



The relationship between balance efficiency and anxiety, balance and functional mobility in older adults

Poster Presentation

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Abstract

Introduction: This study aimed to determine the relationship between balance efficiency and anxiety, balance, and functional mobility of elders' men and women living in Ardabil.

Methods: The study's statistical population consisted of male and female elderly in Ardabil nursing home. Sixty participants (30 males and 30 females) had selected as available (ranging in age from 65 to 75 years). The older adults had randomly divided into groups according to the inclusion criteria. Data were collected using a demographic questionnaire, confidence in specific activity balance, and the Hamilton Anxiety Rating Scale. Then, the balance ability of the elderly was measured using the Berg Balance Test, and their functional mobility was measured using the timed up and go test along with another additional test called 30 seconds of rising and sitting.

Results: Descriptive statistics and Pearson correlation test in SPSS 16 software with a significance level of 0.05 had used to analyze the data. The results showed a significant relationship between balance efficiency and balance and anxiety in older men and women. Still, there was no significant relationship between balance efficiency and functional mobility in older men and women.

Conclusion: Therefore, balance efficiency plays a vital role in balance and anxiety in older men and women and should be considered in balance studies in the elderly. Also, it could be concluded that although functional mobility is a crucial ability to move around the environment and participate in activity daily livings, it is essential to consider various factors such as psychological aspects related to balance and movement in the background. It is worth studying more carefully with a larger sample size of the elderly and paying attention to other variables.

Keywords

Anxiety; Balance efficiency; functional mobility; Older adults

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