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بررسی ارتباط بین سبک زندگی سالم با عزت نفس و سرزندگی ذهنی در سالمندان شهر سیرجان
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توسط

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Title

Investigating the relationship between healthy lifestyle with self-esteem and subjective vitality in the elderly population of Sirjan in 2020

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چکیده

مقدمه و اهداف: سالمندی جمعیت یکی از اساسی‌ترین چالش‌های جهان امروز محسوب می‌شود. ناتوانی‌ها و بیماری‌های حاصل از دوران سالمندی موانع و مشکلات زیادی به همراه دارد که موجب احساس بی‌ارزشی و عدم اشتیاق به زندگی در سالمندان می‌شود؛ لذا شناخت سبک زندگی سالمندان و عوامل روان‌شناختی مرتبط با آن ضروری به نظر می‌رسد. بدین ترتیب، این مطالعه با هدف تعیین ارتباط بین سبک زندگی سالم با عزت نفس و سرزندگی ذهنی در سالمندان شهر سیرجان در سال ۱۳۹۹ انجام شد.

روش‌ها: مطالعه حاضر از نوع توصیفی-تحلیلی و به روش مقطعی بود. حجم نمونه شامل ۲۰۰ سالمند مراجعه‌کننده به مراکز جامع سلامت شهر سیرجان بود که به روش نمونه‌گیری تصادفی دو مرحله‌ای انتخاب شدند. اطلاعات به روش مصاحبه تلفنی با استفاده از پرسش‌نامه اعتبارسنجی شده سنجش سبک زندگی سالم در سالمندان ایرانی، مقیاس عزت نفس روزنبرگ و مقیاس اعتبارسنجی شده سرزندگی ذهنی جمع‌آوری گردید. تجزیه و تحلیل اطلاعات در نرم‌افزار SPSS نسخه ۲۰ و با محاسبه آمار توصیفی و آمار استنباطی شامل آزمون من‌ویتنی‌یو، کروسکال والیس، آزمون‌های Post Hoc و ضریب همبستگی اسپیرمن انجام شد.

یافته‌ها: میانگین سنی سالمندان $65/66 \pm 3/9$ سال و بیشتر آنان مرد، متأهل، دارای تحصیلات دانشگاهی و بازنشسته بودند. میانگین و انحراف معیار نمره سبک زندگی سالم $13/78 \pm 13/4$ ، عزت نفس $36/34 \pm 4/62$ و سرزندگی ذهنی $21/2 \pm 8/85$ به دست آمد. بین سبک زندگی سالم و عزت نفس ($p < 0/001$) و بین سبک زندگی سالم و سرزندگی ذهنی ($p < 0/001$) ارتباط مستقیم و معنادار وجود داشت. میانه نمره ورزش ($p = 0/001$) و سرزندگی ذهنی ($p = 0/047$) برحسب جنس تفاوت معنی‌داری داشت و در مردان بیشتر بود. همچنین میانه نمره پیشگیری ($p = 0/020$)، ورزش ($p = 0/001$) و سبک زندگی سالم ($p = 0/014$) برحسب تحصیلات تفاوت معنی‌داری داشت و در گروه دانشگاهی بیشتر بود. میانه نمره پیشگیری ($p = 0/013$)، تغذیه سالم ($p = 0/012$)، ورزش ($p = 0/041$)، مدیریت استرس ($p = 0/010$) و سبک زندگی سالم ($p < 0/001$) برحسب وضعیت تأهل تفاوت معنی‌داری داشت؛ به‌طوری که میانه نمره پیشگیری، تغذیه سالم، ورزش و مدیریت استرس در گروه متأهل بیشتر از گروه بیوه بود و میانه نمره سبک زندگی سالم در گروه بیوه بیشتر از گروه متأهل بود. همچنین میانه نمره پیشگیری ($p = 0/015$)، تغذیه سالم ($p = 0/007$)، ورزش ($p < 0/001$)

و سبک زندگی سالم ($p=0/003$) برحسب وضعیت اشتغال تفاوت معنی‌داری داشت و در گروه بازنشسته بیشتر از سایر گروه‌ها بود.

بحث و نتیجه‌گیری: بین سبک زندگی سالم با عزت نفس و سرزندگی ذهنی سالمندان ارتباط مستقیم و معنی‌دار وجود داشت. بنابراین نتیجه می‌شود اگر سالمندان به حفظ سلامتی خود اهمیت دهند با انتخاب سبک زندگی سالم از احساس عزت نفس و سرزندگی نیز بهره‌مند می‌گردند.

کلیدواژه‌ها: سبک زندگی سالم، عزت نفس، سرزندگی ذهنی، سالمندان

Abstract

Background and objectives: Population aging is an essential challenge in today's world. Disabilities and diseases of old age induce many obstacles and problems that lead to feelings of worthlessness and lack of life motivation in the elderly; Therefore, it is necessary to understand the lifestyle of the elderly and the associated psychological factors. Thus, This study was conducted aimed to determine the relationship between a healthy lifestyle, self-esteem and subjective vitality of the elderly in Sirjan in 2020.

Methodology: This is a descriptive-analytical cross-sectional study. The sample size included 200 elderly subjects referring to comprehensive health centers in Sirjan who were selected by two-stage random sampling. Data were collected through telephone interviews using a validated Healthy Lifestyle Assessment Questionnaire in Iranian Elderly, Rosenberg Self-Esteem Scale and a validated Subjective Vitality Scale. Data analysis was performed in SPSS v. 20 by calculating descriptive and inferential statistics including Mann-Whitney test, Kruskal-Wallis test, Post Hoc tests and Spearman correlation coefficient.

Results: The mean age of the elderly was 65.66 ± 3.9 , most of whom were males, married, had university education and were retired. Mean and standard deviation of healthy lifestyle score were 134.42 ± 13.78 . Mean and standard deviation of self esteem were 36.34 ± 4.62 and those of subjective vitality were 21.80 ± 2.85 . There was a direct and significant relationship between healthy lifestyle and self-esteem ($p < 0.001$) and between healthy lifestyle and subjective vitality ($p < 0.001$). The median scores of exercise ($p = 0.001$) and subjective vitality ($p = 0.047$) were significantly different based on gender and were higher in men. Also, the median scores of prevention ($p = 0.020$), exercise ($p = 0.001$) and healthy lifestyle ($p = 0.014$) were significantly different in terms of education and were higher in the university group. The median scores of prevention ($p = 0.013$), healthy nutrition ($p = 0.012$), exercise ($p = 0.041$), stress management ($p = 0.010$) and healthy

lifestyle ($p < 0.001$) were significantly different according to marital status, in such a way that the median scores of prevention, healthy nutrition, exercise and stress management was higher in the married subjects than the widowed subjects. Also, the median score of healthy lifestyle in the widowed subjects was higher than the married ones. Also, the median scores of prevention ($p = 0.015$), healthy nutrition ($p = 0.007$), exercise ($p < 0.001$) and healthy lifestyle ($p = 0.003$) were significantly different based on the employment status and was high in the retired group than other groups.

Discussion and Conclusion: There was a direct and significant relationship between healthy lifestyle with self-esteem and subjective vitality among the elderly. Therefore, it is concluded that in case the elderly pay enough attention to maintaining their health they will also benefit from a sense of self-esteem and subjective vitality through choosing a healthy lifestyle.

Keywords: Healthy lifestyle, self-esteem, subjective vitality, elderly

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بسمه تعالی

صور تجلسه دفاع از پایان نامه

تاریخ ... ۱۴۰۰/۱۰/۰۷

شماره ... ۱۴۰۰/۱۰/۰۷

پیوست

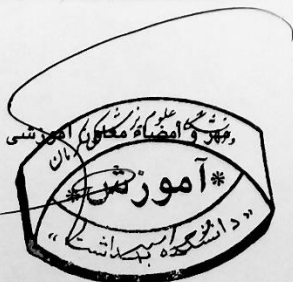
دانشگاه علوم پزشکی کرمان

تحصیلات تکمیلی دانشگاه

جلسه دفاعیه پایان نامه تحصیلی خواهشمند است نظر خود را در مورد پایان نامه خانم پرنیا ابوالقاسمی نژاد دانشجوی کارشناسی ارشد رشته آموزش بهداشت و ارتقاء سلامت تحت عنوان "بررسی ارتباط بین سبک زندگی سالم با عزت نفس و سرزندگی ذهنی در سالمندان شهر سیرجان در سال ۱۳۹۹" به راهنمایی خانم دکتر سمیه علیزاده - آقای دکتر وحیدرضا برهانی نژاد اعلام نمایند. در ساعت ۱۲ روز سه شنبه مورخ ۱۴۰۰/۱۰/۰۷ با حضور اعضای محترم هیات داوران متشکل از:

| سمت | نام و نام خانوادگی | امضا |
|----------------------------|---|------|
| الف: استاد(ان) راهنما | خانم دکتر سمیه علیزاده آقای دکتر وحیدرضا برهانی نژاد | |
| ب: استاد(ان) مشاور | خانم دکتر نرگس خانجانی خانم دکتر مریم صابر | |
| ج: عضو هیات داوران (داخلی) | آقای دکتر عابدین ایرانیپور | |
| د: عضو هیات داوران (خارجی) | آقای دکتر علی خالویی | |
| ه: نماینده تحصیلات تکمیلی | خانم دکتر مریم صابر | |

تشکیل گردید و ضمن ارزیابی به شرح پیوست با درجه عالی و نمره ۱۹۰۰/۱۰/۰۷ مورد تأیید قرار گرفت.



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