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**Title:** Considering recreational activities of aged people of Ahar city in year 1389

**Authors:** Elaheh safari*                ** Rezagoli vahidi                 *** M.reza narimani

**Abstract:**
Introduction and purpose: the population of the world is becoming old and it is accompanied with prevalence of depression. The way of living causes the aged people to remain in their social activities. Thereby supporting aged people in order to have a healthy life and to have a privilege of suitable life is one the greatest challenges of health unit in all around the world. This study is done in order to consider the amount of recreational activities among aged people in city of Ahar.

Materials and methods: the recent study is a descriptive study and its statistic sample includes 80 aged people of Ahar city in 1389 and subjects (testees) are selected by random sampling and using the questionnaire adopted from permissible and stable external source, data collecting tool is established which include 10 question packs and 6 questions on demographic information. Also SPSS software is used for analyzing and doing Kolmogorov Smirnof test in order to making the data to be normal and doing the T test.

**Results:**
The results suggest that average of recreational activities of aged people was below the standard average thus aged people of this city are less engaged in recreational activities. Also average of recreational activities of masculine in this study was equal with standard average. Average of recreational activities of females were below the standard average thus aged females of this city are less engaged in recreational activities. Based on results most of the people of the study had no sportive activity during the week. Their intercourse with the family, friends, and neighbors is relatively good and they spend most of their time in front of TV.

**Conclusion:**
According to previous studies on other cities and the results of this study, since aged people are less engaged in recreational activities, in order to prevent this vulnerable group from being social solitude and depression and also to appeal them in social associations and utilizing their capabilities in different fields, it is necessary to have especial attention in developing welfare and recreational facilities including building sportive and recreational centers which have the minimum distance with residential areas which also can cover the maximum population of aged people especially females.

**Presentation:** Poster