

A Case Study on the Perception of Aging and Participation in Physical Activities of Older Chinese Immigrants in Australia

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Reference:

Key Words:

Chinese, physical activity, cultural views of ageing

Research aim:

explores how older Hong Kong Chinese Australians perceive aging and to what extent this perception affects their participation in physical activities.

Results/Conclusion:

The main findings indicate that the perception of aging is to some extent influenced by culture. Some participants defined aging as being measured in years, and others defined it by the state of one's physical health, appearance, and capacity to continue fulfilling one's social roles. These perceptions strongly influenced their preferences for and participation in physical activities.

Implications:

Acknowledging the fact that Chinese-speaking people are not culturally homogeneous, this article makes some recommendations to health service providers with regard to the development of appropriate physical activity programs.

Cultural Group(s):

Chinese, Hong Kong

Location of study:

Age group:

60 - 91

Number included in study:

22

Type of participants:

older Hong Kong Chinese Australians

Research approach:

Qualitative

Type of data:

Primary

Secondary data sources used:

Specific scales or analytical techniques used:

Content analysis

Implications/ Recommendations:

Notes: