UNIVERSITY OF TARTU
Pärnu College
Department of Tourism Studies

Eyitayo Emma Johnson

THE LIVED EXPERIENCES OF OLDER ADULTS IN NIGERIA ENGAGING IN REGULAR PHYSICAL ACTIVITY

Supervisor: Monika Kumm, PhD

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Monika Kumm

Permission for public defence

The programme director, Pärnu College of the University of Tartu

(digitally signed)

Tomaš Pavelka

This Master thesis has been compiled independently. All works by other authors used while compiling the thesis as well as principles and data from literary and other sources have been referred to.

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Eyitayo Emma Johnson

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INTRODUCTION

A lot of different things can be considered physical activity from the simplest, such as taking long walks, to more structured and vigorous activities like sports and physical exercise (Kandola et al., 2018, p. 2). Doing some form of physical activity has quite some benefits to one's physical and mental health. The ability to be involved or participate in any form of physical activity can avert one suffering from numerous diseases such as heart disease, stroke, diabetes (Maula et al., 2019, p. 1), and many other underlying medical conditions (Pavlović et al., 2022, p. 35). Being involved in some form of physical activity can also assist in lowering the stress level of some older adults (Shakoor et al., 2023, p. 50). It also has a positive impact on individuals demonstrating any symptoms of anxiety and persistent feelings of sadness, hopelessness, and loss of interest, which is depression (Pelletier et al., 2017, p. 150). Kandola et al. (2018, p. 3) further indicated in their paper that individuals who participate in some form of physical activity may be able to reverse being diagnosed fully with any form of anxiety illness. Engaging in physical activity can be used as a form of recreational past time and the frequency or how intense can be moderated according to the motivation of the individual (Pavlović et al., 2022, p. 28). According to research, undertaking any form of physical activity per day is an effective means of managing numerous ailments (Anderson & Durstine, 2019, p. 7). Due to its physical health benefits, physical activity has been suggested as a complementary therapy for treating many health disorders (Kandola et al., 2018, p. 2). Van der Ploeg & Bull (2020, p. 2) highlight the value of physical exercise and provide an extensive array of health advantages, of how physical activities can lower the burden of non-communicable diseases and enhance mental and general well-being. Physical activity can indeed play an essential part in avoiding and managing long-term conditions. On the contrary, there is a problem with physical inactivity, which represents some of the most critical risk factors for heart disease that can be changed (Lavie et al., 2019, p. 802).

Lack of physical activity is potentially a problem area that deserves more research in some cultures and geographic areas. Individuals are aware of the effectiveness of physical activity; however, there are some barriers and limitations that hinder their participation. As highlighted in earlier paragraphs, the absence of physical activity of any kind may ultimately affect an individual negatively at some point in life. These limiting factors and motivations can only be known and addressed by delving into them through research. Physical activity can be beneficial for individuals of all ages and encouraging people to participate will possibly improve their quality of life. From the literature review, it is essential that one points out that not participating in physical activity can be detrimental to general well-being and cause various risks to one's health (Psarrou et al., 2023, p. 9). Some age groups live a sedentary lifestyle by non-participation in physical activity interventions due to possible barriers or challenges. Senior adults who live a sedentary lifestyle and do not participate in physical activity may experience issues with their health and low quality of life (Royse et al., 2023, p. 2). Despite all the important roles that physical activity plays in people's lives, some populations and ethnic groups are not getting physically active, which may worsen their quality of life. Considering the preceding description, it is important to explore the lived experience of older adults regarding physical activity participation. According to the literature, lived experience can be described as the unique experiences, thoughts, and feelings that individuals have regarding a situation (Persson et al., 2023, p. 2). This is how they understand this situation in their life. This idea is significant because it aims to determine how different individuals describe a phenomenon by expressing their own distinctive experiences (Fréchette et al., 2020, p. 3). Implementing lived experience viewpoints can help to understand areas where effective program planning is required to be carried out on a particular issue (Beames et al., 2021, p. 2). According to Beames et al. (2021, p. 3), lived experience also has the potential to provide substantial and insightful data which can evolve that can help make further academic research more effective and useful.

The master's thesis goal is to explore the lived experiences of the physical activity of older adults living in Nigeria and to make recommendations to X Recreational Centre regarding the planning and development of additional programs for older adults visiting this centre.

The research questions:

- What are the personal motivations, challenges, and experiences of older adults who engage in physical activity?
- How does their participation in physical activity influence their overall well-being and quality of life?

The thesis comprises chapters one and two. The first section shall serve as a review of the literature. This reviews the current research addressing physical activity, older adults, and physical activity and the role of recreation on older adults' physical activity. The empirical phase will take up the second section. In this section, the paper will explain the methodologies of the research and design that were utilized throughout the study, as well as the population size well as the technique of choosing the number of participants and approach of collecting data, the strategy of analysing the information provided, which are the findings, the discussion, and the recommendations to be considered.

1. LITERATURE REVIEW

1.1. The Significance of Physical Activity

Physical activity is any tasks or workouts that use up stamina inside the human body (Mandili et al., 2022, p. 3966). It has been suggested that maintaining an active lifestyle helps maintain a healthy bone structure. (Bakinde et al., 2023, p. 191). The conclusion by the study of Granero-Jiménez et al. (2022, p. 9) demonstrate that being actively engaged in physical activity or exercises gives way to positive, and immediate bearing on the mental well-being of an individual. Conversely, exercise can be described as a planned series of activities to keep an individual physically fit. It is a type of physical activity entirely on its own (Ganguly et al., 2020, p. 69). Both can include activities that strengthen muscle mass, improve flexibility, and improve body functioning. Individuals that live a physically active life have been identified as portraying a more cheerful attitude (Gao & Lee, 2022, p. 5). It is generally acknowledged that physical activity has several health advantages as well as improvements in the way bodies of individuals work (Gao & Lee, 2022, p. 5). According to the World Health Organization (2021, p. 2), examples of physical activity include cycling, walking, and more. Also, not been physically active has been noted to be the cause of records of death yearly within the European Union (Shadap, 2020, p. 8). World Health Organization (2021, p. 6) indicated that in the time frame from 2001 to 2016 the prevalence of individuals not participating in physical activity surged by 5%. It has been researched that regularly participating in physical activity can be beneficial for a person's overall well-being and minimizes the early loss of life (Lacombe et al., 2019, p. 1). Ganguly et al. (2020, p. 70) mentioned that lack of activity constitutes as part of the main causes of death rates around the world. Research (Otinwa & Okeowo, 2017, p. 34) also indicate that when individuals are not being physically active, this has the potential to make them get tired easily, suffer from insomnia as well as not being able to carry out basic activities of daily living.

For instance, among the easiest methods to treat illnesses that are not transmitted, comprising psychological conditions like anxiety and depressive conditions, without drugs is by engaging in a considerable amount of physical activity regularly (Czenczek-Lewandowska et al., 2022, p. 1). The advantages that individuals gain from participating in physical activity have been demonstrated in people irrespective of their individual personalities or where they come from (Gao & Lee, 2022, p. 5). So, many people get some of these long-term illnesses because of not engaging in any physical activity (Mandili et al., 2022, p. 3966). Being physically inactive tends to break down the body's defences, making it easier for someone to fall sick (Cavallini & Dyck, 2021, p. 96). The lack of physical activity is an area that the professionals in public health clamour for more priority (Onagbiye & Bester, 2022, p. 1). Relatively, the medical conditions caused by not being physically active pose an internationally prevalent concern and this will entail the coming together of countries to work together for the interest of the public (Katzmarzyk et al., 2022, pp. 3–4). There is literature evidence that when individuals take part in physical activity it also has economic advantages attached (Onagbiye & Bester, 2022, p. 2). For example, the pressure of persistent hospitalization will be reduced. Lesser and Nienhuis (2020, p. 1) study on physical activity indicated in their conclusion that the participants were involved in some form of active lifestyles exhibited lesser attributes of anxiety levels. The findings do have indications that health initiatives that are planned for individuals who are not active are quite important to continue to improve their overall well-being (Lesser & Nienhuis, 2020, p. 10). Also, in another study that was carried out by Sandström et al. (2023, p. 1), the analysis from the researchers points out that individuals who experience some form of stress that comes from fatigue would be able to benefit from the planning of interventions that are group related as this can be a good way that they can effectively manage initiatives for them on a regular basis. However, the researchers indicated that some individuals may also require customized assistance, which will entail prioritizing and developing appropriate physical activity interventions (Sandström et al., 2023, p. 7). In their study, Nogg et al. (2021, p. 133) looked at motivations for physical activity. The paper investigated what motivates individuals to get involved in physical activity and findings from the paper demonstrated that there is a connection between their self-motivation and the level of physical activity they were interested in participating in (Nogg et al., 2021, p. 140).

The conclusion does indicate the role of motivation which Van Uffelen et al. (2017, p. 2) indicated as quite an important factor that can make an individual decide on participating in any physical activity or not.

In another research that focused on mental health problems and physical activity, the study set out to investigate the link between some young adults with mental health problems and their interest and participation in physical activity, and how this impacts their total wellness (Hovland et al., 2023, p. 1). The study indicated how participation in physical activity can be beneficial for mental health and alleviating stress generally. The findings at the end of the research indicated that although these individuals should be encouraged to participate in physical activities, however, their individual choices of what they choose to do are what will increase their eventual engagement in physical activity (Hovland et al., 2023, pp. 11–12). The conclusion from the research again indicates the role of personal preferences in relation to physical activity participation.

Another research that focused on the experience of individuals suffering from stroke and participating in physical activity in a community showed that the stroke survivors were glad that they were involved in the community program that allowed them to participate in physical activities (Smith et al., 2023, p .1). The findings from the study provides more knowledge and understanding of the experiences of individuals that are survivors of stroke regarding the importance of physical activity and how physical and exercise programs can be developed further by taking people's (individuals with stroke) specific needs into consideration (Smith et al., 2023, pp. 12–13). The study also highlighted the importance of interactions with others when they attend such community physical activity program. The findings can also be adapted to other patient populations. Similarly, Quirk et al. (2020, pp. 1–2) research, aimed to get an understanding of how individuals with some cognitive issues experience physical activity within community setting initiatives. Closely related to the previous literature, this study sought to understand the experiences of putting together a community-based group of physical activity among individuals with mental illness. The findings included some of the barriers, expectations, and challenges that may hinder participation. Although the findings include the positives about the program, it is important to point out that the researchers also indicated the need to create the program in an individual

manner, which will take into consideration individualized situations that will include various factors including their motivation to participate and availability of support system (Quirk et al., 2020, p. 16). The measure of constant physical activity that a person accomplishes is described as their physical activity level. This is likely to be completely distinct for every individual and is dependent upon components that can relate to the kind of work the person does, the general state of health, and the routine for exercising. Bodily capacity exerted during participation in physical activity is part of the physical activity levels (Lee et al., 2023, p. 373). By way of contrast, Kapri et al. (2023, p. 10) at the conclusion of their research indicated that for a healthy lifestyle, physical activity alongside proper nutrition are both extremely vital components. The level of bodily power utilized during physical activity is also strongly linked to these two details.

For this research the socio-ecological model will be utilized in this present study to understand the role of physical activity in the life of older adults (Royse et al., 2023, p. 2). This is a framework that will help to comprehend those variables that have an impact on an individual's physical activity decisions and patterns. The result from Wang et al. (2020, p. 6) indicates that initiatives amongst older individuals, which are structured around a socio-ecological framework, tend to exhibit higher rates of success. Moreover, evidence from studies has shown that this model works well in understanding how some important variables that surround the person are related and how these affect the person (Benisti & Baron-Epel, 2023, p. 1). According to Jenkin et al. (2018, p. 364), the socio-ecological model can help one understand the way some behavioral variables affect the engagement of older people in physical activities as part of their regular routines. Some of the variables include social environment, physical environment, interpersonal, and community (Obisike & Adalikwu-Obisike, 2023, p. 15; Zhang et al., 2022, p. 2; Royse et al., 2023, p. 2). Also, according to Kirby et al. (2013, pp. 954–955), the socio-ecological methodological perspective offers an analytical structure that can guide the creation of treatment initiatives. Concerning this model, Martinez et al. (2012, p. 336) indicated that scholars utilize it to ascertain the factors that are most inclined to impact individuals' well-being through different phases, such as the intrapersonal and interpersonal levels.

So, the socio-ecological model has been utilized across various age groups by several research investigations to understand people's commitment to a physical activity regime. A wide range of challenges and benefits are associated with the individual, intrapersonal, and interpersonal relationships, as well as the environment variables of the framework (Bethancourt, 2014, p. 16). Johs et al. (2019, p. 2) in their study which is particular to older individuals living with HIV indicated that the socio-ecological model frequently clarifies why people behave in certain ways regarding their general well-being. Johs et al. (2019, p. 2) further assert that the associated variables that make up the framework are what make individuals participate in any physical form of activity. The discussion after their research demonstrates that interpersonal factors, social factors, and individual factors, all within the socio-ecological model were the main variables that affected the individuals who participated in some form of exercise. Exercising with others brings social connections and has also been cited to be motivational (Firth et al., 2016, p. 2872). On the other hand, environmental factors were noted by the participants as a form of barrier to their participation. They concluded that physical activities such as exercise patterns among older adults are significantly influenced by societal, interpersonal, and intrapersonal variables (Johs et al., 2019, p. 2). This assertion is like the conclusion of the research by Kirby et al. (2013, p. 968), which also used the socio-ecological model. Their research indicated the importance of physical environment and social factors as prominent enabling or inhibiting factors in an individual's decision-making process regarding their physical activity participation.

In the study by Zhang et al. (2022, p. 9), the researchers emphasize the ways that certain variables such as the environment can have an impact on individuals' commitment to being physically active. According to Benisti and Baron-Epel (2023, p. 10) in their conclusion, soldiers in the Israeli Defence Forces seemed far more inclined to be physically active when they felt good about their abilities, and this was termed to be self-efficacy. Also, through applying a socio-ecological concept in their study, Jabardo-Camprubí et al. (2023, p. 13) concluded that using a socio-ecological approach has the potential to understand the individuals, as well as make the individuals more physically active. The application of this model will assist in discovering the various issues believed to motivate these older adults or deter them from participating in physical activities. Moreover, Thøgersen-Ntoumani et al. (2023, p. 12) in the summary of their

research pointed out that the development of more strategies and initiatives is vital to achieve some of the benefits associated with physical activity. This is due to a pressing need for increased levels of participation amongst older adults. Any planned initiatives will be correctly targeted from information that is obtained from the use of this model. Therefore, the socioecological framework would be applied as a guide to better understand this study. The main domains within the model that will be utilized include a structure of individual, interpersonal, and organizational levels (Sriramatr & Maphong, 2022, p. 160). One important aspect is that the themes and sub-themes that emerge from the interviews will be grouped in an appropriate manner and incorporated into the socio-ecological model once the interviews have been completed (Benisti et al., 2018, p. 4).

Given these points, performing regular physical activity has been proven to contribute to many positive advantages for one's health and most importantly decreasing the likelihood of developing long-term diseases. So, individuals need to be encouraged to aim for a suitable amount of physical activity that is appropriate to their age, mental, and physical desired outcomes.

1.2. Older Adults and Physical Activity

Among those age categories that include individuals of different races, and who continue to expand at an unprecedented rate are the older adults. Research (Maula et al, 2019, p. 2) indicates that an increasing number of people aged 65 and older is growing while the risk of them developing long-term illnesses is also rising. As this age category continues to grow, it has been reported that they will likely make up twelve percent of the total populace in or before 2050 and even beyond (Kang, 2023, p. 10). When it comes to older adults suffering from long-term illnesses, physical activity has been shown (Watson et al., 2016, p. 956) to minimize the long-term effects associated with some of the illnesses. Therefore, maintaining physical activity is crucial for these older people because prolonged periods of inactivity can lead to problems with cognitive and physical wellness. For example, older adults in Nigeria (West Africa) may be more vulnerable to illness due to less infrastructure when compared to more developed countries (Faronbi et al., 2020, p. 165). When older adults get older, it may get difficult for them to get access to some essential needs in some of these places and thereby

affecting their overall health (Kharde et al., 2023, p. 3978). Researchers do indicate that continuous physical activity participation helps with some of the impacts of ageing (Leon, 2017, p. 9). The outcomes of the study that Lee et al. (2023, p. 380) conducted showed that for the past ten years most older adults have become less physically active while also demonstrating how much engaging in physical activity went down significantly. A routine of frequent physical activity has the potential to aid older adults with different home tasks which is helpful for their health (Ramocha et al., 2017, p. 5). Getting older adults in Africa and in this context, Nigeria specifically to engage in a lifestyle of physical activity has the potential for a huge positive effect on lowering a state's high cost of spending on healthcare (Abisha, 2016, p. 167). The consequence of this is that there will be less frequent hospital visits. As a result, strategies that will encompass interpersonal and physical activities are required (Abisha, 2016, p. 167).

Research has indicated that physical activity can help lower any form of mental stress in the lives of older adults. Because the body's defense mechanisms get less resilient with age, older adults have a greater probability of experiencing stressful situations in comparison to those who are still young (Kharde et al., 2023, p. 3976). Kekäläinen et al. (2023, p. 1) based the study on regular correlations of cognitive function of older adults in the United States so that they could better understand the relationship between the two. In the final analysis of Kekäläinen et al. (2023, p. 10) study, it was observed that older individuals have swifter cognition after physical activity. The researchers of the study indicated that from the data, individuals who engage a significant amount of time and effort in physical activity and individuals who spend less time in any physical activity still demonstrate comparable connections. These results have pointed to the effectiveness of participating in continuous physical activity that also benefits cognitive functioning in older adults (Kekäläinen et al., 2023, p. 10). Royse et al., (2023, p. 11) in their study on physical activity for older adults made use of interpretivism as a theoretical perspective that looks at the world using the viewpoints of people who have experienced it. The interpretivism approach places a significant value on the importance of qualitative analysis (Junjie & Yingxin, 2022, p. 12).

The research by Royse et al. (2023, p. 2) does indicate some limiting and encouraging factors that either deter or encourage older adults from participating in physical activity

tasks. The research was targeted at older adults from a single community in the Midwest of the United States, and all participants were Caucasian, so perceptions only reflect a particular population and racial background. At the end of their research, one of the gaps that they pointed out in their findings is that for future similar studies, researchers should consider different races and ethnic groups (Royse et al., 2023, p. 11). Similarly, according to Windt et al. (2023, p. 577), one of the primary objectives of their research was to identify the obstacles and opportunities that older men face when it comes to physical activity, as well as to identify some of the characteristics that older men find most appealing in physical activity programs. The gaps identified indicate that more research is required to better tailor physical activity programs to older men's particular interests and values at the planning and different stages of any potential initiatives. For future research, the researchers advised a study that will investigate the reason older men who have stopped working engage in physical activity while some older men do not engage themselves in physical activity (Windt et al., 2023, p. 587).

Getting older people to be more physically active is without a doubt a significant component that should always be included in healthcare directives (Ioannou et al., 2023, p. 2). It is important to point out that despite the inclusion of older adults in healthcare directives, various issues of life can inhibit an older adult from engaging in physical activity. The numerous, plausible explanations why older people refrain from participating in physical activity (Ioannou et al., 2023, p. 2) need to be considered. In the interest of older adults, it is important to create appropriate initiatives that will consider the issues that deter them from participating in physical activity (Ioannou et al., 2023, p. 2). Furthermore, Ioannou et al. (2023, p. 12) in their scoping review pointed out that in order to encourage physical activity, any possible constraints such as environmental factors (Kharde et al., 2023, pp. 3977–3978) need to be addressed and it is essential that the older adults have a sense of security at various levels of participation. Moreso, any planned physical activity should be appropriately tailored to what motivates them due to their age.

Motivation is very important for older individuals who want to embark on doing physical activities. Ashadan et al. (2022, p. 36) indicate that recreational centres need to know what older people want to provide appropriate projects that will enable the older

adults to participate in and stay active. Considering this, it is also important to remember that some older adults have different kinds of issues that hinder them from being active (Silva et al., 2022, p. 1). A different study with a different group of people found some problems that make people less likely to participate in physical activity (Martínez-Andrés et al., 2020, p. 2). The findings of this study indicated that it would help enhance strategies designed to boost physical activity levels and assist in meeting everyday exercise advice. Further recommendations drawn from the study pointed out how important it is to consider the factor of motivation to participate in any free time physical activity (Martínez-Andrés et al., 2020, p. 11). This reflects how the factor of motivation cuts across all age groups. Aged individuals who participate in physical activity are more likely to be motivated by themselves due to components that are similar to experiencing fulfilment at the end of any physical activity participation (Lee et al., 2022, p. 11). Speaking of motivation, this can be interpreted to be the internal urge that is responsible for making a person do several distinct things to accomplish something they want to accomplish (Granero-Jiménez et al., 2022, p. 3).

In the outcome of Shahadan et al. (2022, p. 36) article, the researchers mentioned that variables that motivate an individual to participate or not to participate in physical activity have a major impact when recommending physical activity to older adults, as well as the younger population. Similarly, O'Neil-Pirozzi et al. (2022, p. 4) at the conclusion of their article emphasized that motivation is a key point to consider when getting senior individuals to participate in physical activity. Hopkins et al. (2022, p. 79) study supports previous studies indicating that factors that comprise motivation are beneficial in fostering the growth of predetermined habits of physical activity. According to Cross et al. (2023, p. 12), they also mention that motivation remains essential when it comes to sustaining the involvement of older adults in a physical activity regimen. In a like manner, the study by Silva et al. (2022, p. 7) also concluded that the senior individuals who participated in the research continued participation in being physically active because they were significantly influenced by motivation which is related to health reasons.

Silva et al. (2022, p. 7) further identified a gap in research. The researchers mentioned that additional research would help explore the way motivating factors influence older

adults' participation in physical activity initiatives within a community. This is important to plan for appropriate health initiatives that are needed for implementation. Tsai et al. (2022, p. 13) indicated that further research is needed to take into consideration other races including cultural backgrounds and ethnic groups in other countries.

In conclusion, the literature review has been able to provide an array of background information on the impacts of physical activity, challenges, and suggestions of how physical activity participation can be encouraged further in this age group. By analysing results from multiple studies, this section of this paper has provided an overview of some of the existing state of research regarding this subject matter.

1.3. Physical Activity and Quality of Life

Being physically active must be considered for overall wellness considering this has an advantageous impact on the human body and invariably impacts an individual's quality of life (Granero-Jiménez et al., 2022, p. 1). Quality of life can be described as a diverse term because it involves some factors which can include the person's physical well-being, state of mind, and environmental and societal factors (Tripathi, 2012, p. 1). The term may also mean varying definitions to different people and the reason for this could be demographic for example. Quality of life revolves around an array of different ideas, and these ideas can be extremely varied when compared to another ethnic group, society, or community (Ramocha et al., 2017, p. 5). Nevertheless, there happens to be no unanimous description that defines the quality of life of an individual (Ezegbe et al., 2019, p. 3). Better quality of life is integral to keeping one's mobility and functional self-reliance. Physical activity and programs that help various individuals reduce their risk of falling are all significant techniques. Worthwhile are programs aimed at making it easier for older adults to continue to stay active physically and at the same time they could interact with other people within their local environment. The quality of life for older adults is an area that warrants a lot of attention because as people grow older, there is an urgent need to keep them healthy because they become more susceptible to illnesses (Tripathi, 2012, p. 1). A lot of individuals of various ages, health conditions, and populations can improve their quality of life through engaging in physical activity.

Quality of life is one that encompasses a person's mental health, extent of self-reliance, interactions with others, individual opinions, and how they relate to important things in their immediate surroundings. What they decide to do in their own leisure time does create a big effect as regards their quality of life (Psarrou et al., 2023, p. 11). Regular physical activity is an important part of an enjoyable and healthy existence because it can make every aspect of life improve significantly, and one of the primary reasons why individuals take up the act of physical activity and continue to do so is because this enhances their quality of life. For older adults to age healthily, they need to be physically active because being active has many advantages to support the physical, mental, emotional, and other aspects of an individual's life (Psarrou et al., 2023, p. 1). Engagement in physical activity assists older individuals' daily wellness and generally aids their quality of life. In fact, vulnerable seniors who participate in some physical activity benefit a lot in terms of improved quality of life (Groessl et al., 2019, p. 142). For example, in research by Aqab et al. (2023, p. 1989), the findings revealed a significant impact on proven quality of life when individuals engage in physical activity. This impacts all areas of the individual's life. These impacts have been mentioned by other researchers such as the study by Ramocha et al. (2017, p. 5), and the research by Yerrakalva et al. (2023, pp. 5–7).

So, engaging in regular bouts of movement significantly aids older individuals in carrying out all necessary activities of daily living. As they continue incorporating these activities into their daily routines, this experience contributes positively to their mental well-being. In turn, this relates directly to improvements in their health. The overall level of well-being and satisfaction that the older adult experiences daily can be referred to as quality of life (Psarrou et al., 2023, p. 11). The results back up the idea that older people should be encouraged to be active and have a lesser amount of time sitting down. The study's findings suggest that improved strategies should be carried out to boost the quality of life of older adults. The conclusion also demonstrated that the role initiatives targeted at the older adult's participation in physical activity has the capacity to also improve their overall quality of life (Yerrakalva et al., 2023, p. 7).

In another similar study, Psarrou et al. (2023, p. 3), indicate that even a small amount of time spent in doing some physical activity proves to help the body work better, support

more energy, along with enhancing overall quality of life. The investigation also illustrated how important it is to advocate for older adults who are not very active considering how physical activity affects and benefits numerous aspects of older adults' quality of life (Psarrou et al., 2023, p. 11). It is worth noting that this paper also indicates the importance of the involvement of places like a community support network that will continue to support older adults to be active physically. Likewise, the systematic review by Marzo et al. (2023, p. 17) demonstrated that according to older people themselves, physical activity has the potential to improve their interaction with other people. Similarly, in a study by Zapata-Lamana et al. (2022, p. 7), the conclusion mentioned how older adults who engaged in physical activity reported feeling much better afterward. On the contrary, the study could not conclude whether older adults' engagement in physical activity could also make them happier in their ageing process. The increasing problem of physical inactivity among older adults in Nigeria necessitates investigation owing to its significant impact on health and general well-being (Bakinde et al., 2023, p. 192). The increased prevalence of physical inactivity in this population can be attributed to a multitude of factors, and it is imperative to fully understand some of these factors to make recommendations to the identified recreation centre. The conclusions drawn from the current research by Bakinde et al. (2023, p. 192) indicate how older adult citizens who reside in the nation of Nigeria could boost their quality of life by being physically active. This invariably would aid the wider community as well as assist the lawmakers in identifying strategies that can get older adults to be more active. According to the research carried out by Faronbi et al. (2020, p. 169), the investigation shows that several individuals within this age demographic have ongoing medical conditions that exert consequences regarding their quality of life.

In summary, there is a need for an integrated solution to bettering the quality of life for older people, by considering how their psychological, and physical well-being, social connections, and external variables all contribute to their quality of life. Therefore, to effectively improve older people's quality of life, initiatives, and services meant to help them require an inclusive strategy.

1.4. The Role of Recreation Centres on Older Adults' Physical Activity

Research has shown that the set-up of recreational centres enables physical activity in individuals which potentially improves their health (Smith et al., 2019, p. 8). The planned as well as tailored activities given in community settings as an addition to medical care can improve a person's state of well-being (Jones et al., 2013, p. 1949). It has also been suggested that recreational pursuits are a significant component of the older adult's well-being on all sides as they get older. Overall, older adults' recreation centres serve as a valuable resource that builds an environment of support and activity that improves an older person's quality of life. This resource can meet the psychological, emotional, and societal demands of older individuals, and physical aspects which improves their overall well-being. The physical activity programs that are being provided will serve as the tool that supports this age group as well as enabling them to have the capacity to enjoy a healthier way of life (Psarrou et al., 2023, p. 11). Recreation facilities are known for providing various types of activities that individuals, as well as older adults, go to for participation in fun things and to keep physically fit (Singh & Kiran, 2014, p. 27).

Singh and Kiran (2014, p. 27) indicated that the best way to fill the time inevitably associated with retirement, as well as ageing, is to keep older adults physically active with enjoyable pursuits, and that is where the recreational centres for older adults come into play. The recreational centres provide a lot of activities for individuals and some of these centres allow families to come along. The provision of these activities encourages social interaction and most especially because these centres provide an inclusive service that is linked with wellness for elderly adults, it does have a big way of making individuals feel healthier and live longer (Sarvari & Abedini, 2014, p. 78). For older people, recreation centres are very important because they help them in numerous capacities, including their physical well-being, and socially because of the interactions with other like-minded individuals in their age group. It also serves to help mentally because it allows the older adults for example to leave the house and not be sedentary completely. The recreation centres also serve as a place where individuals can volunteer within their local community.

The activities provided in the recreational centres sometimes allow older adults to deal with their problems (Orire, 2020, p. 70). Older adults' well-being and sense of happiness have a way of connecting with the activities that they do and the impact of sharing these precious times with their friends and family (Orire, 2020, p. 73) does help with their well-being and quality of life. So, their engagement in physical activities for example in places such as the recreation centre plays a significant role as they continue to grow older. It has also been shown that older people who go to recreation centres for recreational activities which include their indigenous cultural activities are healthier physically because this also enables them to be connected and socialize within their ethnic and culturally minded age groups (Psarrou et al., 2023, p. 2).

Therefore, for this study, the recreation centre is X Recreation Centre which is situated in Lekki suburb of Lagos, Nigeria. Lagos State can be described as an enormous metropolis that is in the Southern region of the African country and it remains an influence in transforming the nation's healthcare system (Ogunyemi et al., 2023, p. 3). The case of Nigeria was chosen by the author of this research because Nigeria is experiencing a growing population of older adults. Understanding how this demographic engages in physical activity is crucial for planning effective physical initiatives. The nation of Nigeria presents various health problems, like a significant prevalence of heart disease, diabetes, and other illnesses (Faronbi et al., 2020, p. 165) that are not transmitted and mostly affect elderly individuals. This makes it an appropriate country and setting to study, and understand how physical activity participation affects, and impacts some of these conditions in the lives of older adults who attend X Recreation Centre.

So, the criterion for eligibility to X Recreation Centre is that individuals must be aged 60 years old and above. Nigerian Census Authority recognizes that senior citizens constitute individuals from sixty years old and upwards (Ogunyemi et al., 2023, p. 2). Another criterion is that the individuals need to be registered to get full membership and it is strictly for retired older people. The members represent those who have retired from their careers and desire leisurely to embrace the older adult stage (Kara & Yorumazlar, 2022, p. 456). Retiring can be described as one of the significant milestones in a person's existence.

This milestone has a way of impacting older adults' quality of life in various ways (Amaike, 2016, p. 160). The recreation centre is a leisure facility for older adults and was set up to assist the ageing population by giving them the opportunity to come in to socialize and engage in physical activities and other activities that can improve their quality of life as they age. It is advised that as part of the ways to be in good health in old age, older adults need to be involved in some community activities (Orire, 2020, p. 73). In research by Jones et al. (2013, p. 1959) based on the study's results, it is reasonable to believe that activities at recreation facilities have positive effects on the overall wellness of individuals. The recreation facilities are very important for improving the lives of individuals and their quality of life because they make available, a secure, friendly, and stimulating location to connect with other members of the recreation centre.

Furthermore, engaging in recreational activities mitigates the likelihood associated with getting various illnesses and the individuals' physical activity participation in recreational places benefits their overall wellness for a long time to come (Gani, 2018, p. 90). A centre like this is designed to enhance the well-being of all levels of its members (Fernández et al., 2021, p. 2). It plays an important role by encouraging an active, healthy retirement which helps the older adults who are retired to stay self-sufficient whilst making their everyday lives healthier overall. Recreation centres such as this also have appealing sights which encourage individuals to join. Research suggests that the architectural setting and design of a place of leisure have the potential to enhance physical activity participation in individuals (Smith et al., 2019, p. 1).

To summarise, older adults' health, well-being, and interpersonal integration have the potential to be significantly improved by the presence of recreation centres in their communities. Such facilities provide a wide range of recreational and physical activity pursuits specifically designed to cater to physical, social, and psychological support for older adults, thereby contributing an essential impact to the overall wellness of this population in living engaging and active lifestyles.

2. STUDY OF PHYSICAL ACTIVITY EXPERIENCE OF OLDER ADULTS IN NIGERIA

2.1. Research Design

A qualitative research method will be used in this study to understand the experience of individuals engaging in regular physical activity. Qualitative research is a method used to thoroughly explore an area of study to understand better the meanings, emotions, acts, and behaviours in their natural setting (Adler, 2022, p. 601). This approach has been chosen because the study will entail asking the respondents questions and descriptions and information will be provided about their experiences in a specific community (Adler, 2022, p. 601). Quantitative research, on the other hand, looks for connections and patterns via numerical data. Qualitative research does not use numerical data (Fischer & Guzel, 2023, p. 260). The qualitative methodology involves elements that include a description and an analysis of the experiences of all the respondents (Vaismoradi, 2016, p. 101). Using this method allows researchers to investigate what people think their experiences in a particular area of study mean to them. For this study, this is relative to the respondents' lived experience. The term "lived experience" relates to the unique experiences and perspectives individuals have amassed over a period in their lives, which has become influenced by personal engagement with certain activities (Persson et al., 2023, p. 2). The unique experiences include how the individuals make sense of and describe what they have experienced personally (Patrício & Carbinatto, 2023, p. 110). According to O'leary & Tsui (2022, p. 1075), these are experiences that are unlikely to be clear from watching the individuals or from the point of view of someone who has not experienced such a scenario. The way individuals experience a situation is naturally subjective. It is very individualized as well as very different for those who participate, regardless of whether they are going through similar situations.

The use of qualitative research can find intricacies that can be omitted with the use of quantitative techniques. In general, the perspective of lived experience tends to focus research and theory on individuals, showing how important personal narratives contribute to influencing how one understands a phenomenon.

Relatively, the Socio-ecological Model will be used for the study. Using the socio-ecological model to investigate the real-life experiences of older adults who are physically active will help the researcher understand some of the factors that affect their behaviours (Hu et al., 2021, p. 2). This methodology will enable the researcher to examine the personal experiences that motivate individuals to participate in physical activity and the challenges they encounter. In accordance with some of the initial academic evidence that has been discussed, the factors that will be looked at within the socio-ecological model include individual, interpersonal, and organizational (Royse et al., 2023, p. 2). The Socio-Ecological Model posits that these interconnected factors shape human behaviour. Specifically, these influences can be broadly categorized into five domains: intrapersonal (for example, individual level), interpersonal (for example, social relationships and interactions), organizational systems (for example, recreation centres), environmental context, and broader societal contexts (Birtwistle et al., 2018, p. 115). These forces do not operate independently from one another but interact dynamically to shape the behavioural outcomes of the individual over time (see Figure 1). The Socio-Ecological figure depicts the interconnection of factors affecting physical activity. At each level, these stages show examples of different things that are linked to physical activity. This adaptation is also used to understand how these interactions affect daily physical activity tasks.

The study adopts a Phenomenological research design because this will involve the personal statement of experiences by the respondents themselves, in their own words and settings (Bonyadi, 2023, p. 2). This research design allows an understanding of the motivations and challenges that the individuals have experienced (Muhammad et al., 2023, p. 2). By adopting this research design, it will allow the researcher to gain an understanding of how the respondents' engagement in physical activity impacts their general well-being. The researcher will make use of pre-selected interview questions to

gather information that pertains to their motivations and possible barriers that have or may prevent them from engaging in physical activity.

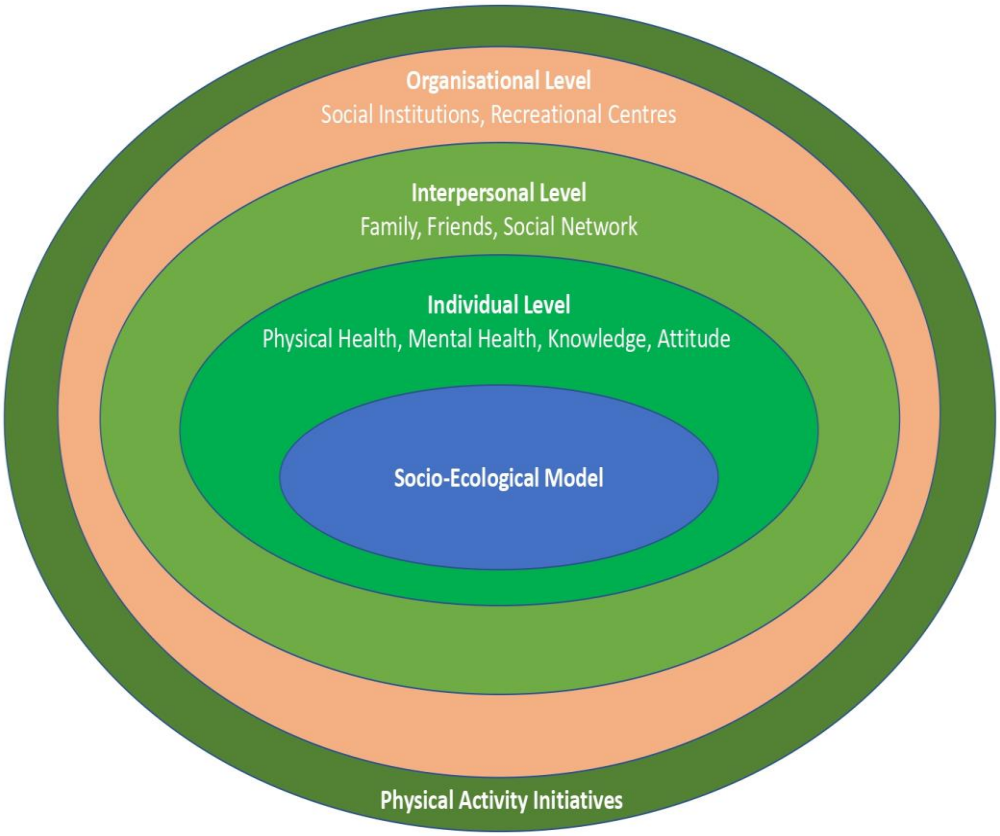

Figure 1. Socio-Ecological Model. Source: Birtwistle et al., 2018, p. 3

The target population for this study will be Nigerians (Nigeria, West Africa). The population will be male and female older adults from the age of 60 to 75 years old and the potential interviewees are living specifically within a particular community. The respondents all belong to X Recreation Centre for seniors in the broader axis of Lekki area of Lagos State, Southwestern part of Nigeria. This sample has been intentionally selected based on factors related to the research's goals (Andrade, 2021, p. 88). Purposive sampling has also been followed to choose the appropriate respondents in Nigeria. One of the advantages of this kind of sampling is that the population will be selected on purpose, and this will be participants who have directly encountered the occurrence being investigated and can share helpful and significant viewpoints on their experiences (Andrade, 2021, p. 87). The factors behind this selection include age and educated to at least a bachelor's degree. This factor is important to ensure that the

participants have a good understanding of the current study and knowledge of its relevance (Hovland et al., 2023, p. 3). Another factor in selection is that the participant needs to be a member of X Recreation Centre. This factor is also important because there is a need to make sure that the selected participants have the necessary experience of participating in some physical activity in a specific location (Hovland et al., 2023, p. 4). The method of data collection for this qualitative research will be interviews. One common way to obtain data for qualitative research is using an interview. The primary purpose of such interviews is to find out what respondents have experienced regarding a particular phenomenon and how this has affected them (Dursun, 2023, p. 100). For this interview to maintain a good standard, it is essential for the researcher and the respondent to collaborate effectively to achieve the primary objectives it is aiming for (Dursun, 2023, p. 103). One of the advantages of using the interview method to collect data is that it allows respondents to be able to articulate issues throughout the interview in a way that fits their level of knowledge simply due to the flexible interview approach (Dursun, 2023, p. 105). Likewise, the data collection for this study will be via semi-structured interviews. The semi-structured interview has been chosen because it will enable the conversation to develop freely, but it is nonetheless well-planned in a way to get a lot of useful data from the respondents. One of the advantages of this type of interview is due to its adaptability to different situations (Kallio et al., 2016, p. 2955). All useful data will begin to flow from the respondents when interviews are ongoing, and this is what will enable the researcher to get enough personal statements regarding their experiences (DeJonckheere & Vaughn, 2019, p. 2). The interviews were carried out one-to-one with the participants and followed a set of pre-set interview questions. Because this is a phenomenology study, the participants were allowed to express themselves with their experiences of engaging in physical activity (Staal & Jespersen, 2015, p. 43). Because of this, the interview was not suddenly halted by interview questions while a participant was recounting detailed descriptions. Also, subsequent interview questions were followed up with participants recounts (Qutoshi, 2018, p. 220). Before the commencement of the interviews, permission was obtained from the participants that the interviews would be recorded. At the end of the recorded interviews, the data obtained from the interviews were transcribed verbatim. To protect the participants in the study, the paper will refer to them by a pseudonym (Karlsson et

al., 2018, p. 135). The sample size was an equal proportion of seven males and seven females. The sample size was fulfilled when there was no longer any new information from the last three respondents that were interviewed. When it comes to qualitative research using the thematic analysis approach, this suggests that there are no further points to be identified at the data analysis phase (Daher, 2023, p. 3). This selected sample size and population fulfill the target group for the intended research. The interview questions (see Appendix 1) that were asked were centred on the socio-ecological factors that influence physical activity which are individual, interpersonal, and organizational (Sriramatr & Maphong, 2022, p. 1). The interview questions were adapted from relevant academic papers with added modifications. The interviews were conducted with fourteen older adults engaging in physical activity programs at X Recreation Centre. It is important to mention that at the beginning of the research, the identified respondents demonstrated a willingness to undertake the interviews. The researcher thoroughly explained to each respondent at the start of each interview information regarding how long the interview would take, the potential advantages of the research, and the aim of the research. The researcher of this present study was wholly impartial during the interviews and did not have any affiliations whatsoever to any of the respondents who were interviewed. The researcher asked the respondents questions from the pre-set semi-structured interview guide (see Appendix 1). The face-to-face interviews took place at X Recreation Centre and were conducted March 5th – March 6th, 2024. The average duration of every interview ranged from forty-five minutes to sixty minutes (see Table 1). The respondents agreed to be interviewed via the management of X recreation centre. A connection was made with the management and permission was granted for the research to be conducted on site.

In person approach was utilized to explain the study and this allowed interaction for questions and answers where interested respondents who signed up got information regarding the relevance of the study. To get a better idea of the background of the respondents who took part in the research, Table 1 displays the information data of each respondent. A pseudonym identifies each respondent as “R” to preserve confidentiality. A digital recorder was utilized to capture the interview and were subsequently transcribed word for word with the aid of a word processor, upon completion of every interview. Transcription is essential for arranging the collected data appropriately.

These are phrases that were mentioned by the respondents and themes as well as sub-themes are generated from these phrases (Braun & Clarke, 2006, p. 82). The procedure that the researcher utilized to conduct the transcription using word processing was by listening to a brief excerpt of the audio, pausing, and then transcribing what was heard.

Table 1. Respondents' information

Pseudonym	Gender	Age	Interview date	Interview duration, min	Employment
R1	Male	72	05.03.2024	45 min	Retired Actor
R2	Female	66	05.03.2024	50 min	Retired Engineer
R3	Male	71	05.03.2024	55 min	Retired School Teacher
R4	Female	70	05.03.2024	60 min	Retired Clearing Agent
R5	Male	71	06.03.2024	45 min	Retired Photographer
R6	Female	68	06.03.2024	60 min	Retired Physiotherapist
R7	Male	66	05.03.2024	50 min	Retired Veterinarian
R8	Female	73	05.03.2024	45 min	Retired Teacher
R9	Male	71	06.03.2024	45 min	Retired Pharmacists
R10	Female	66	06.03.2024	45 min	Retired Lecturer
R11	Male	70	05.03.2024	45 min	Retired Nurse
R12	Female	68	06.03.2024	50 min	Retired Teacher
R13	Male	69	06.03.2024	55 min	Retired Operations Manager
R14	Female	67	06.03.2024	60 min	Retired Fashion Designer

This procedure continued until the entire interview had been transcribed. At any point that the researcher hears a respondent talking at a rapid pace, the playback speed controls were used to slow down the audio. The researcher examined the transcription to ensure that it was structured consistently throughout. It was also important to pay attention to all body cues and pauses the respondents made. Every one of these was saved often to make sure that no data was lost during the process. At the end of the transcription, the researcher read the transcription and listened to the recordings again. This was done to make sure that the transcription was correct and that it matched all the recounts of experiences that were heard on the recordings. Manual transcription takes a lot of time, but it gives a full picture of what was said during the interviews. Using this approach enabled the creation of an accurate textual representation of each audio recording to analyse the research for this study; this is an advantage of the approach described here.

Following that, a systematic review and categorization of the interview transcripts was carried out to discover repeated themes and patterns through thematic analysis (Braun & Clarke, 2006, p. 79). With this process, the researcher was able to reflect, while studying the data very carefully and understand the themes which came up frequently. In contrast, thematic analysis can be opinionated. Because of this, the researcher's personal interpretations were put in check when analysing information from the data in its entirety. So, thematic analysis was utilized to examine the data from the interviews, understand them, apply coding techniques to identify significant phrases, and assign them appropriately. The next stage taken was to review the sub-themes that emerged and nametag each one. For accuracy, the study used raw data from the respondents. This makes sure that the study is valid and that similar results would be obtained if it were repeated. All the data that was extracted was checked against the first recording of the conversation to make sure it was correct. After that, the overall themes for the research paper came from observing patterns that recurred during the last phase of analysis. Some parts of the transcribed recordings that were thought to be important and happened a lot were used to choose each theme for the research. Eventually, these themes were matched to the socio-ecological model levels: individual, interpersonal, and organizational.

These main themes were analysed by using some of the direct quotes and phrases used by the respondents. A summary of the themes and subthemes can be found in Appendix 2.

To conclude, data underwent thematic analysis using an inductive analysis (Braun & Clarke, 2006, p. 83) to determine what the collected information meant and how adequately it corresponded to the purpose. The interview method was utilized for collecting data in its entirety. While carrying out the audio-recorded interviews, the researcher also made use of notetaking to jot down information when needed. These notes were also matched with extracted data. Neither what was recorded, nor the transcriptions contained any information that was capable of being used to determine the identities of respondents. All transcriptions of the interviews were conducted in an unidentified manner.

2.2. Results

2.2.1. Individual level of socio-ecological model

The first theme at the individual level was motivation to stay healthy. The extracts from the interviews and resulting themes illustrate how held opinions, experiences, and individualized aspirations can complexly affect physical activity participation in older adults. The information from this variable would help devise better ways of assisting older individuals to stay active. The respondents gave a recount of how engaging in physical activity has been positive for them due to motivating factors. The individual part of the socio-ecological model for physical activity looks at the things about a person that affect their participation in physical activity. There are many things that can be considered in the individual socio-ecological model. Some of these are their life stage, mental and physical health, competencies, and expertise. A desire to improve their physical health is one of the main reasons individuals get involved in physical activity. Over five individuals (R1, R2, R5, R6, R8, R13) of those who were interviewed indicated that engaging in physical activity has been of help in their physical health and makes them stronger, not fatigued and they have been able to maintain some level of good health. This has also enabled them to continue to maintain a good level of health and this has been a motivating factor for them.

One of the respondents indicated: “I am staying active because it has done much benefit for my health, and I don’t want to fall ill. I know the implications of not working my body” (R2). “My main reason is to prevent any form of physical inactivity” (R6). Also, “Until last year, my balance was not stable, and I had a fall, but I started doing exercises regularly, and I have seen improvement. Physical activity helps with my gait balance, and it just keeps me feeling better” (R8).

Three of the respondents (R2, R5, R14) were particular about the role physical activity has benefited their cognitive function. The respondents described how participation helped improve not only their physical health, but also helped their mental health as well. R2 described how her memory has improved since she started participating. The impact of increased mental capability was also described by another respondent (R14).

R5 also described the impact physical activity participation has helped her memory as well as how this has impacted her overall health, and it is physical activity that motivates her to carry on after the loss of a loved one.

The above descriptions of oneself emphasize the apparent effect of engaging in physical activity on one's cognitive well-being. These descriptions demonstrate a beneficial relationship between their participation in physical activity and maintaining cognitive clarity. The quotations provided by the respondents clearly expressed a wide range of cognitive benefits that older adults attribute to participating in regular physical activity. Improvement of memory retention and enhanced focus were some of the positive outcomes expressed, although this list is not exhaustive. The personal experiences these older adults describe carry significant effects regarding the relevance of physical activity pursuits to them.

The motivational factor also includes the impact on individual lifestyle:

> Even though dealing with joint disease has been tough on me, I know for a fact that when I do those activities it helps with how fatigue affects me before and now reducing my back pain. I can say my well-being is so much better. (R11)

The sub-theme discussions demonstrated how respondents' health and wellness have been impacted significantly by participation in physical activities such as the reduction of body fatigue and balance, which has positively impacted their daily routines and overall lifestyles. Respondents also asserted how participating in physical activity affords them to keep their independence while also reaping numerous health benefits that contribute positively to their overall well-being. For example, the ability to walk freely on their own, still going out and not physically incapacitated. The older adults indicated the ability to move their body and joints during group exercises, for example, has also improved. These improvements ranged from improved sleep (R7, R13), and weight management (R3, R9) to decreased fatigue (R11). The respondents indicated that increasing their long-term health was a motivational force behind their engagement in physical activity: "I have always been an active person and I cannot afford to be inactive…. I know the implications. It helps me lose weight" (R9). "Although I am incapable of doing vigorous activities like before, I enjoy the cultural dance workout which helps me to manage my weight and diabetes" (R3). Another respondent gave

insight into how physical activity has been of help with weight management and the ability to sleep much better now (R13).

The indicated assertions provided more information on the numerous impact this has had on their individual lifestyles. The impacts have been gained from physical activity because it is now incorporated into their regular routines. Respondents indicated how this routine has been beneficial in enhancing their overall well-being and providing them with the ability to continue leading an active lifestyle full of energy.

Challenges regarding health concerns and fear of injury were identified under the socio-ecological individual factor. Some of these challenges are rooted in personal issues, health concerns, and psychological difficulties that prevent older adults' participation in physical activities. The respondents mentioned several personal challenges that prevent them from engaging in regular physical activity. Demotivation regarding participation in physical exercise (R6), fear of injury risk (R1, R4, R7, R8, R10, R12), and low self-efficacy judgments regarding their capacity for being physically active (R9) are some of the challenges that emerged. These challenges encompass various difficulties, including health complications along with physical restrictions (R14). The model as a guide highlighted the individual-level challenges that older adults encounter under the physical incapacity of the data extracts.

The fear of being injured emerged as a challenge for the respondents, who mentioned this as a concern when participating in physical activities. This challenge is essential to mention because of the reported effect of whether to participate or not to participate in physical activity. The personal experiences of the respondents are very important in determining how older adults think about the risk of getting hurt while doing physical activities. The respondents who answered the questions indicated concern about getting hurt because they were worried about more than just the physical pain or disability that could come from it. They also had concerns about losing their sense of self-worth and independence, in addition to problems that might come up during the recovery process that could lower their standard of living.

These six respondents (R1, R4, R7, R8, R10, and R12) said that their worries about getting hurt were a big reason for why they do not participate regularly in physical

activities: “I have had an injury before... One time I did rumba dance, my back “hooked”, and I’m still afraid of it” (R8). Respondents harboured worries pertaining to fear of falling: “My worst fear is that I will hurt myself by tripping or getting injured. Due to this fear, I find it hard to engage in any frequent physical activity” (R12). “I have some personal fears of getting injury. I have fears that I may make a wrong physical movement and I do not want to end up in the hospital” (R4). Some of the respondents indicated, how they have felt much better from participation in physical activity. On the other hand, pre-existing experiences of health conditions were also identified as significant barriers to physical activity participation: Some respondents identified a range of other medical issues, which were some of the medical issues that the respondents asserted contributed to making it difficult for them to be physically active. Some of the respondents mentioned how these medical concerns contributed to a range of uncomfortable symptoms, such as lethargy. Respondent R8 described how this impact is felt in the lack of energy and sometimes lack of enthusiasm for anything. This, he described contributes to his reduction in physical activity. One respondent (R9) indicated the challenge of living with pains that gives way to low moods and how these issues get in the way of regular activity.

In conclusion, the results from the interviews have revealed that themes relating to the socio-ecological model on an individual level have emerged because of the investigation into the experiences of older adults regarding their physical activity participation practices. These thematic themes highlight the multifaceted nature and interdependence between individuals and other factors that collectively influence how older adults participate in physical activities. These personal experiences offer insight into some of the variables that inhibit along with motivate older adults to engage in physical activity.

2.2.2. Interpersonal level of socio-ecological model

The themes identified are family care and assistance. In the socio-ecological model, the interpersonal dimension is about social connections and supportive structures, such as close companions, colleagues, family, and medical professionals. These connections can significantly affect how people participate in physical activity. “My grandson calls me every week encouraging me to go for the activities” (R11). “This past year of joining

has given me a new lease of life since I started these activities that my daughter pays for" (R4). "My membership at this centre radically benefited my health. Although not too many activities are available, it's great to be active with people in my age group who understand what ageing issues are" (R10). The interpersonal level of the socio-ecological model uncovered how the respondents emphasized the significance of social interactions, relationships, and support systems from family and others in relation to their physical activity routines and behaviors. The respondents indicated how these relationships have been able to shape their attitudes towards physical activity, their propensities for involvement, and the opportunities available to them to engage in physical activity. The interviews highlighted the variety of ways in which these factors impact physical activity participation.

Three respondents, (R1, R3, R6) described how their participation with other like-minded adults in the group activities has improved their physical health because they have one common goal, which is to be healthy and improve their general well-being. Being able to interact socially and reminisce with individuals who understand each other has been a positive motivational factor for them. Respondents indicated these individuals, which include, but are not limited to, family members, friends, and fellow recreation centre members. Providing helpful support and interaction while participating in physical activity schedules, these supportive connections serve as a motivation for their participation and maintaining physical activity routines. Conversely, it is important to point out that any adverse perspective by another peer or an individual's lack of participation in physical activity may constitute a demotivating factor. Respondent also indicated how social interactions create the path to have laughs together while performing physical exercises together.

In conclusion, the socio-ecological model's interpersonal level focuses on the substantive importance of social connections as well as community dynamics in shaping physical activity participation in older adults and how the older adults have described the enhancement of their general well-being with these interactions. This reflects the importance of social connections and supportive environments in promoting physical activity in this age demographic.

2.2.3. Organizational level of socio-ecological model

The themes identified are physical activity friendly environment and social context. This is where the kind of support they receive on the organizational level comes into play. Respondents discussed how spending time with other people at the centre has been a motivating factor for them to continue to engage in physical activity. The respondents discussed how the centre has been a place of support for them. One respondent indicated that "One of the reasons that drive me to go is not just the activities, it is also getting the chance to interact with other retirees at X recreation centre. It makes the activities enjoyable …although, it is not too equipped." (R6) From the perspective of the socio-ecological model, the organization-specific factor explores what effect organizations have on the level of physical activity an individual engages in. This phase explores respondents' experiences regarding how organizations such as X Recreation Centre's standards and practices, for example, have encouraged or discouraged them from engaging in physical activity. Respondents discussed how their participation at the recreation centre has made an impact on their general well-being: "If not for the support here, I will not be doing any activities at all…. they even call to check up on me" (R13). Respondents indicated the significance of the environment and organizational support, which is important, although, having a well-accessible recreation centre that is readily accessed and well-equipped facility was also indicated as important for them to continue to meet their physical activity needs. Individuals who participate in physical activity greatly appreciate surroundings and environments that promote an all-embracing atmosphere whereby everyone feels welcomed and respected irrespective of their age or any unique needs. An environment that motivates individuals to achieve a wellness and good quality of life was highly valued by the respondents. On the contrary, some of the challenges that ageing adults experience in their environments are significant factors contributing to their non-engagement in physical activity. The safety, convenience, security, and motivation to participate in regular physical activity can be strongly affected by such identified challenges. Some of the older adults indicated a challenge related to the location of the centre. "The distance is too far for an old woman like me, and I don't drive…. I wish it was not this far." (R2)

Traffic concerns and limited financial resources were identified. Concerns about traffic arise as indicated by the respondents that the location to the centre is known for significant traffic and they sometimes miss out on scheduled physical activity sessions. This poses a potential discomfort for older adults and dissuades them from going to or engaging in planned physical activities: “My health has been good from these physical activities that I join. But my challenge is the traffic to the centre” (R9). “Traffic is an issue. I can sit in the traffic for hours and by the time I get to the centre, I am so exhausted” (R13). Respondents indicated challenges regarding the heavy traffic to the centre and safety concerns around the location. R11, R13, and R9 raised their concerns regarding traffic challenges to the centre and this is a challenge that does not allow them to participate in regular physical activity. Few of the respondents discussed another challenge that they face regarding their participation in physical activity. “Given the cost associated with the centre subscriptions, maintaining an active routine has been difficult” (R5). Five respondents (R3, R4, R5, R9, R14) indicated how the membership fees for X recreation centre are a big challenge for them. One of these respondents indicated how the regular pattern is skipped because of the high fees. The indications centred around how the high cost is a challenge to their participation. Three of the respondents indicated that a community centre was needed in that instance which would be affordable for them as retirees. (R14)

To summarize, the information that emerged from the interviews regarding the organizational level within the socio-ecological model identified and emphasized how essential it is for a community organization such as X Recreation Centre to play a significant role in facilitating the continuous participation and involvement of older adults in physical activities by making sure key factors such as affordability, accessibility, and safety are taken into consideration.

2.3. Discussion

The socio-ecological model that was used for this study was able to answer the research questions and uncovered the personal experiences of older adults who participate in physical activity while discovering their motivations and challenges. The outcome was also able to demonstrate how their participation in physical activity influences their

general well-being and quality of life. It is important to reiterate again that the actions and behaviours that individuals decide to do in their own leisure time can have a big effect on their quality of life (Psarrou et al., 2023, p. 11). The outcomes of the study are discussed in this section, and a comparison is drawn between these outcomes and those found in previous research work.

To start with, the research's results pointed out that the individual level of the socio-ecological model showed a significant role in physical activity participation. This was also noted in the research by Wang et al. (2020, p. 6). The information obtained from the respondents regarding the role of motivation when it comes to physical activity participation suggests that individuals are motivated by certain factors that cause them to want to engage in physical activity. This finding is consistent with previous literature evidence which indicated that physical health emerged as a source of motivation among the older adult participants in the study (Johs et al., 2019, p. 8). Martínez-Andrés et al. (2020, p. 11) as well as O'Neil-Pirozzi et al. (2022, p. 4) mentioned the importance of considering the motivating factors that can enhance the participation of physical activity for all age groups. This is also relative to Nogg et al.'s (2021, p. 140) earlier research which mentioned the importance of motivation as it relates to physical activity. Several motivating factors emerged from this present study. Most of the respondents identified motivation to enhance overall well-being, longevity, and sense of balance as one of the main driving forces behind their keen interest in participating in physical activity.

Related to existing literature (Lesser & Nienhuis, 2020, p. 10), physical activity, particularly the physical activity that individuals participate in away from the comfort of their homes is what provides safeguarding attributes against ill health. Among other existing literature (Granero-Jiménez, 2022, pp. 1–2), the result showed how important physical activity is to the respondents. The identified benefits of physical activity among others include how it has had an impact on their health generally and stress being reduced. The positive impact of physical activity as it relates to it being a source of stress relief has been evidenced by Hovland et al. (2023, p. 9). Shadap (2020, p. 10) also asserts in the conclusion of the research that engaging in regular physical activity has been proven to assist in alleviating stress. There was a report on its impact on fatigue, as indicated in the research by Sandström et al. (2023, p. 4).

Furthermore, the results obtained indicated when individuals participate in physical activity, they understand the concept. This also signifies they have full comprehension regarding the importance that physical activity provides, and the general feelings of having an active part in this concept that enhances their well-being and improved quality of life (Tripathi, 2012, p. 1), and makes them feel better afterward (Groessl et al., 2019, p. 144). The resultant impact on quality of life was pointed out by Ramocha et al. (2017, p. 3) in their research. Their research pointed out that initiatives that aim to boost the physical activity of older adults have a way of enhancing their quality of life. Another factor that came up in this present study was the positive experience of better cognition as it relates to physical activity participation. This present study has demonstrated an apparent connection between engaging in physical activity and the mental health of individuals participating. These findings concur with some recent studies (Granero-Jiménez et al., 2022, pp. 9–10; Shadap, 2020, p. 10) where the researchers indicated how physical activity participation improves cognition and improvement of overall well-being. This is consistent with other existing literature that found out how the samples from the study indicate feeling cognitively better after physical activities (Kekäläinen et al., 2023, p. 10). Another positive impact that was mentioned by the respondents is how physical activity helps with their overall general health, especially with weight management (Firth et al., 2016, p. 2878) as indicated in previous academic literature. On the other hand, it was found that the barriers to the respondents' participation in physical activity outweigh the motivation they have for physical activity participation. Some barriers to physical inactivity are consistent with literature findings (Watson et al., 2016, p. 956) for this population. In addition to fostering overall wellness in adults of every stage of life, being physically active helps reduce the risk of developing long-term illnesses and avoid the possible onset of such ailments (Watson et al., 2016, p. 954). Many adults over the age of sixty are falling short of these suggested expectations regarding engaging in physical activity, even though these individuals are cognizant of this information and have the intense motivation to be active. In accordance with the socio-ecological model used as a guide, this research's findings presented evidence that these challenges and motivators at the individual, interpersonal, and organizational viewpoints significantly affected

individuals' subjective experiences and the level of participation in physical activity that they engage in.

One of the main challenges identified by the respondents in the current study includes pre-existing health conditions (Faronbi, et al., 2020, p. 170; Royse et al., 2023, p. 6), fear of injury (Royse et al., 2023, p. 6), safety concerns, location as well as financial constraints. At the same time, according to the respondents, their participation in physical activity has a significant impact on their general well-being. Physical activity set up by the recreation centre was more motivating compared to activities that were capable of being accomplished individually. Participants showed the importance that they attach to coming together with other older adults and this was pointed out by Maula et al. (2019, p. 8) where the researchers found that individuals reported enhancements in their health due to interpersonal connections that they receive when they participate in physical activities with other individuals rather than doing this alone. It was concluded that this served as a motivating factor for continuing physical activity. Other literature evidence (Bakinde et al., 2023, p. 192; Smith et al., 2023, p. 11) indicated the impact that inter-relationships with others motivate individuals to continue to participate in physical activity. Windt et al. (2023, p. 586), as part of their findings, pointed out that the participants' engagement in physical activity fostered meaningful connections with other people around them. The formation of social connections with other people has been found to significantly motivate physical activity among older adults. In this current study, spending time with others was a significant component of proactively maintaining a lifestyle of physical activity engagement.

The factor of Lack of time, previously identified under the individual factor as a contributing factor of deterrence according to previous and relative qualitative analyses (Royse et al., 2023, p. 7), did not come up during the interview to be a challenge for not engaging in some physical activity. One notable outcome from the analysis was the number of female respondents who had a fear of injury outnumbered the male. The fear of injury was also pointed out by the older adult participants in the recent research carried out by Thøgersen-Ntoumani et al. (2023, p. 9). This also aligned with the study of Windt et al. (2023, p. 585) where they identified this point as a barrier.

Issues relating to safety were mentioned by the respondents and this is also consistent with previous research by Martínez-Andrés et al. (2020, p. 11). The emergence of this factor may be a gap for further research. Furthermore, according to the individual segment of the socio-ecological model, it was also found that the older adults' drive to engage in physical activity had challenges that are relative to their feelings and mood for example, and this disposition invariably affects their participation in physical activity. This outcome resonates with what is known from academic research (Maula et al., 2019, p. 8). Furthermore, the older individuals' feelings of being unhealthy due to pre-existing medical conditions were a challenge that deterred them from engaging in physical activity. This challenge impacts their capacity to engage in physical activities. Health issues emerged as a significant theme in the adult population because this made it hard for them to engage in physical activity. Ironically, health conditions are the reason that people want to participate in physical activity. The resulting outcomes match those of several studies that have found the role of a good state of health stems from physical activity (Thøgersen-Ntoumani et al., 2023, p. 2). The respondents identified their experiences with bodily constraints, and persistent medical issues that impeded their ability to engage in many physical movements. The outcome from the analysis of the data does not appear strange, considering the elderly status of many of the individuals. The outcome of this study is in line with the existing body of research, which suggests that medical concerns tend to be the same challenges that deter older adults from participating in physical activities (Maula et al, 2019, p. 3). It is clear from the presented evidence that physical activity is important to the respondents although, another significant insight under the guide of the organizational factor of the socio-ecological model is the benefit of being a member of a recreational centre.

This positive impact was also seen in the research by Smith et al. (2023, p. 12). However, the issue of membership cost for X recreation centre emerged as a challenge in this present study. This finding is also like Royse et al.' (2023, p. 9) result where participants mentioned the cost of exercise participation as a barrier to physical activity participation. Cost implications are also aligned with the literature evidence of Windt et al. (2023, p. 586). A similar conclusion where cost, as well as transportation as barriers were pointed out by Johs et al. (2019, p. 8). The barrier of cost was also pointed out at

the end of the study by Lee et al. (2022, p. 6), where the participants desired a reasonable cost of physical activity engagement.

From the analysis, the rationale behind choosing both genders equally uncovered that both the adult males and the females cited their primary motivators for engaging in physical activity as health concerns, to stay healthy. Both sexes described their experiences as focused on maintaining their mobility, preventing pains, managing mental health as well as managing their weight. This can be compared to the conclusion by Van Uffelen et al. (2017, p. 6), where the majority of the male and female participants expressed that their main motivation for engaging in physical activity is to avoid health issues and promote their overall well-being. Also, regarding social interactions and connections, both the male and female respondents indicated the value and importance they place on the structured group activities at X recreation centre which offers them both physical activity and social connections with others (Smith et al., 2023, p. 12). Both the male respondents and female respondents indicated how the social support system (Quirk et al., 2020, p. 16) and sense of coming together are important in motivating them to continue to attend and stay active. The analysis indicated that there is a gender difference in how the female respondents described their experiences with physical activity when it comes to safety issues. This was more prevalent in their own recount of experiences regarding fear of falling. So, safety was notably more of a challenge for the females. It has been shown from the outcome that the domains of the socio-ecological model have identified the most significant experiences of older adults' participation in physical activity in Nigeria and answered the research questions. This research has carefully investigated the personal reasons, challenges, and experiences of older adults who are physically active. The qualitative analysis showed that older adults want to improve their health and well-being and desire connections with others. In the same way, this research has shown some of the challenges that older people face when they try to live an active lifestyle. Respondents' accounts about their experiences gave information on some of the biggest challenges, like having trouble moving around and being afraid of getting hurt while participating in physical activity tasks.

Additionally, the completed study shows that physical activity has a big impact on the overall health and well-being of older adults. The recount of experiences provided by the participating individuals demonstrates actual benefits such as improved physical well-being, improved mental health, and improved connections with others. Considering these benefits, physical activity plays a significant role in enhancing the overall well-being, health, and quality of life of older adults. The current research further contributes to the body of knowledge that these older adults have knowledge of the importance of engaging in physical activity, they are motivated by certain factors, and some of the challenges identified limit their regular participation in physical activity. Thus, with this evaluation, this paper has addressed the research questions that were asked through thorough analysis and informative participant insights. The study showed the personal motivations, challenges, and experiences of older adults who engage in physical activity. It also showed that their participation in physical activity influences their overall well-being and quality of life.

Additionally, this study not only answered the research questions but also made important suggestions for future research and projects that will improve the health outcomes and quality of life of these older adults. In order for future programs to continue to improve the quality of life and overall health of older people, they need to be carefully designed to help older adults get past any challenges they might have while participating in physical activities. Putting these kinds of programs into action will assist in eliminating a variety of challenges and getting the most out of the benefits that come from being physically active. Some strengths were found in the study. One of the qualities of the research is that the respondents were able to give their detailed accounts and this assists in demonstrating that the respondents were eased in conveying what they have experienced as it relates to physical activity. In the same way, limitations have also been identified. One of the limitations is that it may not be possible to generalize the outcomes of the results with a population of a younger generation and with the older adult population, as well as using it for other countries where situations may be different. The reason for indicating this limitation is due to the fact that it was carried out in a particular country which is Nigeria. Likewise, it can be argued that the motivating and challenging factors identified in this study may be different if the sample is collected from a completely different demographic or respondents from a different

socioeconomic status. Another essential point is that because the respondents interviewed in the present research consisted of a minimum age of sixty-year-old adults, it is imperative that the findings are specifically tailored to create initiatives and physical activity programs targeted at this population.

In summary, this section has addressed and answered the research questions by analysing the findings obtained from the interviews with the respondents. This segment has covered a whole range of themes that emerged from the discussions. Evidence gathered indicates that older adults' participation in physical activity is impacted by various factors that motivate them as well as factors that stand as challenges. The participants demonstrated that their personal experience in physical activity improves their general well-being and quality of life.

CONCLUSION

This study has been able to demonstrate the lived experiences of older adults in Nigeria. The knowledge that has been gained from the reviewing of relevant, and current literature provided a range of information that established the fact that physical activity has the effect of preventing various medical conditions and maintaining good health and overall well-being. The literature review revealed that engaging in these physical activities and imbibing other healthy lifestyles has the potential to provide long-term positive effects on minimizing diseases and reducing mortality rates in this population.

This current study was carried out at X Recreation Centre in Lagos Nigeria. The samples that were interviewed are paid members of the recreation centre. The study utilized the socio-ecological model to comprehend the research and organize the themes from the collected data. The key finding that this qualitative study found was that older people are motivated to be physically active for a variety of personal reasons. These reasons include staying independent, dealing with long-term illnesses, and making connections with other individuals. Respondents also gave useful information about the problems they face, such as health problems that make it hard for them to be active, a lack of motivation to do so regularly, fear of getting hurt, and problems with how things are organized in their environment. Some of these issues make it hard for them to be active. Despite the problems that were found, this study showed how important physical activity is for the well-being and quality of life of older people. Regular participation in physical activity was connected to better physical health, mental health, and social connections with other like-minded individuals. The respondents expressed higher levels of strength, less stress, a better mood, and greater feelings of motivation. Some recommendations have emerged from the findings, and they are aimed at X Recreation Centre. It is hoped that the recommendations will be used as a blueprint tailored to assist in the future provision of all-inclusive physical activity initiatives that will make

this population continue to participate in physical activities instead of living sedentary lives.

- Firstly, it is recommended that offering a low-budget membership subscription would enable individuals to keep up with their participation in physical activity and continue to stay active in their old age.
- It is recommended that due to the fear of injury and location challenges, X Recreation Centre can utilize telehealth technology which can be employed to provide personal sessions to these groups of individuals by providing virtual consultations, exercise coaching, and monitoring.
- A continuation of the previous recommendation would be the setting up of regular training sessions that will educate members and potential members concerning the positive health benefits of physical activity, how to begin and keep up an active lifestyle, and how to avoid getting pains and prevent injuries during physical activities.
- It is recommended that X Recreation Centre acquires a shuttle bus that will provide shuttle services to some of these older adult members who do not drive, have issues with walking long distances, and who reported challenges in getting to the centre.
- Finally, it is recommended that X Recreation Centre incorporate needed modifications or adaptive equipment to prevent injuries while making available a range of varieties of activities for older adults.

The research results have made it clear how important it is to motivate and assist older adults to be physically active, as this can improve their health and quality of life. The respondents who answered gave unfiltered details about their experiences, personal reasons for wanting to be active, and challenges they faced that restricted them from participating. Their participation so far has led to improved general well-being and subsequently improved their quality of life in many ways. Additional research is suggested to investigate the long-term impact of physical activity initiatives on older adults' health outcomes and to determine beneficial approaches to sustain participation as they age.

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Appendix 1. Semi-structured interview Guide Questions for the Respondents according to Socio-Ecological Model

Individual Level
Explain what motivates you personally to do physical activity and what benefits it has for you. (Royse et al., 2023, p. 3)
What are some of the things you need to be physically active?
What challenges keep you from being more active? (Royse et al., 2023, p. 3)
How does your participation in physical activity at the recreation centre influence your overall well-being?
How do you encourage yourself to have a healthy lifestyle?
What factors can motivate you to engage more in physical activity? (Martinez et al., 2012, p. 338)
Interpersonal Level
How do relationships with friends, family, or other individuals impact your physical activity practices or engagement?
How do your social relationships (for example your family, friends) influence your physical activity levels?
Do you feel at ease and secure engaging in physical activity within the designated location within the recreation centre? (Kirby et al., 2013, p. 957)
Is it easy for you to socialize at the recreation centre?
Organizational Level
How do features of the physical environment (e.g., transportation system, Accessibility of recreational facilities) impact your physical activity level?
What are the barriers and facilitators within the physical environment that influence your physical activity among other retired older adults?
What are some of the activities implemented at the recreational centre with regards to physical activities? (Martinez et al., 2012, p. 338)
What facilities do enjoy at the recreation centre? (Kirby et al., 2013, p. 957)
In your own words, how do you experience being physically active? (Hovland et al., 2023, p. 4)
What do you think is important for being or becoming more physically active? (Hovland et al., 2023, p. 4, with modifications)
Can you describe any instances where physical activity has positively impacted your life, and if so, how? (Hovland et al., 2023, p. 4)

Appendix 2. Themes and Data Extracts

Socio-Ecological Model, Individual level		
Theme	**Sub-theme**	**Data Extracts**
Motivations for Staying Healthy	**Health and Wellness**	"I am staying active because it has done a lot for my health, and I don't want to be sick. I know the implications of not working my body." (R2) "My main reason is to prevent any form of physical inactivity." (R6) "Until last year, my balance was not stable, and I had a fall, but I started doing exercises regularly, and I have seen improvement. Physical activity helps with my gait balance, and it just keeps me feeling better." (R8) "I have been feeling a new lease of life since I started with the group activities here." (R1) "Doing physical activity with others is good for my body and keeps my mental capabilities alert. It has really helped my health." (R2) "My motivation is how physical activity helps my memory. That is one area that scares me, and I must keep getting fit because I can feel improvements." (R5) "Physical activity has become an integral source of motivation for me. Apart from the physical effects, it is also a key component that has kept my sense of mental wellness." (R14) "Even though dealing with joint disease has been tough on me, I know for a fact that when I do those activities it helps with how fatigue affects me before and now reducing my back pain". I can say my well-being is so much better." (R11) "When I finish, I always have a better sleep than when I was living an inactive lifestyle." (R7) "I have always been an active person and I cannot afford to be inactive…. I know the implications. It helps me lose weight." (R9) "Although I am incapable of doing vigorous activities like before, I enjoy the cultural dance workout which helps me to manage my weight and other medical illness." (R3) "Even with my weight, I always feel lighter and sleep better. Physical activities keep me healthy, and life is better than when I was inactive." (R13)

Appendix 2 continued

Challenges **Fear of Injury**	**Physical Incapacity**	"I have had injury before…my back just 'hooked' during one rumba dance activity, and I still have that fear." (R8) "My worst fear is that I will hurt myself by tripping or getting injured. Due to this fear, I find it hard to engage in any frequent physical activity." (R12) "It's far from the main road, and I do not drive, and I get tired of walking the stretch and I don't want to injure myself." (R7) "I have some personal fears of getting injury. I have fears that I may make a wrong physical movement and I do not want to end up in the hospital." (R4) "I have had a fall before and I am always careful of doing the exercises most times." (R10) "Culturally, my regular attire that I have to wear gets in my way and I fear I don't end up with a fall." (R1)
Challenges **Body Constraints and Health Concerns**	**Cognitive and Physical Mobility Restrictions**	"I use a walking stick, so any long activity hurts my leg so much." (R14) "I take insulin and it sometimes gives me painful muscle cramps, so this hinders me from joining most times." (R13) "When I try to maintain a physically active routine, it sometimes seems as though this physical condition is acting contrary to my desire because the cartilage pain can just flare up." (R8) "There are periods when feelings of hopelessness due to body pains make it difficult, if not impossible, for me to talk to anybody, let alone go anywhere and engage in physical activity with other people." (R6) "The challenge for me is this constant arthritis that I have in my legs. It just stops me from participating regularly." (R12) "Most times I want to participate I just lack the willpower and energy to go because I get body pains." (R3) "When I am feeling low, I just don't want to do anything." (R4) "My low moods from pains is something that prevents me most times." (R9)

Appendix 2 continued

Socio-Ecological Model, Interpersonal Level		
Theme	**Sub-theme**	**Data Extracts**
Family Care and Assistance	**Compassion for the Aged**	"My grandson calls me every week encouraging me to go for the activities." (R11) "To help manage my arthritis, my healthcare nurse encouraged me to join the centre to keep fit and live longer in her words." (R2) "This past year of joining has given me a new lease of life since I started these activities that my daughter pays for." (R4)
Socio-Ecological Model, Organizational Level		
Theme	**Sub-theme**	**Data Extracts**
Social Context Assistance	**Social Connections**	"The social interaction gives me that opportunity to reminiscent with my age group." (R13) "Being able to work out at the centre with fellow members really motivates me to push myself. It makes group activities a pleasure." (R4) "One of the reasons that drives me to go is not just the activities, it is also getting the chance to interact with other retirees. It even makes the activities enjoyable…although, it is not too equipped" (R6) "I like it when I exercise with my friends here. So many stories to share together." (R12) "I can't do any activity alone. I must be with other people. I enjoy it more." (R5)
Physical Activity Friendly Environment	**Environmental Issues**	"The group balance activities that meet at the centre have been a significant instance in my life." (R3) "It is a hospitable place that is why I choose the place." (R7) "The instructor at the centre is flexible with the programs." (R2) "If not for the support here, I will not be doing any activities at all…. they even call to check up on me." (R13)
Environment – Challenges Restricted Accessibility	**Accessibility Issues**	"I do not attend regularly because of the distance to the main road." (R5) "I want to be more active but there are not enough public transport options." (R8) "The distance is too far for an old woman like me, and I don't drive." …. I wish it was not this far" (R2)

Appendix 2 continued

Safety and Traffic Concerns	**Safe Access to Recreation Facility**	"My health has been good from these physical activities that I join. But my challenge is the traffic to the centre." (R9) "The traffic jam is what just keeps me back." (R3) "When I think of the traffic my son that drives me faces, I just stay back from going." (R6) "Traffic is an issue. I can sit in the traffic for hours and by the time I get to the centre, I am so exhausted." (R13) "I don't use my membership all the time because I don't want to be a victim of crime. The location is off the main road … plus, traffic is high in the area." (R11)
Limited Financial Resources	**Cost of Participation**	"Given the cost associated with the centre subscriptions, maintaining an active routine has been difficult." (R5) "I tend to skip a lot of months because of this high cost of membership." (R4) "As a retiree I cannot pay for the membership fees all the time because it is too expensive." (R9) "One of my challenges is the membership fees. My drive to participate decreases when I think about the money. I wish there was a community one by the state." (R5) "Going to the centre has really helped my health at this my age, finance is a challenge for me." (R14)

RESÜMEE

REGULAARSET KEHALIST TEGEVUST HARRASTAVATE NIGEERIA EAKATE TÄISKASVANUTE ELUKOGEMUSED

Eyitayo Emma Johnson

Uuringus vaadeldi füüsilise tegevusega tegelevate vanemate täiskasvanute isiklikke motivatsioone, väljakutseid ja kogemusi. Samuti uuriti, kuidas kehalises tegevuses osalemine mõjutab nende üldist heaolu ja elukvaliteeti.

Teema on aktuaalne, sest uurimistöö eesmärk on uurida Nigeerias elavate eakate inimeste kehalise aktiivsusega seotud kogemusi ning anda X Recreation Center'ile soovitusi edaspidiseks programmi planeerimiseks, mis innustab vanemaid täiskasvanuid jätkama liikumisharrastusega tegelemist.

Vähene kehaline aktiivsus on probleem, mis on üks suuremaid riskitegureid paljude vanemaealiste terviseprobleemide tekkeks. Kui vanemad täiskasvanud ei ole füüsiliselt aktiivsed, võib see kahjustada nende tervist ja põhjustada mitmesuguseid riske nende üldisele heaolule ja elukvaliteedile. Eakad on füüsilise tegevuse tõhususest teadlikud, kuid neil on teatud väljakutsed, mis ei lase neil kehalise tegevusega tegeleda.

Et mõista kehalise aktiivsuse tähtsust eakate elus, kasutati sotsiaalökoloogilist mudelit, kuna see aitab mõista, kuidas mõned käitumuslikud muutujad mõjutavad eakate inimeste osalemist kehalises tegevuses nende tavapärase rutiini osana. Kasutatava sotsiaalökoloogilise mudeli tasandid on individuaalsed, inimestevahelised ja organisatsioonilised.

Töös rakendati kvalitatiivset meetodit, mille puhul kasutati poolstruktureeritud intervjuud. Uuringus kasutati fenomenoloogilist lähenemist, kuna see hõlmab vastajate

isiklike kogemuste kirjeldamist oma sõnadega. Valim koosnes seitsmest mees- ja seitsmest naissoost vastajast, kes elavad Nigeerias ja on X puhkekeskuse liikmed.

Uuring näitas, et kehalisel aktiivsusel on suur mõju eakate üldisele heaolule ja elukvaliteedile. Samuti osutas uuring mõningatele peamistele väljakutsetele, millega eakad inimesed aktiivse eluviisiga tegelemisel silmitsi seisavad. Uuring soovitab muuhulgas X Puhkekeskusel pakkuda väikese eelarvega inimestele soodsamat liikmemaksu, võimaldades eakatel jätkata liikumisharrastusega ja jääda aktiivseks ka vanemas eas.

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Emma Eyitayo Johnson
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