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.

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.

The related factors to number of engaged CBSA.

Community-based social activities number (CBSA) vs. Self-efficacy (SE) and Social Support (SS)

- Engaging in CBSAs was associated with SS and SE.
- SS and SE were used in this study.

Conclusion

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.

Conclusions

Models for community-based social activities number (CBSA) vs. Self-efficacy (SE) and Social Support (SS)

- SS and SE were used in this study.

Funding

No funding.

References