

Literature review on ageing, motor skills and physical-recreational activities in older adults in the Sofia Ratino nursing home

Revisión de literatura sobre el envejecimiento, la motricidad y las actividades físico-recreativas en adultos mayores en el asilo Sofia Ratino

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ABSTRACT

The study responds to a result of the research project: “Strategy of physical-recreational activities for the comprehensive development of motor skills in older adults” carried out by students and teachers of the Sports Training career. Its main objective was to identify and analyze existing studies to design a strategy of physical-recreational activities that favors the comprehensive development of motor skills in older adults at the Sofia Ratino nursing home, providing a solid theoretical basis for future interventions. A qualitative systemic investigation was carried out using a bibliographic review and data collection sheets, taking a series of scientific documents as a sample. The results indicate that an effective strategy must be multifaceted, addressing both the physical and emotional aspects of residents. The conclusions highlight the importance of having well-defined stages in physical activity sessions, including warm-up, technique practice and improvisation, to maximize the benefits of the interventions.

Key words: Physical, Recreational, Mobility, Adult, Activity.

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RESUMEN

El estudio responde a un resultado del proyecto de investigación: “Estrategia de actividades físico-recreativas para el desarrollo integral de la motricidad en adultos mayores” que llevan a cabo estudiante y docentes de la carrera Entrenamiento Deportivo. El mismo tuvo como objetivo principal identificar y analizar los estudios existentes para diseñar una estrategia de actividades físico-recreativas que favorezca el desarrollo integral en la motricidad de los adultos mayores en el asilo Sofía Ratino, proporcionando una base teórica sólida para futuras intervenciones. Se realizó una investigación sistémica cualitativa utilizando revisión bibliográfica y fichas de recolección de datos, tomando como muestra una serie de documentos científicos. Los resultados indican que una estrategia efectiva debe ser multifacética, abordando tanto los aspectos físicos como emocionales de los residentes. Las conclusiones destacan la importancia de tener etapas bien definidas en las sesiones de actividad física, incluyendo el calentamiento, la práctica de la técnica y la improvisación, para maximizar los beneficios de las intervenciones.

Palabras clave: Físico, Recreativas, Movilidad, Adulto, Actividad.

INTRODUCTION

With a thorough evaluation of available studies, areas requiring further attention or novel approaches can be recognised. This not only helps to improve the quality of life of residents through well-informed and targeted programmes, but also contributes to the advancement of scientific knowledge in the field, promoting new research and developments.

The literature review establishes a solid theoretical basis that is essential for the implementation and ongoing evaluation of physical-recreational activities. With a clear theoretical framework, programmes can be designed with specific and measurable objectives, making it easier to monitor their effectiveness and make necessary adjustments based on the results obtained. This ensures that the efforts and resources invested in these programmes are used efficiently and that the benefits for older adults are maximised, contributing to their holistic development and healthier and more active ageing.

In the Sofia Ratino nursing home, older adults face significant challenges in their motor skills and general well-being due to the lack of a designed physical-recreational activity strategy. This lack limits opportunities for residents to maintain and improve their mobility, balance and strength, which are crucial to their independence and quality of life. Physical inactivity can lead to accelerated deterioration of physical and mental health, increasing the risk of falls, chronic diseases and social isolation. Without a structured and evidence-based approach, it is difficult to provide residents with the necessary tools to counteract these negative effects.

How does the lack of a designed physical-recreational activity strategy affect the comprehensive motor development of older adults in the Sofia Ratino nursing home? What impact does this deficiency have on the physical and mental health of residents? What components should be included in an effective strategy to improve the motor skills and overall well-being of older adults in this setting? These questions are fundamental to addressing current needs and developing programmes that promote more active and healthy living for nursing home residents.

The absence of an appropriate physical-recreational activity strategy design not only represents a missed opportunity to improve the quality of life of older adults, but also presents a challenge for nursing home staff in terms of providing effective and personalised care. There is a need to research and develop a comprehensive strategy that includes evidence-based activities to address the specific needs of this population. This strategy should consider individual capacities, promote active participation and provide a framework for ongoing evaluation and adjustment of the programmes implemented, thus ensuring that the benefits are sustainable and effective in the long term.

The main objective was to identify and analyse existing studies that allow the design of a strategy of physical-recreational activities in the integral motor development of older adults in the Sofia Ratino nursing home, providing a solid theoretical basis to support future interventions and programmes in the nursing home.

It is relevant to identify and analyse existing studies on the research topic, in order to comprehensively understand how these activities can benefit this population. Existing research provides a rich source of data and findings that can inform and guide the design of specific programmes for the Sofia Ratino Asylum. Knowing the best practices and most effective outcomes documented in the scientific literature allows us to establish a solid foundation on which to build interventions tailored to the particular needs of the asylum residents.

The purpose of analysing these studies is to design a physical-recreational activity strategy that promotes the integral development of motor skills in older adults. A well-founded strategy can significantly improve residents' quality of life by increasing their mobility, balance and strength, which is essential for maintaining independence and

reducing the risk of falls and other health complications (Rincón, J., et al. 2022). In addition, these activities can have a positive impact on mental health, decreasing levels of anxiety and depression, and promoting greater social interaction and a sense of community.

The relevance of this analysis lies in its ability to provide a sound theoretical basis to support future interventions and programmes at the Sofia Ratino nursing home. By understanding which approaches have been effective in other contexts and which have not, programme managers can make informed decisions about how to implement and adapt these activities. This not only maximises the likelihood of success, but also ensures efficient use of resources, time and effort, focusing on practices that truly benefit older adults.

The process of identifying and analysing existing studies also contributes to the creation of an ongoing evaluation framework for physical-recreational activities in the nursing home. By establishing metrics based on previous research, programmes can be dynamically monitored and adjusted, ensuring that they remain aligned with the goals of improving motor skills and overall well-being. This not only provides a structure for evaluating the effectiveness of interventions, but also facilitates the collection of data that can inform future research and programme refinements, thus closing the feedback loop between theory and practice.

Aging is a stage of the human being that tends to hinder the mobility and bodily and even cognitive disrests of people, Sánchez, C., et al. (2013), tells us that the participation of older adults in educational activities is a tool that improves the quality of life and promotes active aging. Education in old age has become a well-established area of pedagogical reflection and educational intervention.

Active ageing, then, as the process of optimising opportunities for health, participation and security in order to improve quality of life as people age. Education is a fundamental component of this concept, as it enables older people to remain active and engaged in their community, to continue to contribute to society and to enjoy a full and rewarding life.

The theory of active ageing and its foundations for those who are not gerontologists and who work in dance with groups of older people, so that their role is strengthened from the theory and their practice is increasingly solid, so that, while strengthening the artistic and cultural processes of the city, reflections are generated that promote a more robust gerontological culture, using tools that allow it (Lopera, M., & Hurtado, N. 2020).

By integrating the principles of active ageing into their programmes, these professionals can create more inclusive and beneficial environments for older adults. This, in turn, not only improves the physical and mental health of participants, but also enriches the artistic and cultural processes of the community. Moreover, by fostering a deeper and more

reflective understanding of older people's needs and capacities, it contributes to the development of an engaged gerontological culture.

For Preciado, A., Carrión, F., Sotomayor, J., & Ponce, M. (2021), physical activity is fundamental for older adults, as it allows them to assess their motor skills and mobility. Strength exercises such as strides and squats, and aerobic exercises such as brisk walking can be included. Stretching exercises and yoga are also recommended. It is important to emphasise the need to change nutrition according to the intensity of the physical activities performed.

Regular physical exercise helps to assess and improve motor skills and mobility. Incorporating strength exercises, such as strides and squats, as well as aerobic activities, such as brisk walking, strengthens muscles and the cardiovascular system. In addition, stretching and yoga exercises improve flexibility and balance, reducing the risk of falls. To maximise the benefits of physical activity, it is crucial to adapt nutrition according to the intensity of exercise.

The concept of social vulnerability for Pérez, D., et al. (2020), is widely used as an analytical tool to understand situations of marginalisation of various kinds, due to its relevance among older adults. The limited participation of older adults in physical and recreational activities that promote adequate psychological well-being is a key factor that negatively affects their overall quality of life.

Physical-recreational activities represent an integral option to occupy leisure time and improve quality of life, as they help to reduce body weight and, consequently, decrease associated health risks. (Torres, Á., et al. D. 2020). The appropriate use of leisure time through physical-recreational activities is an effective way to avoid sedentary lifestyles. In an era dominated by technology, where people spend many hours in front of screens, it is essential to find ways to stay active. Recreational activities not only promote physical activity, but also offer a healthy and constructive alternative to passive leisure.

MATERIALS AND METHODS

The research process on the literature review on ageing, motor skills and physical-recreational activities in older adults in the Sofia Ratino nursing home was established under a qualitative systemic approach. This type of research is ideal to deepen the understanding of complex phenomena, such as the impact of physical activities on the quality of life of older adults (Bonilla, S., et al. 2022). The main objective was to identify and analyse existing studies that address these issues, providing a solid theoretical basis to support future interventions and programmes in the nursing home.

To carry out this research, a sample of relevant scientific papers was selected. These documents included journal articles, doctoral theses, technical reports and academic books. The sample was selected through an exhaustive search of academic databases,

university libraries and digital repositories, ensuring that the studies included were of high quality and relevant to the topic in question.

The techniques and instruments used in the research process were mainly literature review and data collection forms. The literature review consisted of a critical and systematic reading of the selected documents, focusing on the findings and conclusions related to ageing, motor skills and physical-recreational activities in older adults (Niño, J., & Solano, M. 2020). On the other hand, the data collection sheets were used to organise and synthesise the relevant data from each document, facilitating comparative analysis and the identification of patterns and trends.

The analysis of the information collected allowed for a detailed overview of the current state of research on these topics. The results indicated that physical-recreational activities have a significant positive impact on the motor skills and general well-being of older adults, contributing to a better quality of life and the prevention of age-related diseases. These findings will be instrumental in designing and implementing specific programmes at the Sofia Ratino nursing home, with the aim of improving the health and well-being of its residents.

RESULTS

The results obtained by Zavala, M., & Rentería, N. (2020). indicate that it is essential to examine various elements, including psychological and physical factors, that influence the emotional well-being of older adults. The descriptive analysis provided a more complete overview of their emotional state. Regarding self-esteem, it was observed that this group maintained a normal level, which was positively improved by participation in physical and recreational activity programmes.

Pizarro, E., et al. (2023), in their study on Influence of recreational physical activity on self-esteem in the elderly, mentioned that the physical and recreational activity programme was carried out over a period of 12 weeks, with an average duration of 45 minutes per session, three times a week, which is in line with the recommendation of up to 150 minutes per week. It included a variety of exercises covering fine and gross motor skills, coordination, balance, hand-eye and foot-eye coordination, as well as aerobic and anaerobic exercises. Activities ranged from dance therapy and walking to board games, daily living tasks, events and traditional games, specifically adapted to the participating age group.

Thus, their own experience confirms the positive impacts of mobility on people in this age group. It is recognised that physical activities within these vulnerable groups promote greater functionality in daily life, which contributes to an increase in self-esteem as they feel capable and useful both to themselves and to others.

In relation to the results obtained in the study by Ochoa, M., & Pila, A. (2024), it concludes that, among the activities carried out by older adults, the one that generated the greatest impact and was memorable in terms of physical development was "working

on motor skills and coordination". This suggests that active participation and continuous movement during this activity were key elements for their positive acceptance and success in the workshop.

Garcés, M. (2022), mentions a complementary technique to facilitate activities in older adults, called toy libraries; among the most important characteristics, is to have spaces or environments for encounters with different people, for the realisation of different motor and sensory games that stimulate the interaction of all the older adults who are in this space. It is concluded that the toy libraries allow to have a suitable distribution, so that, by means of the playfulness, it is possible to stimulate in a cognitive and motor way to the older adults, and to obtain through these the design of wide, adaptable, safe, and healthy spaces.

The study carried out by Calderón, M., & Huanca, G. (2024), identifies as key aspects to improve motor skills the different stages of the sessions, which include warm-up, practice of technique, imitation, improvisation, creation and closure. It is highlighted that musical preferences and interaction with the themes played a significant role during the performance of the technique. These aspects were assessed through observation and monitoring of each adult's individual progress in each session.

DISCUSSION

In the analysis of various studies on the impact of physical-recreational activities on the motor skills and well-being of older adults, complementary approaches and results are observed that highlight the importance of these programmes in the Sofia Ratino nursing home. Several studies adopt varied methodologies and approaches to assess the impact of physical-recreational activities. One study examines psychological and physical factors that influence the emotional well-being of older adults, highlighting that participation in physical and recreational activity programmes significantly improves their self-esteem and emotional state. This descriptive analysis provides a comprehensive view of emotional state and confirms the need to address both physical and psychological aspects to achieve complete well-being in older adults.

Another study conducts a programme of physical and recreational activities for 12 weeks, with 45-minute sessions three times a week. This programme includes a wide range of exercises covering fine and gross motor skills, coordination, balance, aerobic and anaerobic exercises. Activities vary from dance therapy and walking to board games and daily living tasks, showing effective adaptability to the participating age group. This structured and diverse approach ensures that multiple dimensions of motor skills and well-being are covered.

A third study highlights a complementary technique called toy libraries, which offer spaces for social interaction and the development of motor and cognitive skills through games and play activities. This approach underlines the importance of creating safe and adaptable environments that stimulate both social interaction and motor skills of older adults, facilitating their integration and active participation in activities.

Finally, a more recent study analyses the different stages of physical activity sessions, such as warm-up, technique practice, imitation, improvisation, creation and closure. This study highlights the importance of music and interaction with the subjects during the sessions, demonstrating that these elements can significantly improve the motivation and progress of older adults in terms of motor skills.

The results of these studies are fundamental to the design of a physical-recreational activity strategy at the Sofia Ratino nursing home. Taken together, they suggest that an effective strategy should be multifaceted, addressing both the physical and emotional aspects of the residents. Furthermore, they indicate that the inclusion of a variety of activities and the creation of interactive and safe environments are crucial to foster older adults' participation and overall well-being.

This analysis fulfils the objective of identifying and analysing existing studies to design a physical-recreational activity strategy to improve the motor skills and overall development of older adults at the Sofia Ratino nursing home. The findings indicate that the implementation of well-structured, varied programmes tailored to the individual needs of the residents can lead to significant improvements in their physical, emotional and social well-being. By building on a solid review of the literature, it can ensure that future interventions and programmes are both effective and sustainable, thus maximising the positive impact on older adults' quality of life.

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