


Foresighting the Leisure Time of the Elderly Based on the Physical Activity Approach (Causal Layered Analysis Method)

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Abstract

Purpose: Factors such as improving living conditions, increasing life expectancy and lifespan in the elderly have led to an increase in the elderly in various societies, including Iran and old age has more leisure than youth due to age conditions and reduced work activity ratio. Therefore, the aim of this study was to foresight the leisure time of the elderly based on the physical activity approach.

Method: Using the model of causal layered analysis, in four levels of litany analysis, social causes, discourse and worldview and myth, this research investigates the approach of the layered causal method to the problem. Therefore, by studying the sources in the research literature, interviewing sports and futures research experts and using causal layered analysis, describes the problem at four levels.

Findings: Causal layered analysis of the elderly's leisure was defined by the physical activity and exercise approach with 27 indicators and showed that the existence of problems at the four levels is necessary in order to take a more comprehensive look at the nature of problems and issues and to create intellectual order in a structured confrontation with problems.

Conclusion: The results showed that in order to plan and accurate policies to meet the needs of the elderly especially in the field of sports and physical activities in the form of leisure, attention to the layer of discourse and myths and metaphors causes the set of constructive actions in these layers to solve some issues at higher levels leading to a bedrock for active Elderly.

Keywords: Foresight, Leisure Time, Active Elderly, Physical Activities, Causal Layered Analysis Method.

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Introduction

Leisure time, considering that it constitutes an important part of human life, is of great importance and sensitivity, and certainly the way of spending leisure time of the elderly is of great importance compared to other age groups; Therefore, by taking steps towards an active elderly person, physical activities can be considered as one of the important factors in this field, having various positive benefits, and the most important tool for spending free time (Lee won & et al, 2016). Not paying attention to this category will increase health costs, due to the high demand of the elderly in the country, it will become one of the most important challenges in the field of aging (Mohammadzade & et al, 2018). Jordan Deneau and et al (2019), In a research entitled the perspective of leisure time and physical activity in the elderly, a successful man (an investment source) concluded that the intervention patterns of physical activity in the leisure time of the elderly, with different perspectives, solves the concern of aging and aging society. slow and it is believed that these perspectives will draw a framework that will witness active and dynamic seniors in society; Therefore, this issue should be given the basic attention of researchers, decision makers and policy makers in the field of improving the health of the elderly. Satoshi Seino & et al (2019), They concluded that exercise and regular physical activities (individual-group) guarantee the physical and mental health of the elderly and are useful for maintaining physical performance and mental health.

Therefore, governments and international organizations can only take responsibility for dynamic and active aging when they adopt and implement appropriate and efficient methods regarding dynamic and active aging and put them into practice (Sohrabi & et al, 2018). Therefore, the aim of the current research is to forecast the leisure time of the elderly based on the approach of physical activities. This research seeks to answer the question of how to determine the importance and necessity of the future of the leisure time phenomenon of the elderly with the approach of physical activities, through Causal layered analysis (CLA). Make a layer visible?

Methodology

The current research is applied in terms of purpose and qualitative research, and in terms of data and information collection, it is considered a descriptive research. The statistical population of the research consists of experts and specialists in the field of sports sciences and future studies. This research, using the model of layered analysis of causes, analyzes the approach of layered causal method to the problem in four levels of litany analysis, social causes, discourse, worldview and myth.

Results

In order to examine the problem of leisure time in the elderly, based on the approach of physical activities according to layered causal analysis, the subject is analyzed in four layers: litany or appearance, social, discourse, myth and metaphor, and the factors that affect time in four levels The leisure time of the elderly is

identified based on physical activities, and finally, we analyze the strategies that increase or decrease the tendency to physical activities among the elderly community based on the basics of leisure time.

Table 1. Layered causal analysis of leisure time of the elderly with the approach of physical activity and exercise

level of analysis	subject	Approach
litany	<ul style="list-style-type: none"> - Physical health of the elderly - Mental health of the elderly - Social health of the elderly - Increase in the elderly population - Being a burden 	<ul style="list-style-type: none"> - Explaining motivational policies to encourage the elderly to exercise - Encouraging and supporting this age group
Social causes	<ul style="list-style-type: none"> - Changing the family structure - The role of dynamic governments - An active community - Coordination of the involved institutions -The model of sports development in society - Quality of Life - Attention to the position of the elderly 	<ul style="list-style-type: none"> - The use of foresight models and revision of the country's health policy - Construction of various sports centers according to international standards for the elderly in different provinces of the country - Holding sports competitions for the elderly in a professional and standard way
Conversation making	<ul style="list-style-type: none"> - Human rights (respect - dignity – equality) - Welfare movement - Educational movement - Reform movement - Intergenerational equality and -justice - Having a purpose in life 	<ul style="list-style-type: none"> - Spreading the model of sports development and cultural building in the society as a common goal among the people of the country with different ages and lifestyle changes
Myth and metaphor	<ul style="list-style-type: none"> - Active aging - An old poacher makes the best gamekeeper - Increase in divine blessings - A healthy mind in a healthy body - I wasn't born yesterday 	<ul style="list-style-type: none"> - Exercise is the basis of cultivation, training and walking to God - Integration of soul and body, physical and mental health - Old age without exercise is decay - Old age with sports is independence - Becoming a role model for athletes in this age group for other age groups in the country; Based on the implementation of practical and philosophical ethics in Iranian Islamic society - Promotion of strength sports

Layered causal analysis of leisure time of the elderly with the approach of physical activity and exercise was defined with 72 representative indicators and showed; The existence of issues at four levels is a necessity in order to have a more comprehensive look at the nature of issues, topics and create intellectual order in a structured confrontation with issues.

Conclusion

In this research, with regard to its main goal, which is to forecast the leisure time of the elderly, based on the approach of physical activities, it was discussed that in the present era, due to the emergence of the issue of leisure time for the elderly and according to the trend towards The growth of the elderly population in the coming years, it is feared that by neglecting this matter, there will be numerous and widespread consequences on the health field, which will affect the economic, social and even the political and cultural fields, and the program It will disturb the development of health. Therefore, correct and accurate planning and policies to respond to the needs of the elderly, especially in the field of sports and physical activities in the form of leisure time, paying attention to the layer of discourse creation, myths and metaphors, makes the set of actions Constructors in these layers lead to the solution of some problems and issues placed in higher layers, which provides a platform for active aging.

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