

The Assessment of Elderly Recreation and Leisure Activities Construction Center: A Case Study in Rasht

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Abstract

In this study, we tried to measure the amount of elderly need to Recreation Construction Center and the impact of constructing each of its artistic activities including daily, and cultural, sports, entertainment, religious and social activities to increase their life expectancy as well as the elderly tend to do any of the variables. The population of the study were all patients older than 60 years in Rasht city. Among them, 384 samples were selected by random sampling method. After collecting the data through questionnaires, by using statistical tests, and correlation coefficient, relationship between variables was tested and was ranked by Friedman test. The results of this study show that in the context of constructing the recreation centers, 84.4 percent of elderly people approved the role of constructing the center in increasing the life expectancy. Also, according to software output, about 76 percent of elderly believed the role of effectiveness of the various activities could increase life expectancy. The Friedman test indicates that the variables have the greatest impact on the effectiveness and increasing the life expectancy of exercise (Mean: 5.15), social activities (4.30) and religious activities (4.29). Further, the results suggest that the above-mentioned difference was significant and generalizeable to the target population.

Keywords: elderly, construction center, leisure activities

Introduction

Today, elderly people are considered as a global phenomenon, due to an increase in the elderly population. Therefore, according to World Health Organization statistics, the number of elderly people in Southwest Asia (including Iran) in 2000 was around 7% of total population and by 2030, this figure will rise to 15%. (Namadyan, and Hashmy, 2006)

An important point, in connection with the establishment of welfare - entertainment and temporary residence elderly people, is needed to plan and evaluate the environment in general, especially the elderly people sanatorium in Iran because adults would like to stay away from their homes and families, and the emotional and family ties are weakened and gradually becomes fragmented and therefore, they are more lonely and sad and desperate in their new environment, that can be physical and psychological complications and discomfort. In this case, the elderly people feel exclusion in such a way that at middle age, they think they are not respected and valued and caused her severe emotional problems leading to the events of depression in the elderly age.

Another important point is that it is the number of elderly people in nursing homes leads a deficiency in managing their daily affairs. As a result, the nursing home was inappropriate for this category, which has a preventive role for the elderly.

Iran is not deprived of aging because of the current growth rate of 1.6 per cent of our population and the fact that the elderly population growth rate is 2.5 percent and it is predicted that by the year 1400, the number of elderly people will get to 10 million (Tajvar, , 2004). One of the main reasons for increasing attention to the development of nursing home residents in our country is the relative growth rate of the elderly population which leads to the tendency of the young adult

population and the other factors such as level of education, divorce and being single, vulnerability of households to the economic problems of social, cultural, psychological, and giving the lack of minimum standards of housing ownership and requiring the use of special equipment dormitories, leading to higher demand for residential space among the elder people.

From common psychiatric disorders in old age, we can name mood disorders, particularly depression, which is common in the elderly living in nursing homes 30 to 50 percent (Taban et al, 2006). Transferring to a nursing home for the elderly in the study, as one of the most difficult experiences that seniors face, is described and admission of the elderly to nursing home, and psychological consequences including feelings of exclusion, stress, depression, insecurity, and loss of home and rising the chances of contact with family and friends.

Hence, considering the above points, we need to build day care center for the elderly, according to the practice of leisure - suitable environment for creating and active treatment for older people and at the same time not losing the original context of family life and also the elderly who have the ability to elderly care centers became permanent. The present study allowed the identification of the most influential factors affecting the increase in life expectancy in the elderly and knowledge will providing their basic needs.

Research questions

- For the purpose of this study, the following research questions were raised:
- Is there a suitable need of healthy older adults that have not lost their ability to work?
- Is constructing of a recreational facility for the elderly of their basic needed?
- Is recreation center tailored to the needs of the elderly at an increased life of expectancy influence?
- To what extent, does each of artistic activity including everyday, Sport, religious and social increase life expectancy in the elderly?

Materials and Methods

This article is taken from a study that was conducted at a university project and because of the nature of the subject and the purposes implemented, a descriptive - analytic research was taken into account. Since the survey questionnaire and interviews were used to gather the data needed, this research included a survey.

Descriptive statistics of the sample

Table 1: Number of people based on gender

	Frequency	Percent	Cumulative percentage
Man	235	61.2	61.2
Woman	149	38.8	100.0
Total	384	384	100.0

Information needed to conduct the study in either documentary or field was collected. The population of this study were all older people in Rasht and by using a questionnaire and development of Morgan (Morgan, 1970: 607-610), about 384 older adults were randomly selected and subjected to direct questioning. Meanwhile, the variables of the study were as follows: Increased expectancy to life, art activities - daily - and cultural - sports - entertainment - religious, social and architectural style and appearance, the color of the walls and landscaping design,

recreational facilities. They were analyzed by using SPSS software. In this regard, given that all seek to explore the impact of one variable on another variable assumption, thus, all the assumptions of the type specified in conjunction with Pearson's correlation test and then Friedman test was used for rating.

As you can see, out of 384 respondents, 61.2% are man and 38.8% are woman.

Table 2: Number of people based on age level

	Frequency	Percent	Cumulative percentage
Under 60 years	45	11.7	11.7
Between 60 to 65 years	114	29.7	41.4
Between 65 to 70 years	109	28.4	69.8
Between 70 to 75 years	61	15.9	85.7
More than 75	55	14.3	100.0
Total	384	100.0	

According to the above table, 11.7 percent of respondents are under 60 years , 29.7% between 60 – 65 , 28.4% between 65 – 70 , 15.9% between 70 – 75 , and 14.3% more than 75 .

Results and Discussion

In this part of the investigation, according to hypotheses, variables for each hypothesis are tested, based on the type of variables, to determine the appropriate statistical tests and analysis and interpretation of test variables are done.

H1: It seems to build recreation centers for the elderly in Rasht for increasing life expectancy affecting the elderly.

As seen in table 3, based on data collected in the field, the positive impact of recreation centers for seniors to increase their life expectancy is 84.4% of the elderly. Therefore, constructing the mentioned Centre is considered as a major role in increasing the life expectancy. However, 15.6% of them did not believe in it. It could be acknowledged that there is a significant correlation between the construction of recreational areas and an increase in their life expectancy.

H2: It appears that each of the variables including artistic activities, routines, cultural, recreational, social, religious and increasing elderly life has a positive impact.

Table 3: Frequency and percentage of effectiveness of various activities in increasing life expectancy among elder people

	Art Activities	Everyday activities	Cultural activities	Sports activities	Recreational activities	Religious activities	Social Activity
Very low	7	18.8	5.7	0.0	6.5	4.4	4.9
low	34.9	20.8	20.3	2.6	16.4	7.0	17.4
The average	20.8	20.8	22.4	2.1	21.6	20.8	13.5
High	13.8	18.0	27.6	59.4	35.9	44.0	29.2
Very much	23.4	21.6	24.0	35.9	19.5	23.7	34.9

According to the frequency table, in all activities examined in this study, respondents reported a significant impact on increasing life expectancy. In other words, , more than 58 percent

of the amount of impact is above the average; Also, 59.6% is higher than the average of daily activities incultural activities, 74% is higher than the average,in sports activities, 97.4 percent in recreational activities, 77% higher than the average in religious activities, 88.5% higher than the average in social activities, and 77.6 percent is higher than average level of efficiency of activity. Therefore, through a significance level of 95%, it can be said that the activity is effective in raising life expectancy respondents.

Table 4. Descriptive statistics of Friedman test

	Number	Mean	Standard deviation
Art Activities	384	3.12	1.302
Everyday activities	384	3.03	1.417
Cultural activities	384	3.44	1.216
Sports Activities	384	4.29	0.635
Recreational activities	384	3.46	1.167
Religious activities	384	3.76	1.033
Social Activity	384	3.72	1.245

Table 5: Rating average of friedman test

	Average ratings
Art Activities	3.41
Everyday activities	3.29
Cultural activities	3.73
Sports activities	5.15
Recreational activities	3.83
Religious activities	4.29
Social Activity	4.30

Table 6 : Friedman Test

	Average ratings
Frequency	384
K 2	235.515
Degrees of freedom	6
Significance level	.000

Further Friedman test also shows that among the different variables of the study the highest level of efficiency and effectiveness in increasing the life expectancy of the elderly related to exercise (mean: 5.15), social activities (4.30) and religious activities (4.29). Further Friedman test shows that the differences mentioned are significant and also generalize to the target population ($p < 0.05$).

Table 7: Ranking of various social factors in the increase of elderly life expectancy based on Friedman Test

	N	Mean	standard deviation
Art Activities	384	4.27	1.824
Everyday activities	384	4.64	1.963

Cultural activities	384	4.46	2.229
Sports activities	384	5.09	1.830
Recreational activities	384	4.32	4.152
Religious activities	384	4.51	1.936
Social Activity	384	4.51	1.799

Table 8: Rating average of Friedman test

	Average ratings
Art Activities	3.72
Everyday activities	4.13
Cultural activities	3.96
Sports activities	4.61
Recreational activities	3.56
Religious activities	4.04
Social Activity	3.98

Table 9 : Friedman Test

	Mean ratings
N	384
K 2	235.515
Degrees of freedom	6
Significance level	.000

According to Friedman test, the various activities plays a role in increasing in elderly life are exercise (Mean: 4.61), ADL (4.13) and religious activities (4.04). Further, Friedman test shows that the differences mentioned are significant and also generalizable to the target population ($p < 0.05$).

H3: It seems that Architecture style of Recreation Seniors has an important role in increasing vitality, happiness and elderly increasing life hope.

Table 10: The effectiveness of architectural styles of recreation centers in the increase of elderly life expectancy

	Front of Building and design for elderly	Paints interior and exterior walls of the building	Landscape Design of recreational space	Spaces designed for Favorites activities of seniors
Very low	16.9	7.3	4.9	14.8
Low	7.6	7.6	26.8	21.1
The average	31.0	26.3	16.4	35.9
High	28.1	30.5	19.0	14.6
Very much	16.4	28.4	32.0	13.5

As can be seen in the review of the effectiveness of architecture, landscape architecture and design to suit the needs of the elderly, more than 75.5% of the respondents emphasized the efficacy of indoor and outdoor wall paint, more than 85.2% of the operating and the design of spaces for

activities of interest and 64 % emphasized the effectiveness of the elderly. As a result, it can be concluded that the above hypothesis is accepted.

Table 11: Descriptive statistics of Friedman test

	N	Mean	standard deviation
Front of Building and design for elderly	384	3.20	1.284
Paints interior and exterior walls of the building	384	3.65	1.178
Landscape Design of recreational space	384	3.65	1.178
Spaces designed for Favorites activities of seniors	384	3.47	1.330

Table 12: Rating mean of Friedman test

	Mean ratings
Front of Building and design for elderly	2.40
Paints interior and exterior walls of the building	2.80
Landscape Design of recreational space	2.66
Spaces designed for Favorites activities of seniors	2.15

Table 13: Friedman Test

	Mean ratings
N	384
K 2	235.515
Degrees of freedom	6
Significance level	.000

As Friedman test indicates, the architectural styles and their effectiveness in increasing vitality, happiness and elderly life hope are regarded as the first and most important factor. In conjunction with the increased life expectancy of interior wall paints and exterior of the building (Mean: 2.80), landscape design resort (mean: 2.66), layout architecture and design to suit the needs of the elderly (mean: 2.40) and design space for your favorite activities elderly (mean: 4.15) were prioritized. Further, Friedman test shows that the differences mentioned are significant and also generalizable to the target population ($p < 0.05$).

Conclusion

This study examines the role of cultural, sporting, artistic and scientific in increasing the life expectancy of the elderly people. The results indicated that, most of the activities examined in this study were found to have a significant impact on increasing life expectancy respondents. Therefore, said the results indicated that the activity is effective in raising life expectancy respondents. The continuous loss of permanent resident in a care home for the elderly with more than 74.8 percent of respondents claimed to have had an urgent need to build a recreation center for seniors. More than 80.2% reported the recreation center for seniors with amenities suited to meet the operating efficiency ; in the case of the elderly, individual capacity together with the presence of other seniors, 79.4 respondents reported the effectiveness of the mentioned factors. 84.1 % emphasized the welfare of the elderly away from emotional problems. As can be seen in most cases, respondents need to build a recreation center. Also, according to the article, 84.4 percent of respondents claimed

to increase the construction of recreation centers for the elderly as well as their life expectancy. In this connection, only 15.6 percent of respondents reported against such a claim. In conclusion, with 95% confidence level, we can say that the above hypothesis was accepted and the ability to generalize the target population as well. Naturally, it can be concluded that there could be a temporary place to house the elderly, who are influenced by people's increasing life expectancy society. So, it is the public and private organization's responsibility to emphasize the role of social factors in the lives of seniors and increase the elderly life hope to a special plan for constructing such facilities.

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