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## Ageing with joy

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# **Ageing with joy**

The effect of a physical activity programme  
on the well-being of older people

A study conducted in five homes for the elderly in Paramaribo

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RIJKSUNIVERSITEIT GRONINGEN

# Ageing with joy

The effect of a physical activity programme  
on the well-being of older people

A study conducted in five homes for the elderly in Paramaribo

## Proefschrift

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# Preface

In this study several aspects of human life are being considered. First of all we are interested in movement and the different aspects thereof. Since the target group of our study is the elderly human being aspects of ageing have to be considered in depth to understand the limitations ageing can have on movement especially in daily life and functioning. The country where we studied this was the Republic of Suriname with a multitude of races and cultures within its boundaries, a very specific structure of its population and a tropical location with all its characteristics. Suriname is a developing country which imposes restrictions on all available means in terms of infrastructure, financial means and most of all because of existing cultural differences on the society as a whole.

The study of physical activity programmes for the elderly has, to our knowledge, never been done before in a developing country and therefore emphasis has to be laid upon the very specific circumstances one has to deal with in such an environment.

We will discuss the ageing global population with reflection on the situation in Suriname. The meaning of the words 'physical activity' in a former Dutch colony like Suriname is explained and the setting of physical activity programmes in an elderly population in homes for the elderly is introduced. Like in the rest of the world in Suriname there are more women than men especially in the elderly. This has an impact on the way physical activity programmes have to be structured and conducted as will be discussed in this study.

Together with the general theoretical considerations of the concept of movement and physical activity aspects of health in relation to the process of ageing the structured programmes for physical activity as can be applied to the population in general and the elderly in particular will be discussed.

Next to the material and methods used in this study we will also discuss the results obtained in relation to those derived from literature.



# Table of contents

<b>List of abbreviations</b>	8
<b>Chapter 1 General introduction and aims of this thesis</b>	11
<i>Part 1 General overview older population in the world and in Suriname</i>	12
<i>Part 2 Health, physical fitness and physical activity</i>	27
<b>Chapter 2 How to influence health and fitness in elderly by physical activity: A review of literature</b>	41
<b>Chapter 3 Material and methods</b>	65
<b>Chapter 4 Results</b>	89
<b>Chapter 5 Discussion and conclusions</b>	103
<b>Summary</b>	119
<b>Samenvatting</b>	122
<b>Appendices</b>	125
Appendix I      Vragenlijst (A-I)	126
Appendix II     Fitheidstest	146
Appendix III    Bewegingsprogramma	158
<b>Dankwoord</b>	177
<b>Curriculum vitae</b>	181
<b>United Nations Principles for Older Persons</b>	182
<b>Graduate School for Health Research SHARE</b>	184