

To explore the effects of physical activity and acupressure on the well-being and cognitive ability of the elderly

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Key words : physical activity 、 elderly learning 、 active aging



Background

In recent years, with the advancement of medical technology, the public has awakened awareness of learning for the elderly. Combined with the government's active promotion of lifelong learning and long-term care services, it is expected to achieve the goal of promoting the health of the elderly and delaying disability. The World Health Organization (WHO, 2020) proposes an active aging policy, hoping to achieve the goal of promoting the health of the elderly and delaying disability through health policy intervention and the creation of a friendly environment for the elderly.

Purpose

Most studies have pointed out that physical activity and acupressure can effectively improve the well-being and cognitive ability of the elderly, but few studies have explored whether the combination of physical activity and acupoint massage courses has different benefits for the elderly.

Methods

We designed activities that combined physical activity with acupressure sessions. Adopting the intentional sampling method, recruiting students over 65 years old who are willing to participate in the activities in the senior center, a total of 20 students participated in this course activity combining physical activity and acupressure (Table 1), and were divided into experimental group and control group by quasi-experimental method. The experimental group adopted physical group activities combined with acupoint massage courses, while the control group maintained the established health-promoting physical activities. 1 time a week, 2 hours each time, a total of 5 group activities. Use the Montreal Cognitive Assessment (MoCA) and the WHO-5 Happiness Scale to fill in before and after the activity to evaluate the effectiveness of the activity.

Results

The study used SPSS 19 analysis and found that there was no significant difference between the experimental group and the control group before the intervention, but there were significant differences in the MoCA and WHO-5 happiness scales before and after the intervention ($p < 0.001$), and the difference between the experimental group had a large effect size (Cohen's $d = 0.78$) (Table 2), showing that physical activity and acupressure courses can help improve cognitive function and well-being.

Conclusion

This study shows that the combination of physical activity and acupoint massage courses can improve the well-being and cognitive ability of the elderly. It is recommended that it is worth promoting in community elderly bases, and collect more participants' responses for further research.

Table 1

Subject (n=20)	
Age	68.5±4.8
BMI	23.7±3.6
Gender(Man/Woman)	1:1
ADL/IADL	Independent

Table 2

Test	P value	Cohen's d
MoCA	< 0.001	0.65
WHO-5 Happiness Scale	< 0.001	0.78

Physical activity



acupuncture point massage

