTICIPANTS, OUR FAMILIES, THE ENTIRE NURSING STUDENT BODY, OUR BLOCK RR42, THE ATENEO NURSING STUDENTS' ASSOCIATION, AND THE FACULTY OF NURSING OF ATENEO DE NAGA UNIVERSITY.

SCAN THE QR CODE TO ACCESS THE FULL REFERENCES LIST

