



### PSYCHOLOGY

Nobody casts doubt upon affirmation that physical exercise is healthy. Everybody accepts that as true. Nevertheless, I usually meet with certain degree of laziness, indolence connected with excuses for not having enough time and that is why people do not commonly do physical exercises.

Working with seniors we have to become aware of certain specifics not only with respect to their lower physical strength, which we respect because they are noticeable. Growing old causes changes in one's psyche, attitudes, opinions, concerns etc. We have to take this into account and if there are blocks, we have to release them if we want to get seniors interested in exercising.

Basically, the main concern of seniors is their health. Though we are aware of the beneficial effect of physical exercise, many seniors are afraid of some kind of exercises so that they would not harm themselves. Of course it coincides with their fear of losing independence of people's help, so that there is no need of care. They are also aware of the probability of accidents and injuries because they are not supple enough to avoid them and about the bad consequences when they fall down. Concern about their own health and an idea that I can harm myself by doing exercises might cause the block preventing them from going to the gym. The way how to release these blocks just from the start is advertising and publicity of exercising. People should trust that they cannot harm themselves because they will be instructed by an experienced and trained instructor and that they will be able to do exercises according to his/her recommendation.

An individual approach to the elderly enables them to get such a feeling of assurance. It is necessary for the instructor to find out about everyone's problems and what exercise he/she should probably avoid. If the instructor demonstrates this kind of exercise harmful for that person, he immediately gets the person's confidence and the fear of getting harmed disappears.

Another unpleasant feeling of the senior is his/her diminishing strength. They realize the fact that they cannot do what they were able to do in their youth. Therefore, if he/she reads the information about exercising, the first idea that comes to his/her head is „I have not done any exercises for a very long time so that is nothing for me, I am not strong enough“.

It is easy to overcome this block. In the publicised information there must be affirmation that an excellent physical condition is not expected and that the working out is for everybody and that on the contrary those who have not done any exercises for a long time can get their good physical condition back.

Another reality that causes blocks for seniors is not having enough social contacts. They are looking for them by talking to other people on the street or at the doctor's but they are usually a bit shy to get involved in a new society, get new contacts or start new friendships. There it



## Seniors to sport court, not to hospital

depends again on the instructors who promote their exercises to convince the people who are interested, that there will be all people newcomers so it is not necessary to be afraid of getting involved. It is possible to recommend them to take their friend with them. The instructors can motivate them by giving them some discount if they bring other people.

Finally, it is necessary to observe especially in connection with the new research in neuropsychology that though we speak about physical and psychical aspects, in reality we speak about two aspects of one absolute integrity. Mentioning neuropsychology which is a science materialistically following the fact that the brain and its chemistry (endorphins, serotonin and dopamine) influence our psyche much more than we can do with our will. We do not want to undervalue psychological aspects of upbringing and education, social integration, but the interrelation is so fundamental, it is an absolute unity of the spirit and body. So the instructors should inform seniors that not only they will get a good feeling from doing something for their own health, but actually through exercising they will get a better level of endorphins, dopamine etc. And thus their psyche will get into a much better condition than by using medicaments.