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The influence of motivation on the activeness of older adults with Hypertension in prolonged gymnastics activities

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ABSTRACT

Introduction: Population ageing is one of the significant challenges in modern society, with the increasing number of elderly populations. Prevention and management of health conditions have become very important, and the Prolanis gymnastics program has been recognized as one of the effective methods. Motivation plays a central role in shaping health behaviours and habits.

Methods: This research is quantitative with an analytical design with a sectional study design approach. The population in this study was all Prolanis Participants suffering from Hypertension, with the number of samples in the survey 41 respondents. The sampling technique used in this study was accidental sampling.

Results: The Chi-square Statistical test on the influence of motivation on the participation of older adults with Hypertension in prolonged gymnastics activities obtained a p-value = 0.000 or smaller than a = 0.05 (0.000<0.05).

Conclusions: The influence of motivation on the activeness of older adults with Hypertension in protagonist gymnastics activities. Motivation influences the activeness of older adults with Hypertension in prolantic gymnastics activities. High motivation can be an essential factor in encouraging active participation in prolanist gymnastics programs, which in turn can support the management of hypertensive conditions and improve the well-being of older people. However, it is essential to remember that these conclusions are general and cannot be taken as absolute truth without supporting data and evidence.

Keywords: *activeness of elderly; motivation; prolongs gymnastics activities.*

INTRODUCTION

Older adults with Hypertension are a group that is vulnerable to various health problems. One approach to improve their quality of life is through Prolanis gymnastics activities (Sunarma, 2023). Motivation is crucial in encouraging elderly activeness in these activities, which can positively impact their health and well-being (Behzadnia, Deci and DeHaan, 2020). Motivation can be defined as an internal or external force that drives an individual to achieve a goal or perform an action. In the context of Prolanis gymnastics activities, motivation can be the primary driver that affects the participation and activeness of older adults with Hypertension (Riyanto *et al.*, 2020). Prolanis gymnastics activities offer a variety of health benefits, including improved physical fitness, management of Hypertension, and improved mental well-being (Joelsson, Lundqvist and Larsson, 2020).

Therefore, understanding the motivational factors that influence the activeness of older people in these activities can be an essential foundation for developing effective intervention strategies. Motivation, as an internal force that drives individuals to act, has a crucial role in shaping the behaviour of older people, especially in the context of Prolanist gymnastics activities (Mallari *et al.*, 2020). A deep understanding of these motivational factors can provide a better view of how to encourage the participation and activeness of older adults with Hypertension in this health program. Awareness of the importance of health can be the primary motivator for older people to participate in Prolanis gymnastics activities. Understanding the direct link between physical activity and hypertension management can trigger an urge to engage actively. Seniors who understand the positive benefits of Prolanis gymnastics, such as decreased blood pressure, improved heart health, and improved general well-being, may be more motivated to engage consistently. Through a deep understanding of these motivational factors, efforts to create a supportive environment and strategies that can increase the motivation of older adults with Hypertension to participate in Prolanis gymnastics activities can be more effectively carried out. As a result, the health benefits obtained from this program can be maximized (Firdaus and Idris, 2020).

Older adults with Hypertension may experience physical limitations that can hinder activeness (Collado-Mateo *et al.*, 2021). Adapting the Prolanis gymnastics program to individual abilities is essential. Hypertension is a major health problem among the elderly, with a significant impact on quality of life and the risk of other diseases. The Prolanis Gymnastics Program is designed to help older adults with Hypertension manage their health conditions through physical activities (Rai *et al.*, 2020). The family has a significant role in encouraging the activeness of older people. Providing emotional and physical support, as well as involving families in gymnastics activities, can be powerful motivators (Kliziene *et al.*, 2021). Through a holistic approach that considers challenges and seizes opportunities, the activeness of older adults with Hypertension in Prolanis gymnastics activities can be improved, positively impacting their health and quality of life. Prolanis Gymnastics is a gymnastics program specifically designed for the elderly, especially for those who suffer from Hypertension. This program aims to improve physical and mental health, manage blood pressure, and improve the quality of life of older people. Each Prolanis gymnastics session begins with a warm-up to prepare the elderly body before more intense physical activity (Aungsuroch *et al.*, 2022). This warm-up involves light movements such as stretching and slowly increasing the heart rate. Cardiovascular exercise is designed to improve blood circulation and heart endurance. Soft aerobic movements such as walking in place, aerobic steps or dance moves can be incorporated into this program. Strength

training improves muscle strength and stability (Guo *et al.*, 2023). Moments to share experiences, laugh together, and build community can increase the motivation and activeness of older people. The benefits of Prolanis Gymnastics are that this program helps more senior people in controlling their high blood pressure. Improves heart and blood vessel health. Cardiovascular exercise supports heart and blood vessel health. Improves balance and coordination Balance exercises help prevent falls and strengthen the body's support muscles (Arifuddin *et al.*, 2021).

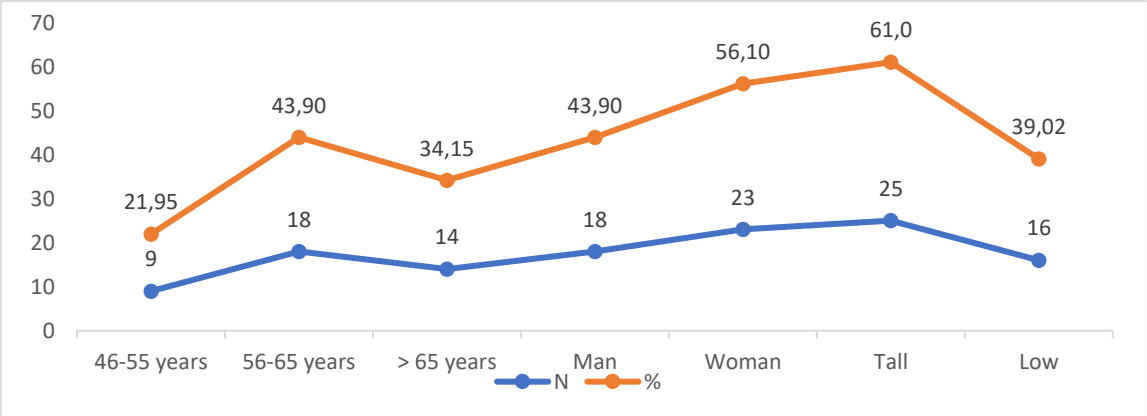
Improved mental health, social activities, relaxation, and health education can improve mental well-being. Prolanis gymnastics is a series of physical exercises and a holistic effort to improve the health and quality of life of older adults with Hypertension. This program is expected to provide maximum benefits for its participants by involving various aspects. This study aimed to identify motivational factors that affect the activeness of older adults with Hypertension in participating in Prolanis Gymnastics activities. It involves a deep understanding of what drives seniors to engage in such activities.

MATERIALS AND METHODS

This research is quantitative with an analytical and cross-sectional study design approach. The population in this study was all Pronalis Participants suffering from Hypertension, with the number of samples in the study being 41 respondents. The sampling technique used in this study was accidental sampling. Operational definition and objective criteria: motivation is an encouragement to be more active in prolanist gymnastics, and participation of older people is the presence of participants who join in prolanist gymnastics activities (times / 3 months. Data was collected through the distribution of questionnaires, interviews, and field observations, and then data analysis was carried out with the help of SPSS 25.0. Data processing methods through editing, coding, transfering, and tabulating. Before being given to respondents, research instruments are carried out validity tests to ascertain how well an instrument is used to measure concepts that should be measured, and reliability tests are tools to measure a questionnaire, which is an indicator of variables or constructs. To measure reliability with the Cronbach Alpha statistical test (α). A build or variable is reliable if it gives a Cronbach Alpha value of > 0.6. This study used the chi-square test. A correlation test determines the magnitude of influence caused by other variables (independent variables) and other variables (dependent variables). Computerized calculations with interpretation using a p-value of 0.05 with a precision of 5% are said to have an effect if the p-value ≤ 0.05 and if ≥ 0.05 is considered to have no effect.

RESULTS

Graph 1 Respondents' Demographic Data



Based on Grammar One, the dominant age of the elderly is 56-65 years, as much as 18%; respondents of the male sex, as much as 18%, and the elderly have high motivation, as much as 25.

Table 2 Reliability test

Variable	*cronbach's alpha*	Standard alpha	Information
Motivation	0.986	0.60	*Reliable*
Elderly Liveliness	0.863	0.60	*Reliable*

Based on Table 1, it is known that each variable, such as a variable of motivation and creativity of older people, has a value of Cronbach's alpha > 0.60, so the results of reliability tests on all variables are declared reliable.

Table 1 Analysis of motivation on the activeness of older adults with Hypertension in therapeutic gymnastics activities

Motivation	Elderly Liveliness				Sum		*p-value*
	Active		Inactive		n	%	
	N	%	n	%			
Tall	22	88.0	3	12.0	25	100.0	0.000
Low	1	6.3	15	93.8	16	100.0	

Based on table 1 shows that respondents have high motivation towards active older adults with hypertension in prolanis activities, as many as 22 people (88.0%). In comparison, respondents have high motivation towards inactive older adults with Hypertension in prolanis activities, as many as three people (12.0%), while respondents have low motivation towards active older adults with Hypertension in prolanis activities, as many as one people (6.3%). In comparison, respondents have low motivation towards inactive elderly sufferers—hypertension in prolanist activities in as many as 15 people (93.7%). The results of the Chi-square Statistical test on the influence of motivation on the participation of older adults with Hypertension in prolonged gymnastics activities obtained a p-value = 0.000 or smaller than a = 0.05 (0.000<0.05). So, it can be concluded that motivation influences the activeness of older adults with Hypertension in prolonged gymnastics activities.

DISCUSSION

Researchers revealed that motivation influences the activeness of older adults with hypertension in prolanist gymnastics activities. Motivation can significantly impact the activeness of older adults with Hypertension in Prolanis Gymnastics activities (Susanto, Palestin and Handayani, 2022). Seniors with a high level of motivation tend to be more active in participating in Prolanist Gymnastics activities. Increased motivation can drive consistent participation in the program (Kinasih, Agustina and Mustofa, 2020). Strong motivation can help older people to remain consistent in participation. While there may sometimes be physical or emotional obstacles, a high level of motivation can help them overcome obstacles and stay active regularly (Tang, Wang and Guerrien, 2020). Motivated seniors may be more likely to exercise at a higher intensity or with better focus (Campelo and Katz, 2020). This can increase the effectiveness of gymnastics activities and the health benefits obtained (Suprapto, 2023). Motivation can help the elderly make Prolanis Gymnastics an integral part of their hypertension management efforts (Febriawati and Angraini, 2023). Regular physical activity can contribute to the control of high blood pressure.

Seniors motivated to participate in physical activities may also experience improved mental well-being (Khamidah, Zen and Ginanjar, 2023). Physical activity can stimulate the release of endorphins, improving mood and reducing stress levels. Active participation in the Prolanis Gymnastics program can improve the social and emotional aspects of the elderly (Wijayanti *et al.*, 2023). Motivation to get involved can help build social bonds within the group, creating a supportive and motivating environment. Motivation can be an essential factor in maintaining older people's independence and body function (Kamaruddin, 2023). Regular physical activity can help maintain strength, balance, and flexibility, supporting independence in daily activities. Seniors active in Prolanis Gymnastics, driven by motivation, can reduce the risk of other diseases associated with a sedentary lifestyle. These include the risk of heart disease, diabetes, and other health problems. Thus, strong motivation can form the basis for the activeness of older adults with Hypertension in Prolanis Gymnastics activities, having a positive impact on their physical and mental health. It is essential to understand the specific motivational factors that are most influential to design appropriate strategies to increase their participation in the program.

CONCLUSIONS

It can be concluded that motivation influences the activeness of older adults with Hypertension in prolanist gymnastics activities. Motivation affects the activeness of older adults with Hypertension in prolantic gymnastics activities. Motivation can impact the activeness of older adults with Hypertension in prolanist gymnastics activities. High motivation can be an essential factor in encouraging active participation in prolanist gymnastics programs, which in turn can support the management of hypertensive conditions and improve the well-being of older people. However, it is essential to remember that these conclusions are general and cannot be taken as absolute truth without supporting data and evidence. In addition, it is necessary to consider other factors that may affect the activeness of older people, such as physical health, social support, and the surrounding environment. By obtaining more complete and valid data, more robust and more reliable conclusions can be produced regarding the relationship between motivation and activeness of older adults with Hypertension in prolanist gymnastics activities.

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