

Various Community Activities Participation Was Associated With Social Support Rather Than Self-efficacy Among Older Adults

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Background

Social participation, including community-based social activities (CBSA), improves self-rated health (SRH) among older adults, which contributes to healthy aging. Social support (SS) and self-efficacy (SE), which facilitate healthy behavior in community settings according to Social Cognitive Theory, were associated with the frequency of attending social activities.

However, the association between SS, SE, and the number of CBSAs in which a participant was engaged is not well-known.

Objectives

This cross-sectional study examined the relationship between the engaged CBSAs number, SS and SE for community-based social participation, and SRH among community-dwelling older adults.

Methods

How did we collect data?

The data used in this study was collected at community events in a suburb area of Tokyo in Japan in 2018. Among 334 participants, 174 participants aged ≥65 years completed the questionnaires used in this study.

How did we measure outcomes?

Responses to four questionnaires regarding engaged CBSAs, SS, SE, and SRH were used in this study.

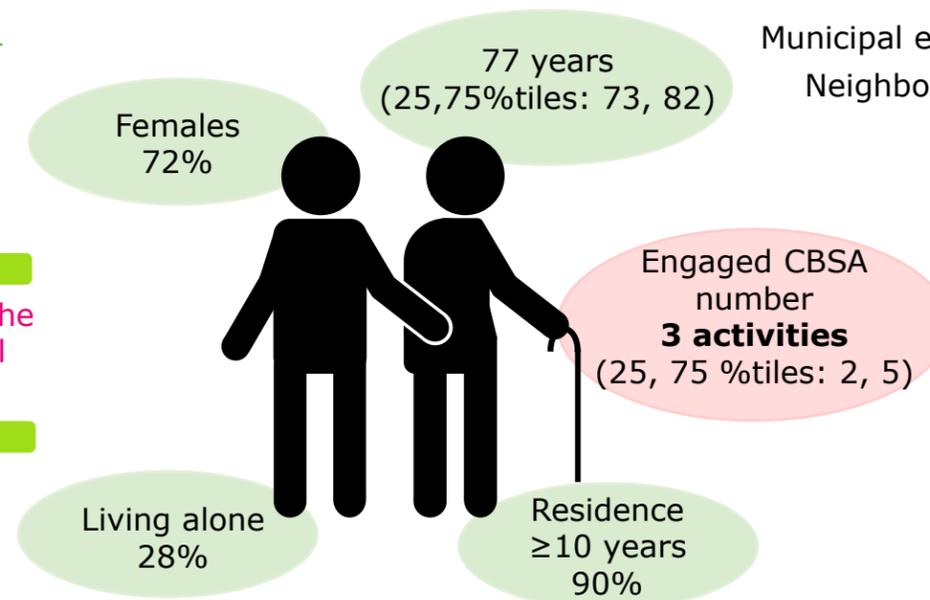
Community-based social activities (CBSA)	Summing the number of CBSAs chosen from nine representative CBSA options and the CBSA number listed on an open-ended question asking the other engaged CBSAs.
Social support (SS): 4 items	Affirmative questionnaires asking if participants have information on community events, encouragement and support from friends and neighbors, opportunities to share the activities
Self-efficacy (SE): 6 items	4-likert scale questionnaires asking confidences for getting information, participating, applying to daily life regarding community activities
Self-rated health (SRH): 1 item	A 4-likert scale question, asking "do you think yourself healthy?"

How did we analyze data?

Structural equation modeling examined relationships among SRH (endogenous variable) and the CBSA number, SS, and SE (exogenous variables), with covariates.

Results & discussions

Older adults participated in median 3 community activities.



Municipal event for preventing caregiving

Neighborhood community associations

Senior citizen's clubs

Social gathering

Hobby clubs

Cooking classes

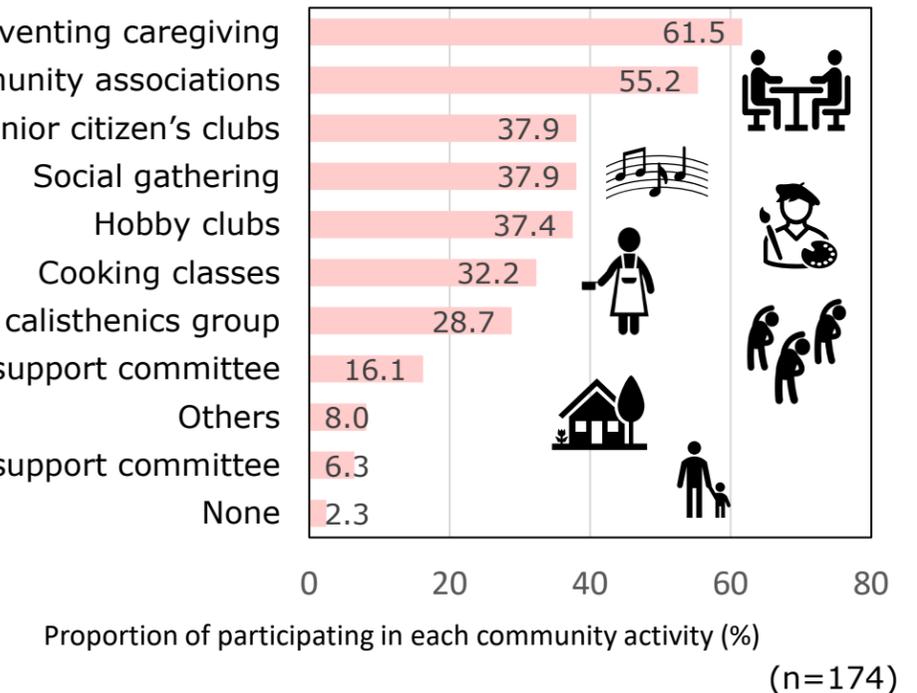
Radio calisthenics group

Resident support committee

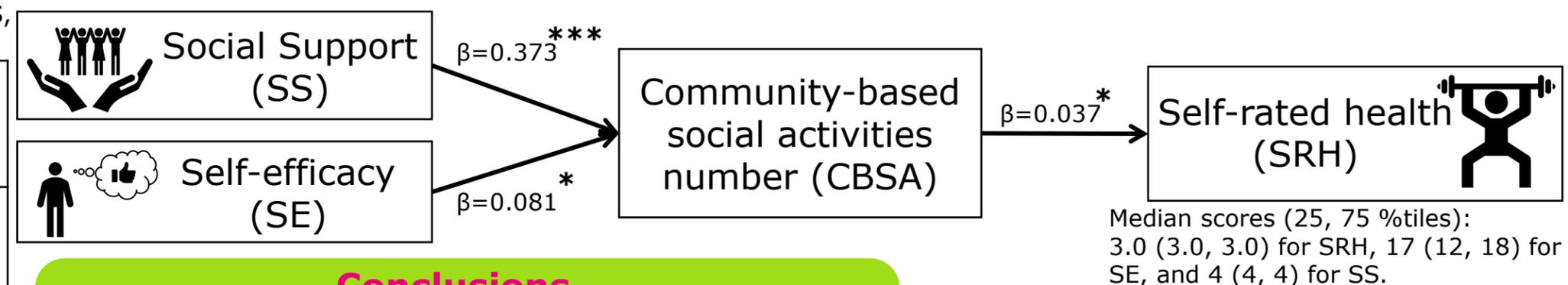
Others

Child support committee

None



The related factors to number of engaged CBSA.



Conclusions

Enlarging SS for participating in CBSA rather than SE could encourage older adults to participate in diverse CBSAs, which could improve their SRH.

What could we do to increase number of engaged CBSAs among community-dwelling older adults?

- Increased social support may promote older adults' participation in number of community activities.
- Social supports such as information on community events, encouragement and support from friends and neighbors, opportunities to share the activities may be helpful.

Funding

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References

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