

Abstract

The number of people aged 60 or older will rise from 900 million to 2 billion between 2015 and 2050 (moving from 12% to 22% of the global population) (WHO, 2018). Recent gerontological studies indicate, health and social care services required by disabled older persons will be a growing burden and a major societal concern for the next century (Stuck et al., 1999). An intervention plan in response to this situation is to devise and implement strategies for preventing or delaying the onset or decline in cognition, physical health, and quality of life for aging adults.

Bingocize[®] was created as an intervention to not only attract older individuals but to retain their attention by utilizing a fun, interactive game to allow for the exercise of the body and mind. Bingocize[®] is an evidence-based intervention that may be used as preventative care for the older population to help with onsets of negative symptoms associated with aging. Using community-based group exercise programs which incorporate motivators, such as social support, has been shown to be one approach to increase physical activity levels and adherence for older people (Hernandes et al., 2013). Bingocize[®] includes all three key components: exercise of mind and body in a social environment. Previous research conducted in the United States by Dr. Crandall et al., (2014) shows that there was significant improvement in cognitive and physical health after the intervention program. The aim of this study is to determine whether the 12 weeks of Bingocize[®] intervention will be effective in showing significant differences pre and post-intervention in Poland for cognition, physical fitness, and quality of life.

In conclusion it was found that playing Bingocize[®] can be used to improve cognition in the aging population. In addition, there were significant overall differences observed in the experimental group in all components of physical fitness therefore it can be concluded that Bingocize[®] can be used to improve physical fitness. In both groups there were significant differences seen after the intervention in all domains for quality of life. The experimental group saw added benefits in that they perceived physical health and quality of life to improve also. This suggests that in order to improve physical health and quality of life of older adults the key factor is the physical activity component. Lastly, it appears that factors other than cognitive and motor functions are important for the subjects' quality of life. It is crucial for further research to identify other factors that would play a key role in enhancing the quality of life of seniors.



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