



COMMUNITY
BACHELOR STUDENT
Qualitative research



Thesis under this project.
Research question:
What *motivates* elderly
visitors to Sampola Swimming
& Recreation Center to take
exercise in guided groups?



KEYWORDS

- #COUNTRYSIDE
- #OLDER
- #WELLBEING
- #SOCIETY
- #VILLAGES ON MOVE NETWORK

This is a society that admires *youth*.

Finnish society is afflicted with old age disability, *which is more common in Finland, than in the other Nordic countries.*

Cause Kivelä to explain this, *in social history*”(Kivelä, S-L. 2019). Finland is a young state.





MY WORK REFERENCE

Reasons to do thesis.

- My own job with older people
- Community, good things happen together.
- My default- *needed real information not just a guess that it could be so- surveys to users.*
- *Too many times I have closed a door and behind of that door, is a lonely, old person. I want to do something.*

Sampola swimming center

- Sampola Swimming & Recreation Center, Juva Finland.
- The center offers a variety of sports.
- *Guided watersport which is a favorite of the elderly*
- *Gym and fitness groups, you can move safely with a professional.*
- *Swimming school for a school children.*
- *Cafeteria*
- *Multipurpose hall for a meetings or jumps.*



Juva is a small village in Finland, it is a remote area, countryside.

Population are 6,148 person.



The United States Government has not recognized the incorporation of Estonia into the Soviet Union.



Surveys for users – spring 2019. Staff handled the survey at groups.

The question was answered manually to paper.

Fourteen respondents, thirteen of them were women.

Split in to themes, like: physical, psychological and community.

Then I read those answers and I made decisions.

Example 1.

A man, 64, says his well-being has improved as a result of participating in guided groups and that his spouse's positive attitude towards the issue increases well-being.



Example 2.

A 92-year-old woman has experienced an improvement in her quality of life through participation in guided exercise groups.

She describes being more refreshed, cheerful and mentally well-off while using the services. She says she has gained a new and broad circle of friends with the Sampola Water Jump.



Motivation to move?

Motivation is the reason why we are doing somethin.


Without motivation, we dont do things.

Most three important things, wich are made motivation to move:

- *Feeling pleasure*
- *Sosializing*
- *Weight control*

(Korkiakangas 2010.)





Motivation to move in guided groups is born (surveys to users):

- Increasing welfare
- Maintaining the condition
- The importance of the community
- Effect on the mind- moving together will make you feel better.
- Age-related discomfort heals
- Social relations are increasing
- It is safe to move in controlled groups



In summary:

Motivation arises from the positive effects on a body.

Moving in a group creates satisfaction in many areas at the same time. Moving in guided groups brings help to loneliness, gives you a reason to leave home weekly, increases social relationships and increases well-being.

Need new ideas to make things better and new ways.

Technology and healthy older people- is it possible?





Main attention, how to get men involved?

No there was only one man, who did answer a questions.

Elderly users of the water sports center Sampola, are motivated by the positive effects on well-being in general.



I wish - You'll never
walk alone.



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Co-funded by the
Erasmus+ Programme
of the European Union