

## OP40.5

### **Evaluating effect of activity levels and socio-demographical characteristics of individuals over 65 years of age on social relations**

*M Ogulluk(1), I Arslan(1), O Tekin(1), Z Aktürk Ogulluk(1), Olgun Göktas(2), FM Keni(3)*

*(1) Ankara Education and Research Hospital, Department of Family Medicine, Ankara, Turkey*

*(2) Uludag University Family Health Center, Department of Family Medicine, Bursa, Turkey*

*(3) Istanbul Education and Research Hosp, Dept. of Family Medicine, Istanbul, Turkey*

*Corresponding author: Associate Professor Olgun Göktas, Uludag University Family Health Center, Family Medicine, Bursa/Nilüfer, Turkey. E-mail: olgun\_goktas@hotmail.com*

**Background & Aim:** Evaluating effect of activity levels and socio-demographical characteristics of individuals over 65 years of age on social relations.

**Method:** Our study was made in Ministry of Health Ankara Education and Research Hospital-Family Physician Polyclinics between February-April 2015. 176 individuals over 65 years of age were given socio-demographical data questions, International Physical Activity Questionnaire, Lubben Social Network Scale. SPSS 20.00 statistical programme was used in data-analysis. Average general-factor score and total scale-scores were calculated. Mutual factorial-effects were analyzed by FACTORIAL ANOVA test. Gender-related distribution of study group, etc. were analyzed descriptively (number, percentage, average, etc.).

**Results:** 176 people over 65 years-of-age participated, 74 males (42%)-102 females (58%). Average age was  $73.6 \pm 5.85$ . Female BMI, widow and spinster rates and male education time and marital rates were higher. in Lubben General Scores, Family Score was highest and neighbour score was lowest. Male Friend Score was higher. Participants (64.8%) were mostly minimally active in IPAQ score. Male over-activity ratio and female inactivity-ratio were high. There was positive correlation between male gender, FA level, number of children and Lubben Family Score. Married and high FA scored participants had high Lubben Neighbour Scores. Married participants had highest and single participants had lowest scores. No significant difference between married/single participant Lubben Neighbour Scores. Lift presence, FA level and Lubben Friend Score were positively-correlated.

**Conclusions:** It would be more effective to consider the socio-demographical factors and physical activity levels and plan counselling-services and projects for elder people. Increasing social relations is very important for their health; increasing physical activity may also be useful. Physical activity should be encouraged to increase social relations and education programs and plans made to provide appropriate activity, place and time.