The promotion of medical policy for the elderly on physical exercise and mental health education for the elderly

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Abstract

The purpose of the study was to examine the impact of medical policy on physical activity and mental health education in older adults. According to the paper's research objectives and the number of older persons, the elderly over 60 were chosen as survey subjects. The differences and differences in the mental health of the elderly were compared primarily through reverse exclusion and comparison using a questionnaire survey and the SCL-90 symptom self-rating scale. The elderly are found to have a complete understanding of the purpose and value of the physical activity. When they exercise more than three times a week, their maximum oxygen consumption gradually decreases, and the exercise effect is impressive. We should make every effort to address the diverse demands of the elderly aged 70-79 and above. Physical exercise can provide strong support for mental health for the elderly and meet their needs for a healthy and beautiful life, respect and social support. However, due to the lack of overall planning for mental health education, an orderly system has not been formed, which limits the deep-seated pursuit of the elderly in terms of psychological ability improvement, emotional communication and spiritual pension.

Keywords: The elderly; Physical exercise; Mental health

Introduction

By 2019, the proportion of China's population over 65 years old in the total population will be as high as 11.9%, and there is still a further upward trend. China is a country with a large population base. Faced with such a sizable senior population, the country's economics, society, and culture will be profoundly influenced. The elderly are at significant risk of sickness, and their prime concern is their health. The elderly's health status gradually deteriorates as they age, and medical expenditures climb in lockstep. It is very easy for the elderly with low income to lead to poverty due to illness (Zhu & Liu, 2020). In addition, China faces many fully disabled and semi disabled older people. According to the fourth sampling survey of elderly living conditions in urban and rural areas of China, there are approximately 40.63 million fully disabled and semi-disabled older people in China, accounting for 18.3 % of the elderly population, and poor health status is a significant factor contributing to the overall or semi-disabled elderly population. Health issues are an essential source of anxiety for the elderly. The elderly have some cognitive misconceptions regarding the cash-based security technique to protect their future health status. Existing research indicates that the healthy life expectancy of the elderly with a more excellent socioeconomic class is not significantly different from that of the elderly with a lower socioeconomic status; that is, cash savings do not affect ensuring the elderly's health (Zhong & Zhu, 2021). The advantage of a more excellent socioeconomic status for the elderly is that they have a reduced mortality rate following impairment.

Additionally, while the family pension living pattern and children's spiritual comfort in family security have a beneficial effect on the elderly's health status, unequal economic status in family security and the elderly's low family status have a significant adverse effect on their health.

With the advancement of technology and China's growing ageing population, the proportion of senior sports development in social activities will continue to grow. Simultaneously, as the proportion of seniors with a higher cultural level increases, the elderly's awareness of physical activity increasingly improves, necessitating addressing this social problem. This incentive issue may be studied further in social scientific study in the future. The continued development of social practice needs the support of pertinent theories, and pertinent research in sports theory will be strengthened (Rodrigues et al., 2020). Thus, physical exercise has a distinct effect on the physical and mental health of the elderly than other types of social sports, which may attract the attention of sports theorists. In general, the onset and development of psychological issues in the elderly are concealed, and their current psychological abnormalities are frequently imperceptible to family members and the outside world. Only when

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psychological disorders significantly influence daily living will they be addressed. The mitigation and prevention of psychological problems in the elderly have significant limitations. Physical exercise occupies an important position in people's daily life. Comparative analysis of the impact of physical exercise on the mental health of the elderly, and the formulation and implementation of effective physical exercise policies and countermeasures based on this, will help improve the physical and mental health of the elderly and promote social development. of great significance. Payogo, Varinto, and Chaivoramankul (2020) pointed out in the article "investigation and analysis of the relationship between physical exercise and mental health of the elderly": to understand the relationship between the mental health level of the elderly and physical exercise, 243 elderly were tested with self-rating mental health scale (SCL-90). The results indicated that the experimental group's total average score and positive items on the SCL-90 were significantly higher than those in the control group and the national norm ($P < 0.01$). The mental health of the elderly who engaged in physical activity for an extended time was superior to that of the elderly who did not engage in physical activity. Simultaneously, the results of a comparison study of the mental health status of seniors who frequently engage in physical activity and those who do not enjoy physical activity demonstrate that physical activity has a profound effect on boosting the mental health of the aged. The mental health level of the elderly who often participate in physical exercise is much higher than that of the elderly who do not often participate in physical exercise. Xinzhu et al. (2021) pointed out in the article "The impact of physical exercise on the self-rated health and physical condition of the elderly": (1) The total scores of physical health, mental health and self-rated health of the elderly men were significantly higher than those of women. (2) There are very significant differences in physical fitness scores between the elderly aged 60-69 and the elderly aged over 70. (3) The physical health, mental health, social health, total health score and physical condition of the elderly who often participate in physical exercise are significantly better than those who do not exercise. (4) The self-rated health factors and physical fitness scores of the elderly who participated in collective sports activities were higher than those who exercised in individual form. (5) The physical, psychological and social health levels and physical condition of the elderly with different educational levels are also different. The higher the education level, the better the health and physical condition of the elderly (Xinzhu et al., 2021). Ren et al. (2021) considered that 44 of the 150 elderly had depressive symptoms, accounting for 29.33%, and 18 had anxiety symptoms, accounting for 12.00% in the article "Survey on Mental Health Status and Influencing Factors of the Elderly". Logistic regression revealed that the primary determinants of depression in the elderly are decreased visits from their children, physical diseases, lack of harmony with others, recent life stressors, and an inability to self-regulate in the face of unhappiness. The primary determinants of anxiety in the elderly are physical diseases, low life satisfaction, and family dysfunction (Ren et al., 2021). Middleton, J. and others research in the article "Analysis of Mental Health of the Elderly and Its Related Factors" and found that the cognitive evaluation of life events is the main factor affecting the mental health and well-being of the elderly; Marital status also significantly affects the life satisfaction of the elderly and is closely related to their mental health. Research on retired older people found that age is a factor that affects their self-confidence. The older the age, the lower the self-confidence. He Qiuju pointed out in the article "Research on the Promotion of Physical Exercise on the Psychological Benefits of the Elderly": (1) The elderly participate in physical exercise more, exercise for a long time, exercise more frequently every week, and exercise for a long time each time. A long walk (walking), aerobics, dance, and Qigong are the most popular forms of physical activity. (2) The level of mental health in the elderly who participated in physical activity was significantly greater than the level of mental health in the elderly who did not participate in physical activity. (3) Compared to those who have participated in physical activity for less than five years, older people who have participated in physical activity for more than five years have superior mental health to those who have participated in physical activity for less than five years. (4) The mental health of the elderly who participated in physical activity five times or more per week was considerably better than that of the elderly who participated in physical activity less than five times per week. (5) (Middleton et al., 2020). Chen et al. (2021) pointed out in the article "the impact of physical exercise on the mental health of the elderly": participating in physical exercise has a positive impact on the mental health level of the elderly, and the effect on women is obvious; The mental health level of the elderly who participated in aerobic exercise was significantly better than that of the non-participants; The mental health level of the elderly who exercise in the form of collective is significantly better than that of the elderly who exercise in the form of the individual; The mental health level of the elderly to strengthen the physique, lose weight or bodybuilding is better than that of the elderly to treat diseases and entertainment. To improve the physical and mental health

levels of the elderly, it is suggested that the government pay attention to and pay attention to the physical exercise of the elderly and enhance the elderly's understanding of physical exercise through compulsory health lectures (Chen et al., 2021). Laurie et al. (2021) stated in "Analysis of the mental health effects of physical activity,": The mental health effect of physical exercise is mainly reflected in the following five aspects: (1) The effect of physical exercise on anxiety and depression; (2) The effect of physical exercise on stress; (3) The influence of physical exercise on cognitive ability; (4) The influence of physical exercise on will quality; (5) The influence of physical exercise on personality (Laurie et al., 2021). Ramírez-Cifuentes et al. (2021), in the article "The relationship between mental health and physical exercise behaviour persistence in older adults", pointed out:(1) Long-term physical exercise has several emotional benefits for the elderly, the most important of which is an improvement in satisfaction and a reduction in anxiety and depression. The most important of these is an improvement in self-efficacy and self-confidence, which is the most important of these is the improvement in self-awareness obtained by the elderly through long-term physical exercise. People who engage in the long-term physical activity report significant improvements in interpersonal communication, improved social adaptation, and the acquisition of social support. These are the primary contents of the interpersonal benefits that people who engage in long-term physical activity report. (2) Physical exercise persistence time is positively correlated with the measures of satisfaction, anxiety, depression, self-efficacy, self-confidence, interpersonal communication, social adaption, social support, and the indexes of satisfaction, anxiety, and depression. Hidden characteristics frequently characterise the emergence and progression of psychological issues in the elderly. In certain cases, family members and others in the outside world may find it difficult to recognise the annual psychological changes. They are not acknowledged or valued until psychological disorders significantly influence one's ability to function in daily life. There are significant limitations on the mitigation and prevention of psychological issues in the elderly (Ramírez-Cifuentes et al., 2021). The specific psychological process is shown in Figure 1 below:

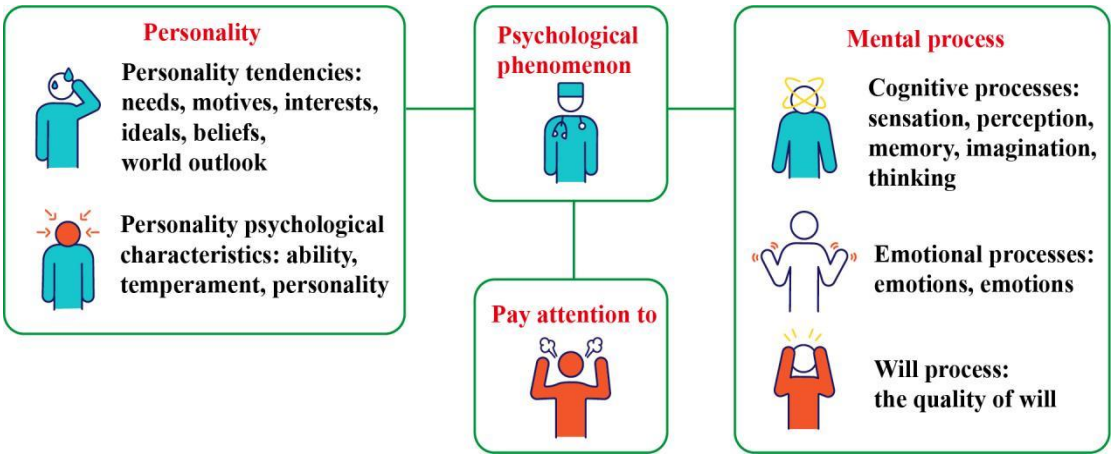

Figure. 1 Psychological phenomenon process

Physical exercise plays a vital role in people's daily life. Comparative analysis of the impact of physical exercise on the mental health of the elderly, and on this basis, formulate and implement effective physical exercise policies and countermeasures, which is of great significance to improve the physical and mental health of the elderly and promote social development (Taghvaei, Masoumi, & Keyvanpour, 2021). The effect of physical exercise on the mental health of the elderly was evaluated by SCL-90. Paying attention to the impact of physical activity on the mental health of the elderly can promote the overall improvement of the national physique, and it is also a product of the national economic development. The research on the effect of physical exercise on mental health in the elderly has a particular theoretical reference value. At the same time, it has a crucial role in promoting the national fitness program. The effect of physical exercise on the mental health of the elderly can primarily relieve the pressure on the elderly in all aspects of life and promote the relationship between physical exercise and the mental health of the elderly.

Methodology

Research object

According to the study requirements of this paper and the number of older people in the population, the elderly over the age of 60 are selected as survey subjects.

Sample composition

According to the statistical results of the on-site interview and questionnaire, 200 older people (100 men and 100 women) participated in physical exercise. Since this paper focuses on the impact of physical exercise on the mental health of the elderly, the effects of gender factors on the test indicators will not be considered temporarily.

Questionnaire survey method

Firstly, this paper appropriately selects some samples in the research, conducts preliminary interviews, and conducts separate interviews with individuals at all levels to deeply understand the mental health differences of the samples and prepare for the preparation of the questionnaire. According to the research purpose and content requirements of this paper, the research results of mental health index selection are selected as five aspects: personality, emotional stability, social adaptability, interpersonal communication ability and cognitive function (Zhang, 2021). At the same time, a comprehensive selection is carried out, and a particular scale is prepared according to the research content. Through effective questionnaires and scales, the primary data sources are obtained. This paper designs the "Basic Physical Exercise Questionnaire for the Elderly" and "The Elderly Mental Health Questionnaire" for the elderly people who participate in physical exercise (primarily to understand the selected mental health connotation as a whole), and the entire design process follows the basic requirements of questionnaire design, with 12 examples of questionnaires. At the same time, the SCL-90 symptom Checklist-90 was used to compare the differences in the mental health of the elderly (Zhao & Tang, 2021). The reliability test of the questionnaire adopts the test-retest method. The same test tool is used to test the same group twice at different times, and the correlation coefficient between the two measurement scores is the test-retest coefficient. The larger the correlation coefficient between the two measurements, the higher the degree of consistency between them, and the lower the contrary. Two surveys were carried out on 200 older people in several communities. Two hundred questionnaires were distributed the first time, and the test was re-tested two weeks later. SPSS17.O was used for correlation analysis of the 200 questionnaires of the first survey, and the correlation coefficient was $R = 0.89$, $p < 0.01$, meeting the measurement requirements, indicating that the reliability of the questionnaire survey results meets the requirements of this research.

Reliability test of the questionnaire

It is decided whether or not the questionnaire is reliable using the re-test method, which is to say that the same testing tool is used to test the same group twice at separate times, and the correlation coefficient between the two measurement scores is the re-test coefficient. The bigger the number of relationships between two measurements and vice versa, the better the degree of consistency between the two measurements. The correlation coefficient is calculated using Spss17.0 for correlation analysis, $R = 0.89$, $P < 0.01$, which meets the measurement requirements, indicating that the reliability of the questionnaire survey results meets the requirements of this survey.

Validity test of the questionnaire

Expert questionnaire validity test forms are used to ensure the usefulness of statistical indicators. They are available online. Members of the public are invited to study and evaluate the statistical indicators using one of five grading techniques - "extremely effective," "somewhat effective," "effective," "less effective," and "invalid" to determine their effectiveness. Some scholars and experts put forward some opinions on the feasibility of questionnaire design, made some modifications before investigating the statistical data, and further evaluated the questionnaire validity of 12 experts and scholars. The relationship validity score between the questionnaire and the subject is 9.6 (10 point system), which shows that the questionnaire and this research direction, ideas and paths provide a reference. See Table 1, Table 2.

Table 1

Composition of professional titles of experts

Expert category	Professor	Associate professor	Research institute	Total
Number of people	7	2	1	10
percentage	67.6%	24%	8.4%	100

Table 2

Validity test of questionnaire (N= 12)

Validity	Very effective	Relatively effective	Effective	Not very effective	Invalid
Number of people	8	3	1	0	0
percentage	74%	17.6%	8.4%	0	0

Questionnaire distribution

Two hundred questionnaires were distributed on-site, and 193 were recovered, with a recovery rate of 96.5%, of which 190 were effective, and the effective rate was 95.0%.

Dear Grandparents:

Hello! I am a School of Physical Education student, and I am conducting a research project on the "Comparative Study of the Effects of Physical Exercise on the Mental Health of the Elderly in Zhengzhou City". According to the project's research design, I will conduct a survey. First of all, thank you for your enthusiastic participation. The purpose of this questionnaire is to study your physical exercise habits. This is a questionnaire for project research. You are not required to fill in your name. There is no right or wrong answer. I hope you can answer according to the actual situation. Thank you again for your enthusiastic participation and support!

Wish: good health

May all go well with you

Please put "√" in () in the following options that match you or put "√" in front of the letter

1. Gender: male () mouth female ()
2. Age: 61-69 () 70-79 ()
3. Cultural level: undergraduate () high school / technical secondary school () primary school () illiterate ()
4. The number of times you participate in physical exercise per week: once () twice () three times, and above ()
5. Your average physical activity time is:

A: <30min B: 30＜X≥60min C: 60＜X≥90min D:＞90min

6. How long have you lasted this exercise: less than three months ( ); more than three months ( );
7. If you have never participated in extracurricular physical exercise, do you have the idea of going out to exercise: often() never()
8. Your favourite and frequent recreational sports are (no more than three): A: long walk B: running C: ball D: swimming E: martial arts F: qigong G: aerobics H: mountaineering I : Cycling J: Other
9. The primary purpose of your participation in physical exercise is (no more than three): A: Physical fitness B: Recreation and entertainment C Communication D: Adjustment of psychology E: Body shape R: Cultivation Sentiment G: Other

Mathematical statistics

After all, questionnaires were collected, the SPSS 17.0 software package was used to sort out, classify, compare and summarise the obtained data (Lopes et al., 2021).

Results and Discussion

Motivation and purpose of the elderly to participate in physical exercise

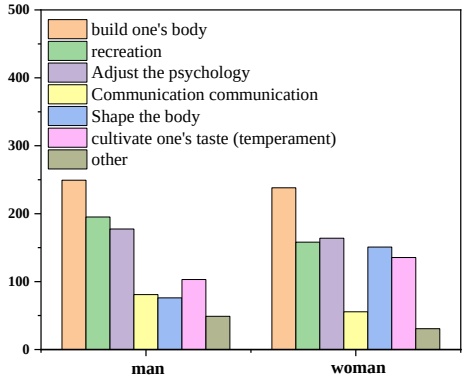

Figure. 2 Distribution of the purpose and motivation of the elderly to participate in physical exercise

As shown in Figure 2, sports motivation is the internal motivation to promote a person to participate in sports activities. It is the internal process of an individual. The behaviour of sports activities is the result of this internal process. Participating in sports activities is to select, stimulate, maintain, and strengthen certain sports activities to guide the inner motivation of specific goals. Motivation is the power source of all human behaviours. The internal power directly promotes a person to carry out behavioural activities. It includes personal intention, desire, psychological impulse, attempted goal, etc. (Ma et al., 2021). Maslow's hierarchy of needs hypothesis states that people's diverse needs serve as the source of their motivation. When people have a specific condition, they will be motivated to meet that need and participate in particular activities to fulfil that need.

A subjective reason for encouraging the elderly to engage in physical activity is the motivation of physical exercise for the elderly, which is the internal driving force that motivates the elderly to engage in physical activity. The elderly must first comprehend and then master their motivation for physical exercise before they can be mobilised to create interest in and assist in participation in physical activity. The result can be more noticeable. The purpose and basis of the elderly to participate in physical exercise are physical fitness, recreation and entertainment, adjusting psychology, shaping body shape, cultivating sentiment, communication and others. Physical fitness has occupied a critical position in the eyes of the elderly, doing physical exercise with a solid and obvious direction. At the same time, the elderly regard physical fitness as the

primary motivation for physical exercise, accounting for 85.4% (male 43.9%, female 41.5%), indicating that the elderly have fully realised the function and role of physical exercise. The second is recreation, accounting for 61.1% (male 33.7%, female 27.4%), which shows that sports' unique interest and entertainment are deeply loved by the elderly and have become one of the important purposes for the elderly to participate in physical exercise. There are significant differences in shaping body shape and communication between male and female older people. In terms of body shaping, female older people are more interested than male older people, while in terms of communication, the opposite is true. In a word, these motives and purposes are closely related to the needs of the elderly, which shows that the elderly in the district fully understand the function and value of physical exercise, and also reflects that the purposes and motives of participating in physical exercise are developing in a diversified direction. It further shows that the contemporary elderly have a thorough understanding and attention to physical exercise to promote physical and mental health; This will also enable the elderly in life, study and mental health in the future and play a positive role in all aspects of physical exercise for the elderly. At the same time, there will be a new concept.

Ways for the elderly to participate in physical exercise

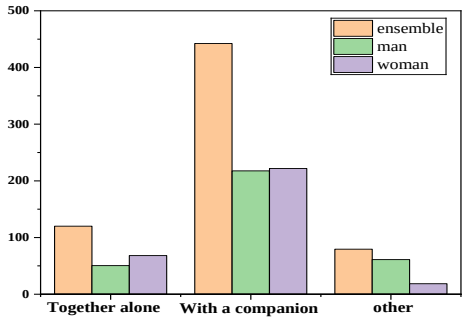

Figure. 3 Distribution of physical exercise methods of the elderly (number of people)

As illustrated in Figure 3, the distribution of male and female elderly individuals who participate in physical activity is depicted. Overall, 112 older persons who enjoy exercising alone were identified, accounting for 19.1 % of the total number of people who participated in the study. The overall number of senior persons who enjoy exercising with their peers is 398, accounting for 67.9 % of the total number of interviewed people. The number of older persons who prefer to exercise alone or with their peers is 76, accounting for 13 % of the total number of participants who participated in the survey. The number of old male persons who like to exercise alone is 47, accounting for 15.7 % of the total number of male older people researched in this study. The number of old male persons who enjoy exercising with their peers is 196, which accounts for 65.8 % of the total number of male older people who were researched. Fifty-five old male persons have chosen to exercise alone with their peers at the same frequency as their peers, accounting for 18.5 % of the older male people researched in this study. Sixty-five senior female people chose to exercise independently, accounting for 22.6 % of all studied female older people. It was discovered that 202 females old decided to exercise with their peers, accounting for 70.1 % of the total number of female seniors evaluated. Only 21 older people chose to exercise alone with their peers regularly, accounting for 7.3 % of the total number of female older people studied. According to the poll results, the majority of male and female seniors prefer to exercise with their friends, and the number of options available is essentially the same. For the most part, seniors face significant pressure from their families and a lack of autonomy and limited communication among themselves as they age. We also wish to foster common interests and hobbies through physical activity and create a common platform for mutual dialogue, which is one reason why most senior people prefer to exercise with other people their age.

Frequency of physical exercise for the elderly

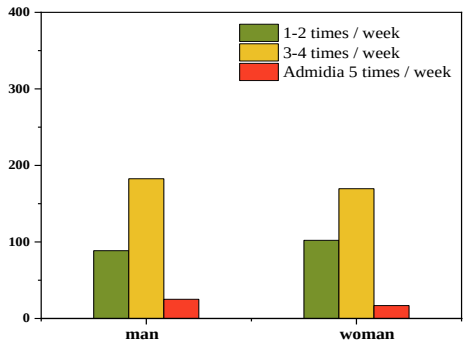

Figure. 4 Frequency distribution of physical exercise for the elderly (number of people)

As shown in Figure 4, exercise frequency refers to the number of exercises per week. Some studies have observed that when exercising more than three times a week, the increase of maximum oxygen uptake tends to be flat; When the number of exercise increases to more than 5 times, the growth of maximum oxygen uptake is minimal; When exercising less or twice a week, it often doesn't cause change. It can be seen that exercising 3-4 times a week is the most appropriate frequency. However, due to the effect of exercise

and accumulation, the interval should not exceed 3 days. As a general fitness and health care, it is better to exercise once a day. You will have muscle pain and exhaustion after every workout if you only exercise once a week, and you will feel sick for 1-3 days afterwards, making you more susceptible to injury. When you exercise twice a week, you will experience less muscle pain and exhaustion, and the effect will build up gradually but will not be noticeable; When you exercise more than three times a week, your maximal oxygen intake gradually becomes more tranquil, and the exercise benefit becomes more substantial as time goes on. The elderly participated in physical exercise 1-2 times / week (89 males, 29.9%; 102 females, 35.4%); 3-4 times / week (183 males, 61.4%; 169 females, 58.7%); ≥ 5 times / week (26 males, 8.7%; 17 females, 5.9%). It can be seen that the average number of physical exercises per week is 3-4. The performance is that the frequency of physical exercise of male older people is slightly higher than that of female students for 3-4 times/week, and more women than men for 1-2 times/week, but fewer people ≥ 5 times/week. So, the society should promote the development of sports organisations for the elderly, raise the elderly's awareness of physical activity, especially among the female elderly, increase their enthusiasm and initiative to participate in physical activity, increase their frequency of participation in physical activity, and promote the impact of physical activity on their physical and mental health (Espy-Wilson, 2021).

Comparison of mental health levels of older people of different ages participating in physical exercise

According to the design of the questionnaire on the age group of the elderly (61-69,71-79), the results are carefully counted and analysed by SPSS17.0 software. As shown in Table 3.

Table 3

Comparison of mental health levels of the elderly in different age groups

Factor	60-69year	70-79year	t
Total score	105.67±19.58	112.11±14.16	-2.747*
Somatization	1.21±0.26	1.31±0.31	-3.152**
Force	1.54±0.38	1.48±0.47	1.258
Interpersonal Sensitivity	1.47±0.35	1.32±0.25	2.126
Depressed	1.61±0.41	1.68±0.51	-3.672*
Anxious	1.32±0.51	1.58±0.68	-3.463**
Hostile	1.18±0.37	1.26±0.51	1.675*
Terror	1.33±0.41	1.50±0.46	-1.586*
Paranoid	1.27±0.45	1.33±0.67	-2.537
Psychotic	1.31±0.21	1.61±0.31	-4.136**

*P<0.05，**P<0.01

It can be seen from Table 3 that in the study of the elderly aged 70-79, the scores of total factor score, somatisation, depression, anxiety, hostility, terror, paranoia and psychosis are higher than those of the elderly aged 61-70. There were significant differences in total score ($t = -3.858$, $P < 0.05$), depression ($t = -4.783$, $P < 0.05$), hostility ($t = 2.786$, $P < 0.05$) and terror ($t = -2.697$, $P < 0.05$); There were highly significant new differences in somatization ($t = -4.263$, $P < 0.01$), anxiety ($t = -4.754p < 0.01$) and psychosis ($t = -5.247$, $P < 0.01$). According to the statistics shown above and the analysis of the conversations with the elderly during the survey, family and friends of the elderly should pay greater attention to their mental health and accompany them in physical activity. To better serve the elderly, the social government should expand infrastructure development, raise the number of social sports instructors, and set up a comprehensive and systematic psychological counselling centre for assistance, particularly for those aged 70-79 and above (Chen et al., 2020; Thieme et al., 2020).

Discussion

Physical activity is essential for the elderly to maintain good health and improve their quality of life (Demirjian et al., 2021). Today, when we advocate "active ageing" and implement the "healthy China" strategy, it is challenging to realise mental health education only by the power of the government to meet the demands of the elderly on a healthy and beautiful life, social role and spiritual pension, and make them fully experience achievements, dignity and life value. We must give full play to the health value of physical exercise and rely on the multi-directional cooperation and participation of the government, society, associations and individuals to promote the coordinated promotion of physical exercise and mental health education for the elderly (Potter et al., 2021). Scientific physical exercise is a systematic exercise process that can improve the physical and psychological conditions of the elderly through different types and frequencies of physical exercise activities. Under the guidance of the personalised scientific physical exercise program, organising and guiding the elderly to carry out physical exercise can make their body get targeted exercise, improve the gastrointestinal tract, cardiovascular and cerebrovascular and respiratory system discomfort of the elderly, and slow down the ageing process—discomfort on the physical level in humans.

For a long time, the elderly are in a condition of leisure and laziness, and their cognitive function will deteriorate, increasing the likelihood of developing mental problems such as obsessive-compulsive disorder. Targeted physical exercise

can be designed to target the physical and psychological characteristics of the elderly, exercise their various functions, and support the maintenance and improvement of their cognitive skills. When physical activity is done in groups, it has specific group characteristics. Based on a comprehensive analysis of the physical functions and interests of the elderly, it can serve as a venue for activities and exchanges among the elderly who share the same interests and characteristics. Communication can play an important role in expressing emotions, relieving negative emotions, effectively avoiding, relieving negative emotions, and effectively avoiding the discomfort and inferiority of interpersonal communication caused by the elderly due to long-term loneliness and a sense of loss. In addition, regular and regular physical exercise can make the elderly have confidence in their own lives and are willing to find activities that suit them. At the same time, communication with others during exercise can effectively reduce the possibility of anxiety and depression symptoms—sexuality and coping with old age in a more peaceful and positive state of mind. The growth of physical activity can also help the elderly adjust to their external environments, such as outdoor spaces and crowds, by introducing them to activities in small steps. This can help them avoid symptoms such as crowds and social anxieties later in life.

Conclusion

It is necessary to adjust mental health education for the elderly at different ages following their physiological and psychological changes, as well as provide specific sports interventions to ensure the availability of sports for the elderly, effectively protect the rights and interests of the elderly, and ultimately improve their quality of life. The following are the specifics: The elderly between the ages of 60 and 69 are particularly vulnerable to the psychological gap generated by the loss of social resources and relationships due to the transition from working to being idle. The elderly should be encouraged to take the initiative in their career planning, and physical exercise programmes with high clustering should be made full use of. We must work together to help them avoid the "retirement syndrome" at this point and assist them with career preparation. As a result of the high prevalence of chronic diseases, the aged over 70 are more likely to suffer from psychological problems such as depression, anxiety, self-denial, and fear of death. Apart from the prevention and intervention of psychological crises in the elderly, we should encourage them to enjoy themselves and make full use of fitness Qigong, Taijiquan, swimming, and other physical exercise projects to improve the cognitive function of the elderly and improve their self-concept and sense of worth.

Acknowledgements

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