



The examination of relationship between physical activities with cognitive function among Menopause women

Poster Presentation

Fereshteh Yousefi * ; Zahra Fathirezaie; Mahta Eskandarnejad

Department of Motor Behavior, Faculty of Physical Education and Sport Sciences, University of Tabriz, Tabriz, Iran
(fereshteh.yosefi.10@gmail.com)

Abstract

Introduction: Physical activity is one of the behaviors that can improve women's health and prevent major diseases and disabilities. Women face special issues arising from their physiological conditions, namely menopause, which affect all aspects of their health. One way to get healthy is through regular physical activity. Therefore, the aim of this study was to investigate the relationship between physical activity and cognitive function in postmenopausal 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 who are in their menopause. 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 Rapid Physical Activity Assessment Questionnaire and the Barclay Executive Function Test. For data analysis, Pearson correlation method with significance level of 0.05 and SPSS software version 24 were used.

Results: The results showed that physical activity had a significant positive relationship with total cognitive function ($R=0.31$, $P=0.005$). That is, the more physical activity, the higher the executive function.

Conclusion: Menopausal women often suffer from weight gain, decreased physical activity, and decreased cognitive function due to today's machine life and reduced metabolism. Since menopause is inevitable, one of the ways to achieve health and wellness during this period is regular physical activity and increasing physical fitness. Therefore, to avoid the aging cycle, it is necessary to choose an active lifestyle and do proper physical activity during the week.

Keywords

Physical activity; cognitive function; Menopause

Reference:

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