

Effects of health promotion activities including interaction to the attachment to the local community of community dwelling elderly

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Background

The interaction between residents nurtures attachment to the local community (attachment) and contributes to improving QOL and its problem-solving ability. Searching for more effective interaction ways will be beneficial for community health nursing aiming at empowerment to the community.

Aim of the study

The aim is to clarify the effects of group activities that exercise physical and cognitive including interaction for elderlies living in the same community on the attachment.

Methods

From October to December 2017, 11 interactive activities such as talking about common themes with small groups were held once a week at a neighborhood community association in Japan. At the start and the end, we conducted self-administered questionnaire surveys that contain basic attributes, attachment scale, etc., and analyzed 10 who responded to both. Wilcoxon signed rank test was performed by SPSS ver27.0. This study was approved by the Ethics Committee of University.

Results

The average age of the subjects was 73.8 ± 5.0 years. The attachment score (median \pm SD) before and after participation was 41.5 ± 4.8 and 45.0 ± 5.5 , and there was no significant difference ($p = .959$). Compared these scores of 4 elderlies whose score increased after participation to other 6, the former was 39.5 ± 1.8 and 47.0 ± 4.5 , and the latter was 46.5 ± 4.2 and 43.0 ± 4.9 .

Conclusions and implications

This activities including interaction slightly increased the participants' attachment, but it was no significance. 4 elderlies' baseline score whose score increased after was lower than another. Therefore, people with a lower attachment may be able to increase it through interaction.