



The Relationship Between Sedentary Behavior and Cognitive Function in Older Women

Poster Presentation

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Abstract

Introduction: Aging is a gradual, time-related biological process that occurs when destructive processes precede production processes. Women are the center of family health, and the main model of education and promotion of a healthy lifestyle is their responsibility. Today, inactivity caused by machine life affects other aspects of a person's life. Therefore, the aim of the present study is whether there is a relationship between Sedentary behavior and cognitive function in older women?

Methods: The present study is a correlational study that was conducted by field method with the aim of being applied. The statistical population of this study was women over 45 years old in Tabriz. Data were collected by cluster sampling with about 120 participants from clubs, mosques, cultural centers, and parks in Tabriz. The instruments used in this study were the Sedentary Time Inventory in Adults and the Elderly, Barclay Executive Function Test. The Pearson correlation method with a significance level of 0.05 and SPSS software version 24 was used for data analysis.

Results: The results of Pearson correlation showed that Sedentary behavior has a significant negative relationship with total cognitive function ($R=0.41$, $P=0.005$). That is the more monogamy, the lower the executive performance.

Variable	cognitive function	Sedentary behavior
cognitive function	1	*-0/413
Sedentary behavior	*-0/413	1

* $p \leq 0/05$

Conclusion: We live in a modern society that increasingly relies on special machines to perform daily tasks and at the expense of which is an increase in a sedentary lifestyle. An increased sedentary lifestyle is associated with increased obesity. Increased monotony also causes an analysis of the cognitive function of the brain. Brain nerve cells are vulnerable to a lack of oxygen, which results from reduced physical activity and increased monotony time. Elderly people who are physically active will have better cognitive performance in the coming years than older people who have higher monogamy.

Keywords

Sedentary behavior; cognitive function; older women

Reference:

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