

## ***The Effectiveness of Group Recreational Sports Program at the Level of Enjoyment and Satisfaction with Life in Older Persons***

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### **Introduction and research problem**

The term sports for all has become the focus of many sports workers after sports practice has become not only for competition but also for health and fitness.

It is no longer restricted to young people and young practitioners, but the circle of practice has expanded to include all categories The Elderly. (81:23)

Age is accompanied by physiological and physical changes that the elderly cannot usually avoid or eliminate, but can successfully resist, reduce and deal with them by adapting quickly and well to society so that they can live a quiet social, psychological and economic life.

Kamal Adel Darwish (1988) and Ahmed Adel (2009) agree that recreation activities gain individuals and the elderly communication skills, activate creative mental abilities, satisfy physical, physiological, psychological, and social and self-esteem, belonging, a sense of safety and happiness, and develop a sense of beauty. 17:14) (8: 1)

There is no doubt that the exercise of recreational activities for older persons is important to help improve their psychological and social status and improve their memory and overcome the leisure time, as noted by the study of Rivio et al. On work-related physical activity and the risk of Alzheimer's disease at the end of life, and the findings concluded that work-related physical activity was sufficient to protect or prevent Alzheimer's disease in older persons (103: 11)

The number of older persons has increased significantly in developed countries and as a new health phenomenon for developing countries.

Moussa (2002) estimates that the elderly population has increased from 200 million in 1952 to 400 million in 1988, That the proportion of the population of Egypt over 60 years of age is estimated to be about 1.2 million in 2025, 7% of the total population of the developed world, and Egypt, like other developing countries,

Was only 4,56% in 2000 and is expected to reach approximately 15 million by 2017. This increase is significant The numbers of elderly people led to any need for these elderly to the social and material support so as not to be subjected to restrictions as a result of weakness in the performance of threatening their autonomy n which requires a dramatic shift in social policy and services to meet the needs of the elderly in the world. (12: 28-29)

Baha Salama (2009), Tahani Abdulsalam (2001) agree that there are several factors that indicate interest in the older age group. Perhaps the most

important of these factors is that older people deserve attention because of what they have provided to society throughout their lives. And to take care of them.

Despite the social, psychological and social care provided by the community to the elderly, statistics indicate that they are not sufficient to achieve a clear health boom.

This may be due to the reluctance of older persons to practice or to the circumstances of their own practice or lack of regularity in practice. Is necessary to have a direct impact on the health of older persons, and it is therefore necessary to plan for that and work with all the efforts and means to achieve it. (83:15)

The older person who practices sports recreational activities has practical experience in how to maintain the high health and fitness that he has achieved, as well as to achieve the best rate of communication and social relations, and the feeling of old age satisfaction with life and his sense of fitness with age. (85:15)

In recent years, there has been an increase in the interest of the elderly in the world. Egypt has not been isolated from this concern, especially as it coincided with the rapid economic and social changes experienced by the Egyptian society.

As a result of these efforts at the international and local level, the expansion of the social role and centers spread throughout the Republic, including the Social Welfare House in various governorates, which was created to provide recreational services that help the elderly to achieve prevention Intellectual, spiritual and spiritual,

which contributes to the realization of the psychological, mental, social and health needs of older persons.

The subject of satisfaction with life is one of the important topics addressed by mental health and mental health alike as an important indicator of mental health. Satisfaction with life means the individual's enthusiasm for life and the desire to live it. Optimism, anticipation, acceptance and respect.

The researcher noted the existence of potentials at the highest level in these roles, but there are no sports recreational programs suitable for that category, which negatively affected some of the psychological and health aspects of them, which prompted the researcher to do In this study to identify the effectiveness of a program of collective sports activities on the level of enjoyment and satisfaction of life in the elderly.

### **Research goal**

**Identify the effectiveness of a program of sports activities on the level of enjoyment and satisfaction of life in the elderly through :**

- Degree of satisfaction with life in the elderly.
- The degree of enjoyment of life in the elderly.

**Research hypotheses**

-There are statistically significant differences between the averages of pre and post measurements in the level of enjoyment and satisfaction of life among older people in the elderly experimental research group.

-There are statistically significant differences between the averages of pre and post measurements in the level of enjoyment and satisfaction of life among older people in the elderly control group.

-There are statistically significant differences between the two dimensions of the two dimensions of the experimental and control groups in the level of enjoyment and satisfaction of life among the elderly and for the benefit of the experimental group.

**Steps to conduct the search**

**Research Methodology**

The researcher used the experimental method in designing the post-pre measurement of the two groups, one experimental and the other an officer, in order to suit the nature of the research and to achieve its objectives and requirements.

**The research sample**

The research sample included the elderly in the social welfare center in Aswan Governorate for the year 2016-2017. The total number of elderly persons aged (60-70) was divided into two groups (15) and 16 elderly.

**Equal search sample**

**Table (1)**

**Equal Search Sample variables (age, height, weight) and the level of enjoyment of life and satisfaction Life in the experimental and control groups N = 30**

Variables		Measuring Unit	The experimental group (n = 15)				Control group (n = 15)			
			SMA	Torsion coefficient	SMA	Torsion coefficient	SMA	Torsion coefficient	SMA	Torsion coefficient
Growth rates	Age	Year	66.53	66.0	0.92	0.91	66.12	66.00	0.82	0.98
	Height	Cm	167.3	167	3.87	1.9	169.5	169	3.67	1.8
	Weight	Kg	62.67	62.5	7.11	1.8	61.9	61.0	7.01	1.6
Enjoying life	Cognitive component	Degree	27.65	27.50	1.22	0.32	27.50	27.00	0.21	0.62
	The emotional component	Degree	22.85	22.60	1.52	0.014	22.55	22.50	0.14	0.74
	Social behavioral component	Degree	21.69	21.60	1.21	0.22	22.17	22.10	0.32	0.21
	Scale as a whole	Degree	72.19	72.20	1.36	0.32	72.22	71.60	0.55	0.22
Level of satisfaction with life	Happiness	Degree	12.78	12.70	0.32	0.33	12.66	12.60	0.65	0.33
	Psychological stability	Degree	6.93	6.90	0.25	0.51	6.91	6.90	0.25	0.24
	Social Respect	Degree	13.57	13.50	0.54	0.45	13.45	13.40	0.54	0.51
	Contentment	Degree	6.87	6.80	0.62	0.62	6.82	6.80	0.21	0.69
	Social	Degree	12.88	12.80	0.87	0.24	12.67	12.65	0.58	0.54
	Tranquility	Degree	10.98	10.95	0.93	0.85	10.69	10.60	0.32	0.35
	Scale as whole	Degree	64.01	63.65	0.45	0.32	56.38	62.95	0.38	0.87

It is clear from the previous table (1) that all the values of the arithmetic averages exceed the values of the standard deviations, and that all the values of the torsion coefficients were limited to ( $\leq 3$ ) indicating the equivalence of the sample members and their absence from the irregular distribution defects, - weight - the level of enjoyment of life and the degree of satisfaction with the life in question.

**Table (2)**

**Significance of statistical differences between the control and experimental groups in each Growth rates Enjoy life and degree of satisfaction about the life in question N = 1 n = 30**

Variables		Measuring Unit	The experimental group (n =30)		Control group (n =30)		Calculated value (t)	Statistical significance
			M	E	M	E		
Growth rates	Age	Year	56.53	0.92	56.12	0.82	0.78	Not indicted
	Height	Cm	167.3	3.87	169.5	3.67	0.53	Not indicted
	Weight	Kg	62.67	7.11	61.9	7.01	0.92	Not indicted
enjoying life	Cognitive component	Degree	27.65	1.22	27.50	0.21	0.52	Not indicted
	The emotional component	Degree	22.85	1.52	22.55	0.14	0.52	Not indicted
	Social behavioral component	Degree	21.69	1.21	22.17	0.32	0.36	Not indicted
	Scale as a whole	Degree	72.19	1.36	72.22	0.55	0.47	Not indicted
Degree of satisfaction with life	Happiness	Degree	12.78	0.32	12.66	0.65	0.92	Not indicted
	Psychological stability	Degree	6.93	0.25	6.91	0.25	0.04	Not indicted
	Social Respect	Degree	13.57	0.54	13.45	0.54	0.16	Not indicted
	Contentment	Degree	6.87	0.62	6.82	0.21	0.68	Not indicted
	Social	Degree	12.88	0.87	12.67	0.58	0.92	Not indicted
	Tranquility	Degree	10.98	0.93	10.69	0.32	0.04	Not indicted
	Scale as whole	Degree	64.01	0.45	56.38	0.38	0.52	Not indicted

The value of (t) the tabular at the level of significance (0.05) = 1.671

Table (2) shows that there are no statistically significant differences between the control and experimental research groups in both the growth rates and the level of enjoyment of life and the degree of satisfaction with the life in question. All calculated values are less than the tabular value at 0.05 ) Indicating their equivalence in those variables.

#### **Data collection tools:**

##### **First, the expert opinions questionnaire**

-Expert feedback questionnaire on the content of the proposed program.

Annex (2)

-Performance Level Registration Form for Senior Citizens (Numbers of the Researcher) Annex (3)

-Scale of satisfaction with life numbers "Magdy Mohammed Aldsouki" attached (4)

-The measure of enjoying life The preparation of "researcher" attachment (5)

##### **Second: Hardware and tools:**

- Resistameter for measurement of height and weight.

-Stop Watch.

**Third: The criteria used in the research:**

**- Scale of satisfaction with life:**

The researcher used the measure of satisfaction with life prepared by Magdy Mohamed El Desouki. The scale consists of (30) words, with a quintile, divided into six dimensions (happiness - psychological stability - social assessment - social conviction - reassurance)

**The researcher for this metric has the following:**

The correlation values between 0.263 and (0.412) were statistically significant at (0.01), as was the difference between the truth and the accuracy the critical ratio (20.40) is also a function at the level of (0.01). The experimental truth coefficient (0.582) is the positive coefficient D at the level of (0.01), and the general truth of the scale is also used.

B - used in many studies on the Arab environment.

To verify the validity of using the scale, the researcher shall **calculate the following scientific transactions:**

2-Scale to enjoy life: prepare / researcher

The researcher has built the measure of enjoying life by studying the scientific references and previous studies (2), (5), (6), (13) in the field of enjoyment of life, in order to determine **the components of the proposed scale:**

**Components of the standard of enjoying life:**

**The scale consists of three dimensions:**

**1-Knowledge component:**

And we mean: the individual's perception and evaluation of the different aspects of his life in general, and approve of the satisfaction of this life in particular and enjoy it and agree with them to bear their frustrations, and to address the problems and positive liberation from conflicts and the absence of contradictions and this dimension consists of (20) words.

**2-Emotional component:**

And we mean: the total positive feelings that give the individual a general sense of pleasure and joy and enjoy the way in which the individual satisfied with himself to achieve his ambitions, in response to his needs, a lover of life, and satisfied, feel satisfied and moderate mood. "This dimension consists of (20) single.

**3-Social behavioral component:**

"The ability of the individual to translate the positive sense of enjoyment of life, feeling happy and tolerant towards himself and others around him in actual performance reflects the warmth of feelings, the relationship of goodness, good ten, the desire to coalesce, to distance from disagreement, to win reconciliation, good morals, For hypocrisy, the desire for consistency This dimension consists of (20) singular.

**The proposed program**

**2-Proposed recreational program: Annex (6)**

**A. Program Objective:**

Design and implementation of motor exercise units represented in the form of a sports recreation program to positively influence the satisfaction of life and enjoyment of life in the elderly by improving the following factors as measured by happiness, psychological stability, social assessment, social satisfaction, and tranquility among the elderly.

**C. Content of the proposed program:**

The program consists of three main parts: warm up (10) s, and main part (30) s. It is a sports recreational exercise for the arms, shoulders, neck, trunk, legs and feet to achieve balance, and sports recreational games to give the spirit of fun and satisfaction of social needs and Psychological, and the third part (5) s The final is a calming exercises and light games to calm the body.

**Showing results:****Table (3)**

The significance of statistical differences between the pre and post measurement in the level of enjoyment of life and the degree of satisfaction with life in the elderly experimental research group

**N = 15**

Variables	Measuring Unit	Pre measuring		Post measuring		Differences between the two indices	Improve ment rate	Value (T)	Statistical significance	
		M	E	M	E					
Enjoy life	Cognitive component	Degree	27.65	1.22	35.21	0.17	7.56	27.34%	4.52*	Indicated
	The emotional component	Degree	22.85	1.52	31.25	0.21	8.40	36.76%	4.32*	Indicated
	Social behavioral component	Degree	21.69	1.21	29.84	0.16	8.15	37.57%	4.17*	Indicated
	Scale as a whole	Degree	72.19	1.36	96.30	0.52	24.11	33.39%	4.44*	Indicated
Degree of satisfaction with life	Happiness	Degree	12.78	0.32	19.58	0.62	6.80	53.20%	4.22*	Indicated
	Psychological stability	Degree	6.93	0.25	9.98	0.32	3.05	44.01%	3.70*	Indicated
	Social Respect	Degree	13.57	0.54	18.69	0.25	5.12	37.73%	3.62*	Indicated
	Contentment	Degree	6.87	0.62	8.84	0.62	1.70	24.74%	3.12*	Indicated
	Social	Degree	12.88	0.87	17.69	0.87	4.81	37.57%	3.92*	Indicated
	Tranquility	Degree	10.98	0.93	15.91	0.36	4.93	44.89%	3.75*	Indicated
	Scale as whole	Degree	64.01	0.45	90.61	0.87	26.60	41.55%	3.25*	Indicated

Table (T) value at a level of significance (0.05) = 1.679

Table (3) shows statistically significant differences between the averages of the pre and post measurements in the level of enjoyment of life and the degree of satisfaction with life in the elderly. The empirical research group where the calculated value (T) was greater than the tabular value at the significance level (0.05) To the proposed recreational program.

**Table (4)**

**The significance of the statistical differences between the pre and the post measurement in the level of enjoyment of life and the degree of satisfaction with life in the elderly control group (N = 15)**

Variables	Measuring Unit	Pre measuring		Post measuring		Differences between the two indices	Improvement rate	Value (T)	Statistical significance	
		M	E	M	E					
Enjoy life	Cognitive component	Degree	27.50	0.21	31.22	0.11	3.72	13.52%	3.21*	Indicated
	The emotional component	Degree	22.55	0.14	28.65	0.32	6.10	27.05%	3.17*	Indicated
	Social behavioral component	Degree	22.17	0.32	26.58	0.22	4.41	19.89%	3.54*	Indicated
	Scale as a whole	Degree	72.22	0.55	86.45	0.17	14.23	19.70%	3.41*	Indicated
Degree of satisfaction with life	Happiness	Degree	12.66	0.65	14.60	0.65	1.94	15.32	2.32*	Indicated
	Psychological stability	Degree	6.91	0.25	7.89	0.62	0.98	14.18	2.45*	Indicated
	Social Respect	Degree	13.45	0.54	14.68	0.87	1.23	9.14	2.39*	Indicated
	Contentment	Degree	6.82	0.21	7.80	0.36	0.98	14.36	2.17*	Indicated
	Social	Degree	12.67	0.58	14.62	0.87	1.95	15.39	2.36*	Indicated
	Tranquility	Degree	10.69	0.32	13.52	0.21	2.83	26.47	2.45*	Indicated
	Scale as whole	Degree	56.38	0.38	73.11	0.98	16.73	29.67	2.92*	Indicated

Table (T) value at a level of significance (0.05) = 1.679

Table (4) shows statistically significant differences between mean and post measurements in the level of enjoyment of life and the degree of satisfaction with life in the older control group. The calculated value (T) is greater than the tabular value at the significance level (0.05.)

**Table (5)**

**The significance of statistical differences between the two dimensions of the two groups of research experimental and controlling level enjoy life and degree Satisfaction with life in the elderly N = 1 n = 15**

Variables	Measuring Unit	The experimental group		Control group		Value (T)	Statistical significance	
		M	E	M	E			
Enjoy life	Cognitive component	Degree	35.21	0.17	31.22	0.11	3.58*	Indicated
	The emotional component	Degree	31.25	0.21	28.65	0.32	3.62*	Indicated
	Social behavioral component	Degree	29.84	0.16	26.58	0.22	3.66*	Indicated
	Scale as a whole	Degree	96.30	0.52	86.45	0.17	3.21*	Indicated
Degree of satisfaction with life	Happiness	Degree	12.78	0.32	14.60	0.65	3.18*	Indicated
	Psychological stability	Degree	6.93	0.25	7.89	0.62	3.15*	Indicated
	Social Respect	Degree	13.57	0.54	14.68	0.87	4.11*	Indicated
	Contentment	Degree	6.87	0.62	7.80	0.36	3.54*	Indicated
	Social	Degree	12.88	0.87	14.62	0.87	2.99*	Indicated
	Tranquility	Degree	10.98	0.93	13.52	0.21	3.70*	Indicated
	Scale as whole	Degree	64.01	0.45	73.11	0.98	3.15*	Indicated

\*Tabular value (T) at the level of significance (0.05) = 1.69

Table (5) shows statistically significant differences between the experimental group and the control group and for the benefit of the experimental group where the value of (t) calculated is greater than its tabular value at the significance level (0.05)

### Discussion of results

Table (3) shows statistically significant differences between mean and post measurements in the level of enjoyment of life and the degree of satisfaction with life among the elderly. The empirical research group where the value of (T) was calculated is greater than the tabular value at the significance level (0.05)

The researcher attributed the improvement to the proposed sports recreation program and to the sports and recreational activities included in the program, which bring happiness to the participants in the proposed sports recreation program, as the sport recreation achieves the happiness desired by the individual practicing his activities, as confirmed by Mohammed Al-Hamahmi, Aida Abd Dear (20: 39)

As Tahani Abdel Salam (2001) points out in her study on leisure time and recreation and a better future for older women, the importance of practicing the tooth for recreational activities has a great impact on the achievement of personal happiness.

Kamal Darwish and Mohammed Al-Hamahmi (1988) also pointed out that the recreation of various activities helps the elderly who practice his activities to live a happy life, as well as the elderly's feeling of happiness and satisfaction in life as a result of investing leisure time in recreational activities that satisfy the individual's internal needs (14 )

The results of this study are consistent with the study of Ahmed Adel (2009), Khalid Mohammed Al-Sadiq (2000) and Khadija Ibrahim (2008) (8) on the importance of sports recreational programs and their positive impact on developing the psychological abilities of the elderly Achieves the first research hypothesis

Table (9) shows statistically significant differences between the averages of the pre and post measurements in the level of enjoyment of life and the degree of satisfaction with life in the elderly control group where the value of (t) was greater than the tabular value at the significance level (0.05.)

The researcher attributed this to the physical effects of recreational and sports programs provided by the social care homes for the elderly. These programs include walking and movement exercises but insufficient and unaccustomed.

Tahani Abdel Salam (2001) emphasizes the UN's concern for the elderly since 1948. This led to the publication of a report on the rights of the elderly. The statistics indicate that between the years 1975-2025, the number of people over the age of 60 increased, (350) million to (1.100) billion, which represents 0.14% of the world population census, which led to the state's tendency to establish health care homes for the elderly.

Kamal Abdelhamid, Mohamed Sobhi Hassanein (2009) agrees that the coldness of life's vitality and effectiveness gives a sense of sadness and despair

to the elderly, especially when he feels the difference of changes that occur to him over time and at all levels and fields. One of the most sad and isolated is the lack of interaction with the family and the community in which he lives. (62:15)

In the opinion of the researcher that the psychological aspect of the elderly is different where he feels and coexists with feelings of loss, worse those related to the loss of the husband or friends, especially the friends of his youth and his mentor as well as loss of function and ability to gain and loss of the goal of life, especially as he feels near the inevitable end, which fulfills the hypothesis of the second research.

Table (5) shows statistically significant differences between the experimental group and the control group and for the benefit of the experimental group where the value of (t) calculated is greater than its tabular value at the significance level (0.05.)

The researcher sees that improvement to the proposed sports recreation program, which includes a group of sports and group recreational games, which helped the members of the experimental group to interact with each other, which led to improve the level of enjoyment of life and degree of satisfaction with life.

Leisure practice in general has an active role on the psychological aspects of practitioners, especially the elderly, where the practice of collective sports recreational activities and the interaction with peers generates a spirit of cooperation and joy among practicing individuals and less feelings of loneliness.

As Ahmed Mohamed Abdel Salam (2001) (2) pointed out in his study on the health services provided to the elderly through the exercise of recreation activities, which results in a sense of stability of the health status of the elderly and the height of morale through the planning of balanced recreational programs, To the stability of the health status of women, and satisfaction with the living conditions in which they live, which fulfills the hypothesis of the third research.

### **Conclusions**

- The proposed recreational program has led to an improvement in the enjoyment of life among the elderly.
- The proposed recreational program has led to an improvement in the degree of satisfaction with life in the elderly

### **Recommendations**

- 1- The need to work on the early detection of symptoms of lack of satisfaction with life in the elderly.
- 2-Involvement of the elderly as much as possible social activities and benefit from their experiences as this leads to the strengthening of self-esteem as well as reduce the degree of pessimism and isolation and this will alleviate the negative psychological symptoms.
- 3-Set up sports recreational programs that will alleviate the grief of the elderly

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