



The Function Assumed of the Sports Leisure Industry in the Improvement of Living Standards for Senior Citizens

Ji-Hye KIM¹

Received: December 21, 2022. Revised: January 19, 2023. Accepted: January 25, 2023.

Abstract

Purpose: The purpose of the current research is to investigate the contribution of the sports and leisure sector to raising elderly citizens' quality of life. Through this investigation, the sport and leisure sector may give seniors a sense of safety and security by creating a safe atmosphere in which they can engage in activities and feel a part of their communities. **Research design, data and methodology:** Literature data were extracted from previous studies between the role of the sports leisure sector and living quality for senior citizens using a standardized data extraction form by two independent reviewers after articles have been included in the review. Each study's data extraction includes details on the study's design, exposure, outcome metrics, and findings. **Results:** Based on the qualitative textual approach, the present author had figured out total four Functions assumed as follows: (A) Physical Activity and Exercise, (B) Socialization and Interaction, (C) Opportunities for Learning and Development, and (4) Emotional Wellbeing. **Conclusions:** All in all, professionals should try to give elders chances for social interaction and peer participation in order to foster a feeling of community and belonging. This might entail setting up groups or leagues for elders to engage in meaningful social activities, like hiking or sports.

Keywords : Senior Citizens, Living Standard, Sports Leisure Industry

JEL Classification Code : D61, L52, L83

1. Introduction

This research aims to investigate the contribution of the sports and recreation sector to raising elderly citizens' quality of life. This dissertation specifically attempts to study how the sports leisure business may offer physical activities, social events, and cheap services that can assist improve seniors' health and well-being and the financial stress many seniors suffer.

Senior persons benefit from the sports and leisure sector in important ways, such as through experiencing improvements in their physical, mental, and social wellbeing (Ryu et al., 2018). An in-depth analysis of the sport and recreation sector, as well as how it affects older persons' quality of life, will be given in this chapter. The

industry's numerous contributions to raising elderly persons' quality of life will be examined, including how it encourages physical exercise and social interaction. Along with that, it will talk about the difficulties the aging services sector has to deal with. Recreational pursuits like swimming, tennis, and golf as well as competitive sports like basketball and soccer are all included in the large and diversified sport and leisure business (Eime et al., 2020). Additionally, it entails endeavors in culture, education, and leisure activities like fishing and hunting. It also includes activities related to health and fitness. Commercial and non-commercial sectors of the industry are sometimes separated into separate divisions. Non-commercial activities are often organized or offered by individuals or informal groups, whereas commercial sports and leisure activities are frequently

1 First and Corresponding Author. Lecturer, Department of Leisure and Sports Studies, Sahmyook University, Seoul, South Korea, Email: jhkim831024@gmail.com

© Copyright: The Author(s)
This is an Open Access article distributed under the terms of the Creative Commons Attribution Non-Commercial License (<http://creativecommons.org/licenses/by-nc/4.0/>) which permits unrestricted noncommercial use, distribution, and reproduction in any medium, provided the original work is properly cited.

provided or organized by private or public organizations.

It has been demonstrated that the sports and leisure sector significantly improves the lives of older adults. Increased physical exercise is linked to better mental and social relationships as well as physical health (Wiese et al., 2018). Physical exercise has been found to lower the chance of developing chronic conditions including diabetes, heart disease, and stroke as well as to enhance overall quality of life in older persons. Additionally, taking part in organized sports and leisure activities can strengthen social bonds by presenting chances for socializing and long-lasting partnerships. To encourage elderly adults to lead healthy lives, the sports and leisure sector is extremely important. From venues and facilities to specialized programs and services, the sector offers access to a variety of activities and services. By facilitating chances for physical activity and interpersonal connection, these programs and activities encourage healthy lives.

In addition, a lot of sports and leisure activities are inexpensive or free, making them widely available. Despite the many advantages that the sport and recreation sector offer elderly persons, there are still a number of issues that need to be resolved. The demands of this more diversified group must be catered for by the business as the population becomes older. In addition, the sector must be able to offer inexpensive and open to everyone activities and services. The sector must also be able to give people a safe and secure environment.

Along with the many advantages it offers, the sport and recreation sector may give seniors a much-needed outlet for their inventiveness and creativity. It may be a great opportunity for seniors to discover new interests and hobbies, try new things to do, and make a positive relationship with the neighborhood. The sector may also provide elders a feeling of purpose and belonging, enhancing their sense of community engagement. Additionally, the sector may offer entertainment, keeping seniors interested in and active in their everyday life. The sport and leisure sector may also give seniors a sense of safety and security by creating a safe atmosphere in which they can engage in activities and feel a part of their communities.

2. Literature Review

Particularly in view of the aging population in many nations, study into how the sports and leisure business may raise living conditions for elderly individuals is crucial. According to the World Health Organization (WHO), the number of individuals 60 and older will quadruple by 2050, from 900 million in 2015. The demand for high-quality senior leisure activities and services is critical given the

growing senior population. This evaluation of the literature looks at the literature on how the sports and leisure sector has helped seniors live better. The results of this review will aid in identifying knowledge gaps and developing an understanding of how leisure activities may enhance this population's quality of life.

This section's goal is to evaluate the research on how the sports and recreation sector may raise elderly adults' quality of life. The review will look at the existing research on the subject, find any gaps in the literature, and lay the groundwork for future investigation.

2.1. Theoretical Framework

The literature on leisure and aging has mostly been influenced by theories of leisure, aging, and lifestyle. Leisure theory is a multidisciplinary approach that sees leisure as a dynamic, complex, and diverse phenomena (Henderson et al., 2005). It implies that leisure, which consists of both organized and unstructured activities, is a crucial aspect of existence. Additionally, it acknowledges the value of leisure in fostering one's physical, mental, and social well-being as well as in giving one a feeling of direction and fulfillment. Age-related theories offer a crucial foundation for comprehending how pastimes might raise seniors' quality of life. The activity hypothesis of aging states that activities are essential for seniors to retain their physical, mental, and social abilities (Newman et al., 2014). The disengagement hypothesis of aging, on the other hand, contends that as people get older, they start to cut back on their social and activity participation (Cumming, 1964). To preserve their physical and emotional health, elders should be encouraged to participate in leisure activities, according to this.

Seniors' participation in leisure activities might also be influenced by their way of living. According to the philosophy of the leisure lifestyle, seniors' interests, values, and leisure pursuits influence them (Choi & Yoo, 2017). This suggests that dependent on their beliefs, interests, and lifestyle, seniors' leisure activities might differ.

2.2. Characteristics of Senior Citizens and Their Needs

A constantly expanding portion of the population, seniors are those 65 and older. From 48 million in 2015 to 98 million in 2050, the population aged 65 and older is expected to nearly quadruple, according to the US Census Bureau (Lin et al., 2018). It is critical to comprehend the distinctive traits and requirements of this group as it expands. Seniors are more prone to health issues and impairments, which is an important trait. Chronic illness risk rises with age, as does the possibility of disability and functional

decline (Jentzer et al., 2019). Seniors hence frequently need specialist healthcare and support services. Due to their decreased mobility or other causes, many elderlies also live alone or are socially isolated (Thomas et al., 2017). These people are more likely to experience sadness, anxiety, and other mental health problems (Mann et al., 2017).

Current State of the Sports and Leisure Industry and Its Impact on Senior Citizens

The sports and leisure sector is undergoing change. Seniors now have access to new activities made possible by technology, such as virtual reality sports (Huygelier et al., 2019). Additionally, the business is progressively concentrating on the requirements of elders, placing a priority on safety, accessibility, and social contact.

There are still certain issues that must be resolved, though. For instance, many sports and recreational activities may not be appropriate for seniors because they are made for younger people. Some activities may also be too pricey or challenging for elders. Finally, further study is required to determine the social and health advantages of sports and leisure activities for seniors.

2.3. Types of Sports and Leisure Activities for seniors

Seniors can participate in a variety of sports and leisure activities, from leisurely hobbies to more typical team sports. Team sports, including basketball, football, and baseball, can offer physical activity, social engagement, and support. Tennis, golf, and other sports may offer both physical exertion and social connection. Without the necessity for formal teams, other activities like riding, walking, or swimming can also provide physical exercise. Seniors can also engage in hobbies like dance, gardening, or birding. These pursuits may stimulate the body, mind, and socially, as well as provide one a sense of achievement (Chul-Ho et al., 2020)

2.4. Demand for Leisure Activities among Older Adults

Hu (2022) investigated in a case study the need for leisure activities among elderly persons. According to the study, older persons are more inclined to partake in leisure pursuits that promote their physical, mental, and emotional well-being. The study also emphasized the role that leisure time activities have in enhancing older individuals' health, wellbeing, and quality of life.

Senior citizens' recreational activities in Poland. Their research showed that leisure activities are crucial for older persons because they promote social and emotional well-being, as well as mental and physical health. The survey also discovered that senior people are more likely to enjoy leisure

activities like walking and gardening.

The significance of leisure time for older individuals in Spain was studied by the prior study (Cuenca-Amigo et al., 2017). They discovered that leisure activities promote older persons' physical and mental well-being and offer social and emotional benefits. Leisure time pursuits are crucial to this population's quality of life, the study's findings further revealed.

2.5. Innovative Sport and Leisure Approaches to Quality of Life in the Smart City

Tjønndal and Nilssen (2019) investigated how cutting-edge sports and leisure strategies may raise the standard of living in smart cities. The study discovered that leisure pursuits can give older persons a platform to interact with their communities and foster social well-being. The study also emphasized the potential for new leisure pursuits to enhance both physical and mental health.

2.6. Leisure and Innovation

Marques and Pimentel Biscaia (2019) looked at the limits of innovation and leisure. According to their research, leisure time activities can help older persons' physical and mental health. The study came to the further conclusion that creative pastime activities might support older individuals' social involvement and aid to lessen loneliness.

2.7. Leisure Innovation for Older Adults in Urban China

In urban China, Lin (2021) looked at the possibility for new leisure activities for elderly people. The study discovered that pastimes could boost social and emotional well-being, as well as physical and mental health. The study also emphasized how leisure innovation might raise the standard of living for this demographic.

2.8. Relationship between Leisure Activities, Depression and Quality of Life

In their study on senior Koreans living in communities, The prior study (de Oliveira et al., 2019) looked at the connections between leisure pursuits, depression, and quality of life. According to the study, recreational activities are crucial for maintaining older persons' physical and mental health as well as their social and emotional well-being. The study also emphasized the value of leisure time pursuits in lowering depressive symptoms and raising quality of life. The contribution of the sports and recreation sector to raising elderly adults' living conditions is a crucial and pressing matter. Seniors require access to recreational

activities and facilities as the population becomes older in order to improve their quality of life. The sports and leisure sector offers a variety of resources, programs, and services that can support seniors in maintaining their physical and mental well-being as well as giving them access to social and recreational opportunities.

According to studies, older citizens' physical health can be enhanced by engaging in sports and leisure activities. Sports and leisure activities can lower your chance of getting chronic illnesses including heart disease, diabetes, and stroke, according to studies. Participating in sports and recreational activities can enhance balance and coordination, lower the risk of falling, build muscular strength and flexibility, and boost general fitness (Foster et al., 2018).

Sport and leisure activities have been shown in studies to have a favorable impact on psychological and mental health (Kim et al., 2015). Participating in sports and recreational activities can help seniors feel less stressed, anxious, and depressed while also boosting their self-esteem and social connections.

The sports and leisure sector may provide elderly citizens a variety of social and recreational opportunities (Street et al., 2007). These activities, which can give seniors chances for social contact and amusement, might include group classes, group sports, and group trips. Additionally, the sports and recreation sector may give older citizens access to amenities like walking trails, parks, and swimming pools that are secure and easily accessible.

Despite the potential advantages of the sports and leisure sector, further study is required to determine how it affects seniors' living standards. More precisely, research is required to determine how the sports leisure business affects seniors' physical and mental health as well as any possible social and recreational advantages. In order to better meet the demands of elders, it is also important to comprehend how the sector might be enhanced.

2.9. Research Gap

The existing body of literature has given us a thorough grasp of how the sports and leisure sector has helped seniors' quality of life. More study is required, though, to determine how creative pastimes might improve seniors' social, emotional, and physical wellbeing. This study gap highlights the need to investigate the potential of cutting-edge leisure activities in enhancing elderly citizens' quality of life. This study should specifically look at how novel leisure activities might be modified to accommodate the unique demands of elders. The results of this study may be utilized to create novel leisure activities for seniors and to provide light on how leisure activities can be used to enhance seniors' quality of life.

This study can also investigate the ways in which

creative pastime activities might enhance seniors' social, mental, and physical wellbeing. This study can aid in determining how novel leisure activities may enhance seniors' quality of life and can also serve as a design manual for such activities. There is a dearth of research on how the sports and recreation sector might raise elderly adults' standards of living. Further study is required to determine how the sector affects seniors' physical and mental health as well as any possible social and recreational advantages. It's also important to comprehend how the sector might be developed to better meet the demands of elders. In order to assist enhance the quality of life for seniors, this research will shed light on the existing state of the sector and point out potential development areas.

Table 1: Summary of Literature Review

Research Gap	Prior Research Evidence
*The further research is required, though, to determine how creative pastimes might improve seniors' social, emotional, and physical wellbeing. This study gap highlights the need to investigate the potential of cutting-edge leisure activities in enhancing elderly citizens' quality of life	Henderson et al. (2005), Newman et al. (2014), Cumming (1964), Choi and Yoo (2017), Lin et al. (2018), Jentzer et al. (2019), Thomas et al. (2017), Mann et al. (2017), Huygelier et al. (2019), Chul-Ho et al. (2020), Hu (2022), Cuenca-Amigo et al. (2017), Tjønndal and Nilssen (2019), Marques and Pimentel Biscaia (2019), Lin (2021), de Oliveira et al. (2019), Foster et al. (2018), Kim et al. (2015), Street et al. (2007)

3. Methodology

The present research comprised objects that must be testified in a methodical assessment of prospective studies (O'Dea et al., 2021). The indexes are designed to help ensure that the research is of high quality and provides a comprehensive and transparent account of the review process.

Organized evaluations and meta-analyses are essential tools for synthesizing evidence from numerous readings. However, the quality of these reviews and meta-analyses can vary greatly, and poor-quality studies can lead to misleading conclusions. The guidelines of this research are designed to improve the quality of declaring methodical assessments and meta-analyses and to make it easier for readers to assess the quality of these studies (Seong, 2022).

The figure 1 shows the process of selecting studies for inclusion in the criticism or meta-analysis. The PRISMA guidelines are not mandatory, but journals and funding

bodies are increasingly adopting them as a standard for commentary of organized examinations and meta-analyses. Thus, the guidelines of this research could help improve the quality and will make it easier for readers to assess the quality of the evidence.

Literature data are extracted from previous studies using a standardized data extraction form by two independent reviewers after articles have been included in the review. Each study's data extraction includes details on the study's design, exposure, outcome metrics, and findings (Riberholt et al., 2022; Kang, 2021). Following the data entry into a database, each study is given a quality rating by two independent reviewers using the Cochrane Risk of Bias apparatus. A summary estimate of the effect of the exposure on the specified health outcome is then produced by doing a meta-analysis on the data from the compromised studies. The random-effects model is used for meta-analyses, and the outcomes are presented as odds ratios with 95% confidence intervals.

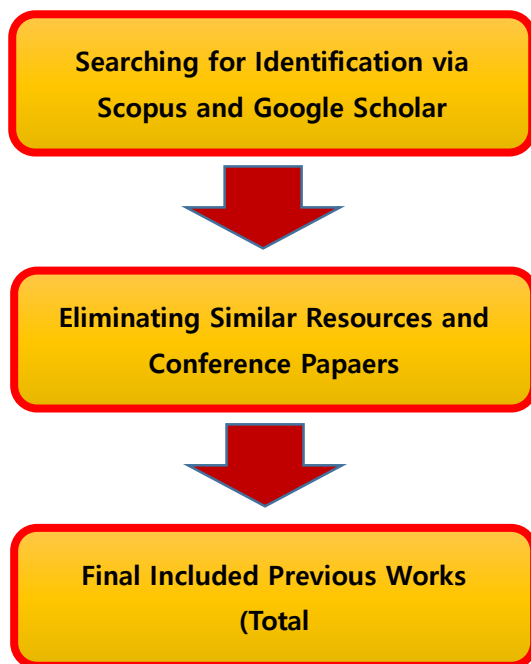


Figure 1: The Process of Collecting Final Resources

4. Results

4.1. Function Assumed 1: Physical Activity and

Exercise

A Studies have demonstrated that physical activity and exercise can enhance life expectancy, improve physical and mental health, and improve functional ability. It is generally known that these benefits can improve older folks' living standards. This section will go over four important ways that exercise, and physical activity may help seniors live better.

The ability of physical activity and exercise to prolong life is the first important function it plays in the improvement of living conditions for seniors. According to Lee et al. (2017), being physically active has a favorable impact on life expectancy, with those who participate in it having a reduced mortality risk than those who do not. Similar findings were made by Rhodes et al. (2017), who found that seniors' life expectancies are raised, and death rates are decreased when they engage in physical exercise. Additionally, McPhee et al. (2016) discovered that being physically active is linked to better survival among older persons and that those who are active are more likely to live longer than those who are sedentary.

Physical health improvement is the second important function that physical activity and exercise play in raising seniors' quality of life. Physical exercise has a good impact on physical health since it lowers the risk of conditions including hypertension, diabetes, and cardiovascular disease. Hillsdon et al. (2005) also discovered that exercise can enhance physical function by enhancing balance and strength and lowering the chance of falling.

The third important role of physical activity and exercise in raising elderly citizens' quality of life is its capacity to enhance mental health. Physical exercise is linked to better mental health and psychological well-being among seniors. It lowers the possibility of developing depression, anxiety, and other mental health problems. Furthermore, McPhee et al. (2016) discovered that physical exercise, which might lower the incidence of dementia and Alzheimer's disease, is linked to better cognitive performance in seniors.

Enhancing functional capacity is the fourth important way that physical activity and exercise may help seniors live better. Physical activity can enhance functional capacity by lowering the risk of falls, enhancing balance, and increasing agility, according to Lee et al. (2017). Similarly, Rhodes et al. (2017) discovered that exercise can enhance physical functioning, strength, and flexibility. Additionally, Hillsdon et al. (2005) observed that physical activity can enhance bodily function by enhancing strength and balance, lowering the risk of falls, and increasing physical function.

Overall, these results indicate that physical activity and exercise are critical to raising the standard of living for seniors because they prolong life, enhance physical and mental health, and raise functional ability.

4.2. Function Assumed 2: Socialization and Interaction

Examining the broad topic of socialization and interaction's function in raising elderly adults' living standards is necessary. Socialization and engagement can affect seniors' physical and emotional health, as well as their cognitive performance, in both positive and negative ways, according to research.

4.2.1. Socialization and Interaction: Positive Influences

The social change and social isolation of older individuals were explored by Locsin et al. (2021) in relation to the impact of digital technology. They discovered that digital technologies could serve as socialization facilitators, giving seniors access to a wider selection of social activities including online courses, social media platforms, and virtual support groups. Furthermore, research by Tomioka et al. (2017) of community-dwelling seniors between the ages of 65 and 70 revealed that social engagement had a good impact on both their physical and mental health. Similar results were obtained by Bourassa et al. (2017) who discovered that social interaction has a favorable impact on cognitive performance in older persons.

Table 2: Results of the Present Study

Key Findings	Supporting Clues
1. Physical Activity and Exercise	Lee et al. (2017), Rhodes et al. (2017), McPhee et al. (2016), Hillsdon et al. (2005), McPhee et al. (2016), Lee et al. (2017), Rhodes et al. (2017), Hillsdon et al. (2005)
2. Socialization and Interaction	Locsin et al. (2021), Tomioka et al. (2017), Bourassa et al. (2017), Wister et al. (2021), Aroogh and Shahboulaghi (2020)
3. Opportunities for Learning and Development	Thang et al. (2019), Kim et al. (2020), Rutherford et al. (2018), Thapa et al. (2020), Kim et al. (2020), Li et al. (2021)
4. Focusing on Emotional Wellbeing	Kim et al. (2017), Cheung et al. (2009), Singh and Kiran (2014), Kim et al. (2014), Cheung et al. (2009), Patterson (1996)

4.2.2 Socialization and Interaction: Negative Influences

However, Wister et al. (2021) discovered that utilizing technology solutions to combat loneliness and social isolation in older persons might have unfavorable outcomes, such as escalating such symptoms. Aroogh and

Shahboulaghi (2020) also did a concept analysis and discovered that senior social involvement can also result in sentiments of exclusion and vulnerability.

4.3. Function Assumed 3: Opportunities for Learning and Development

There are several ways in which the sports and leisure sector contributes to raising senior citizens' standards of living. The sports and recreation sector may greatly enhance seniors' quality of life by offering chances for growth and learning. The sports and recreation sector plays four key roles in the learning and development of seniors: it offers them educational opportunities, enhances their physical and emotional well-being, fosters social connections, and improves cognitive function.

Seniors might acquire new skills through educational activities in the sports and recreation sector. Thang et al. (2019) discovered that by offering chances for older persons to gain new information and skills, lifelong learning activities like those offered by the sports and recreation sector can assist to improve the overall quality of life for older adults. According to Kim et al. (2020), older individuals' symptoms of sadness and loneliness can be lessened by engaging in leisure activities like those offered by the sports leisure sector. This implies that the recreational sports industry's educational possibilities can aid in enhancing seniors' mental health.

The older population's physical and mental health can both be improved through the sports and leisure business. According to Rutherford et al. (2018), engaging in recreational activities, such as those offered by the sports leisure sector, can lower older persons' risk of developing depression and cognitive impairment. According to Thapa et al. (2020), older persons with moderate cognitive impairment can benefit from participating in virtual reality-based therapies, such as those offered by the sports and leisure sector. According to these findings, the leisure and sports sector can enhance the physical and mental health of elders.

The sports and recreation sector can support elderly citizens' social integration. According to Kim et al. (2020), engaging in leisure activities, such as those offered by the sports leisure sector, can enhance older individuals' social support. Feelings of isolation and loneliness may be lessened as a result, which may improve mental health. Li et al. (2021) discovered that engaging in leisure activities, such as those offered by the sports leisure business, can enhance older persons' social connectivity. This shows that seniors' social connections may be strengthened via the sports and leisure sector.

The sports leisure business may considerably improve seniors' quality of life by offering educational opportunities,

strengthening cognitive function, promoting social connectivity, and enhancing physical and mental well-being. These research findings imply that the sports and leisure sector can raise the standard of living for seniors. Seniors' cognitive function can be improved through the sports and leisure business. According to Thapa et al. (2020), older persons with moderate cognitive impairment can benefit from participating in virtual reality-based therapies, such as those offered by the sports and leisure sector. Li et al. (2021) also discovered that taking part in leisure activities, such as those offered by the sports leisure business, can aid in enhancing cognitive performance in older persons. These results imply that the sports and leisure sector can help seniors' cognitive performance.

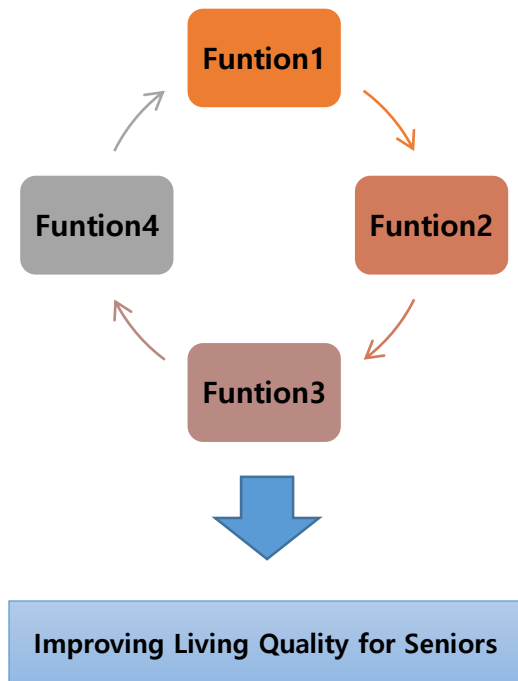


Figure 2: Finding Summarization

4.6. Function Assumed 4: Emotional Wellbeing

The relevance of emotional well-being in seniors' life has been underlined in study literature on the contribution of leisure activities to raising living standards for elderly adults. Numerous research have looked at how older persons' optimism, level of life satisfaction, and psychological health are affected by their leisure activities. According to Kim et al. (2017), among older persons who are lonely, physical exercise during leisure time is linked to higher levels of optimism, life satisfaction, psychological well-being, and

positive affect. Similar to this, Patterson (1996) discovered that engaging in leisure activities had a favorable impact on older persons' mental wellbeing after they had gone through a severe life event like losing a spouse.

Studies have also looked at the contribution of leisure time pursuits to fostering seniors' social integration. Cheung et al. (2009) discovered that among elderly people living in communities in Hong Kong, engagement in leisure activities was related to greater social connectivity. As they make seniors feel less alone and more a part of the community, Singh and Kiran (2014) further highlighted the significance of recreational activities in fostering social connectivity in elders.

The literature on research has also emphasized the significance of physical exercise in boosting elderly citizens' health and wellbeing. Kim et al. (2014) found that intense participation in leisure activities is connected to better physical health outcomes in older persons, such as greater physical strength, flexibility, and balance. Similar findings were made by Cheung et al. (2009) who noticed that leisure activity was linked to an improvement in physical health-related quality of life among Hong Kong's elderly residents who live in the community.

The value of leisure activities in fostering cognitive stimulation among seniors has also been underlined in the academic literature. Cheung et al. (2009) discovered that leisure activity was linked to better cognitive functioning in Hong Kong's elderly residents who live in communities. In a similar vein, Patterson (1996) discovered that engaging in leisure activities improved the cognitive performance of older persons who had gone through a stressful life event.

5. Implications, Limitations, and Conclusions

The significance of the sports and recreation sector in raising elderly adults' quality of life is significant. Seniors can get a variety of physical, psychological, and emotional advantages from the sector, as well as support in maintaining their social and civic engagement. Practitioners in the field must be aware of the special requirements of older clients and design programs and activities that are suited to their interests and talents in order to optimize these advantages for seniors.

Practitioners in the sports and recreation sector should first comprehend the physical limits of elders in order to cater to their demands (Gard et al., 2017). This entails identifying the activities that could be too demanding for them and providing activities that are tailored to their capabilities. For instance, practitioners can suggest senior-friendly low-impact aerobics exercises like strolling or swimming. Practitioners should also offer transportation to and from sessions or events for elders who may have

mobility problems.

Practitioners should also be mindful of the emotional and mental requirements of elders. This can entail developing initiatives that help seniors in maintaining their sense of community and social engagement as well as providing opportunities for social contact and peer support (Malinowski et al., 2017). As they develop programs to optimize these effects, practitioners should be aware of the potential advantages of physical activity for mental health, including elevated mood and decreased stress.

Additionally, professionals in the sports and entertainment sector must be conscious of seniors' budgetary constraints and develop programs that are open to individuals of all economic levels (Bull et al., 2020). Offering discounts, no-cost seminars, or financial aid for travel expenses are some examples of this. Additionally, professionals should work to keep their services as reasonably priced as possible and be open and honest about any fees or prices related to their programs.

Additionally, professionals should make an effort to give elders chances for social interaction and peer participation in order to foster a feeling of community and belonging. This might entail setting up groups or leagues for elders to engage in meaningful social activities, like hiking or sports (Gardiner et al., 2018). In order to keep elders educated and in control, practitioners may also provide lectures or workshops that emphasize health, nutrition, and financial literacy. Practitioners may guarantee that elders stay active, involved, and connected by developing activities that are both psychologically and physically healthy.

Finally, professionals in the sports and recreation sector need to be aware of any potential legal and moral ramifications of their programs and activities. They must make sure that their initiatives do not discriminate against any persons or groups and that they adhere to all applicable rules and regulations. Additionally, they have to work to foster an atmosphere that respects the rights and preferences of elderly citizens.

These actions can assist practitioners in the sports and leisure sector improve the quality of life for seniors and pave the way for better times in the future. They may build programs that take into account the cognitive and physical limitations of elders and offer activities that are intended to promote seniors' health and well-being to the fullest. Practitioners may ensure that elders maintain their independence and community connections by offering these services in a polite and inclusive manner.

The significance of the sports and recreation sector in raising elderly adults' quality of life is significant. Seniors can get a variety of physical, psychological, and emotional advantages from the sector, as well as support in maintaining their social and civic engagement. Practitioners in the field must be aware of the special requirements of older clients

and design programs and activities that are suited to their interests and talents to optimize these advantages for seniors.

Practitioners in the sports and recreation sector should first comprehend the physical limits of elders to cater to their demands (Gard et al., 2017). This entails identifying the activities that could be too demanding for them and providing activities that are tailored to their capabilities. For instance, practitioners can suggest senior-friendly low-impact aerobics exercises like strolling or swimming. Practitioners should also offer transportation to and from sessions or events for elders who may have mobility problems.

Practitioners should also be mindful of the emotional and mental requirements of elders. This can entail developing initiatives that help seniors in maintaining their sense of community and social engagement as well as providing opportunities for social contact and peer support (Malinowski et al., 2017). As they develop programs to optimize these effects, practitioners should be aware of the potential advantages of physical activity for mental health, including elevated mood and decreased stress.

Additionally, professionals in the sports and entertainment sector must be conscious of seniors' budgetary constraints and develop programs that are open to individuals of all economic levels (Bull et al., 2020). Offering discounts, no-cost seminars, or financial aid for travel expenses are some examples of this. Additionally, professionals should work to keep their services as reasonably priced as possible and be open and honest about any fees or prices related to their programs.

Additionally, professionals should try to give elders chances for social interaction and peer participation in order to foster a feeling of community and belonging. This might entail setting up groups or leagues for elders to engage in meaningful social activities, like hiking or sports (Gardiner et al., 2018). In order to keep elders educated and in control, practitioners may also provide lectures or workshops that emphasize health, nutrition, and financial literacy. Practitioners may guarantee that elders stay active, involved, and connected by developing activities that are both psychologically and physically healthy.

Finally, professionals in the sports and recreation sector need to be aware of any potential legal and moral ramifications of their programs and activities. They must make sure that their initiatives do not discriminate against any persons or groups and that they adhere to all applicable rules and regulations. Additionally, they have to work to foster an atmosphere that respects the rights and preferences of elderly citizens.

These actions can assist practitioners in the sports and leisure sector improve the quality of life for seniors and pave the way for better times in the future. They may build programs that consider the cognitive and physical

limitations of elders and offer activities that are intended to promote seniors' health and well-being to the fullest. Practitioners may ensure that elders maintain their independence and community connections by offering these services in a polite and inclusive manner.

There are certain restrictions on this study that must be understood. First, there were constraints on the study's ability to perform the research due to the lack of resources. Although effective, the techniques used for this study's data collection—literature reviews, interviews, and internet surveys—have certain limitations. Furthermore, because the study was only done in one location, it might not be applicable to other regions of the nation or the globe. Second, the study didn't examine how the leisure sports business affects elderly persons' physical and emotional health. Even if the research indicated that the sector had a favorable influence on their level of living, it was still necessary to examine how it affected their physical and mental health. The study's ability to interview enough older persons was also restricted. Although the study's sample size was adequate to draw general findings, a bigger sample size may have offered more in-depth information about how the sports and leisure business affects elderly adults.

Despite these drawbacks, the study has offered insightful information on the contribution of the sports and leisure sector to raising elderly adults' living standards. It has been demonstrated that the sector is essential in giving seniors a secure and inexpensive setting where they may interact socially and physically.

In conclusion, there are a few limitations to this study that should be considered when interpreting the findings. Even though the study only included a small number of participants and was done in one location, it has shed important light on how elderly adults' living standards might be raised through the sports and recreation sector.

The sports and recreation sector is crucial to raising elderly adults' quality of life. Seniors may stay healthy and active by participating in physical activities, having access to recreational facilities, and participating in social events provided by this business. Seniors may preserve their physical health and strength, as well as their balance, coordination, and flexibility, by participating in physical activities. Access to recreational amenities like swimming pools, exercise equipment, and sports fields may provide seniors the tools they need to keep active. Additionally, social interactions can foster relationships and friendships that can enhance their overall quality of life.

The sports leisure business may provide seniors recreational and educational options in addition to physical activities, leisure facilities, and social activities. Seniors can be entertained and given a pastime through recreational activities including gardening, card or board games, and arts and crafts. Seniors who participate in educational events

might learn new skills and hobbies as well as stay current on the newest fashions and technologies. Overall, elderly folks have a lot to gain from the sports and recreation business. Seniors may get the resources they need to keep healthy and active by offering them physical activities, access to recreational facilities, and social activities. Additionally, older citizens can be engaged and connected to their community through recreational and educational events. With these advantages, the sports and recreation sector can significantly affect elderly citizens' lives and raise their level of living. According to research, seniors' sociability and engagement can both benefit and harm their physical, mental, and cognitive performance. Seniors now have access to a wider variety of social activities because to digital technology, which can serve as socialization facilitators.

References

- Aroogh, M. D., & Shahboulaghi, F. M. (2020). Social participation of older adults: A concept analysis. *International Journal of community-based nursing and midwifery*, 8(1), 55-72.
- Bourassa, K. J., Memel, M., Woolverton, C., & Sbarra, D. A. (2017). Social participation predicts cognitive functioning in aging adults over time: comparisons with physical health, depression, and physical activity. *Aging & mental health*, 21(2), 133-146.
- Bull, F. C., Al-Ansari, S. S., Biddle, S., Borodulin, K., Buman, M. P., Cardon, G., ... & Willumsen, J. F. (2020). World Health Organization 2020 guidelines on physical activity and sedentary behavior. *British journal of sports medicine*, 54(24), 1451-1462.
- Cheung, M. C., Ting, W., Chan, L. Y., Ho, K. S., & Chan, W. M. (2009). Leisure participation and health-related quality of life of community-dwelling elders in Hong Kong. *Asian Journal of Gerontology and Geriatrics*, 4(1), 15-23.
- Choi, S. H., & Yoo, Y. J. (2017). Leisure attitude and satisfaction with leisure and life: proposing leisure prioritization and justification. *World Leisure Journal*, 59(2), 140-155.
- Chul-Ho, B. U. M., Johnson, J. A., & Chullwan, C. H. O. I. (2020). Healthy aging and happiness in the Korean elderly based upon leisure activity type. *Iranian Journal of Public Health*, 49(3), 454-462.
- Cuenca-Amigo, M., Aristegui, I., Cuenca, M., & Amigo, M. L. (2017). The importance of leisure in older adults living in Spain. *Annals of Leisure Research*, 20(2), 222-239.
- Cumming, M. E. (1964). *New thoughts on the theory of disengagement*. In *New thoughts on old age* (pp. 3-18). Springer, Berlin, Heidelberg.
- de Oliveira, L. D. S. S. C. B., Souza, E. C., Rodrigues, R. A. S., Fett, C. A., & Piva, A. B. (2019). The effects of physical activity on anxiety, depression, and quality of life in elderly people living in the community. *Trends in psychiatry and psychotherapy*, 41, 36-42.
- Eime, R., Harvey, J., & Charity, M. (2020). Sport participation settings: where and 'how do Australians play sports? *BMC*

- Public Health*, 20(1), 1-9.
- Foster, C., & Armstrong, M. E. (2018). What types of physical activities are effective in developing muscle and bone strength and balance? *Journal of Frailty, Sarcopenia and Falls*, 3(2), 58-65.
- Gard, M., Dionigi, R. A., Horton, S., Baker, J., Weir, P., & Dionigi, C. (2017). The normalization of sport for older people? *Annals of leisure research*, 20(3), 253-272.
- Gardiner, C., Geldenhuys, G., & Gott, M. (2018). Interventions to reduce social isolation and loneliness among older people: an integrative review. *Health & social care in the community*, 26(2), 147-157.
- Henderson, K. A., & Bialeschki, M. D. (2005). Leisure and active lifestyles: Research reflections. *Leisure sciences*, 27(5), 355-365.
- Hillsdon, M. M., Brunner, E. J., Guralnik, J. M., & Marmot, M. G. (2005). Prospective study of physical activity and physical function in early old age. *American journal of preventive medicine*, 28(3), 245-250.
- Hu, H. M. (2022). Leisure Activity Demand of Older Adults: A Case Study. *Ageing International*, 47(3), 516-533.
- Huygelier, H., Schraepen, B., Van Ee, R., Vanden Abeele, V., & Gillebert, C. R. (2019). Acceptance of immersive head-mounted virtual reality in older adults. *Scientific reports*, 9(1), 1-12.
- Jentzer, J. C., Anavekar, N. S., Brenes-Salazar, J. A., Wiley, B., Murphree, D. H., Bennett, C., ... & Barsness, G. W. (2019, October). Admission Braden Skin Score independently predicts mortality in cardiac intensive care patients. In *Mayo Clinic Proceedings* (Vol. 94, No. 10, pp. 1994-2003). Elsevier.
- Kang, E. (2021). Qualitative content approach: Impact of organizational climate on employee capability. *East Asian Journal of Business Economics*, 9(4), 57-67.
- Kim, J., Lee, S., Chun, S., Han, A., & Heo, J. (2017). The effects of leisure-time physical activity for optimism, life satisfaction, psychological well-being, and positive affect among older adults with loneliness. *Annals of leisure research*, 20(4), 406-415.
- Kim, J., Yamada, N., Heo, J., & Han, A. (2014). Health benefits of serious involvement in leisure activities among older Korean adults. *International journal of qualitative studies on health and well-being*, 9(1), 24616.
- Kim, S., Choe, K., & Lee, K. (2020). Depression, loneliness, social support, activities of daily living, and life satisfaction in older adults at high risk of dementia. *International journal of environmental research and public health*, 17(24), 9448.
- Kim, S., Sung, J., Park, J., & Dittmore, S. W. (2015). The relationship among leisure attitude, satisfaction, and psychological well-being for college students. *Journal of Physical Education and Sport*, 15(1), 70-76.
- Lee, P. G., Jackson, E. A., & Richardson, C. R. (2017). Exercise prescriptions in older adults. *American family physician*, 95(7), 425-432.
- Li, W., Sun, H., Xu, W., Ma, W., Yuan, X., Wu, H., & Kou, C. (2021). Leisure activity and cognitive function among old Chinese adults: The multiple mediation effect of anxiety and loneliness. *Journal of Affective Disorders*, 294, 137-142.
- Lin, J., Thompson, T. J., Cheng, Y. J., Zhuo, X., Zhang, P., Gregg, E., & Rolka, D. B. (2018). Projection of the future diabetes burden in the United States through 2060. *Population health metrics*, 16(1), 1-9.
- Lin, M. (2021). Leisure Innovation for Older Adults in Urban China: Application and Reexamination of Leisure Innovation Theory. *Leisure Sciences*, 15(1), 1-19.
- Locsin, R. C., Soriano, G. P., Juntasopeepun, P., Kunaviktikul, W., & Evangelista, L. S. (2021). Social transformation and social isolation of older adults: Digital technologies, nursing, healthcare. *Collegian*, 28(5), 551-558.
- Malinowski, P., Moore, A. W., Mead, B. R., & Gruber, T. (2017). Mindful aging: the effects of regular brief mindfulness practice on electrophysiological markers of cognitive and affective processing in older adults. *Mindfulness*, 8(1), 78-94.
- Mann, F., Bone, J. K., Lloyd-Evans, B., Frerichs, J., Pinfold, V., Ma, R., ... & Johnson, S. (2017). A life less lonely: state of the art in interventions to reduce loneliness in people with mental health problems. *Social psychiatry and psychiatric epidemiology*, 52(6), 627-638.
- Marques, L., & Pimentel Biscaia, M. S. (2019). Leisure and innovation: exploring boundaries. *World Leisure Journal*, 61(3), 162-169.
- McPhee, J. S., French, D. P., Jackson, D., Nazroo, J., Pendleton, N., & Degens, H. (2016). Physical activity in older age: perspectives for healthy aging and frailty. *Biogerontology*, 17(3), 567-580.
- Newman, D. B., Tay, L., & Diener, E. (2014). Leisure and subjective well-being: A model of psychological mechanisms as mediating factors. *Journal of happiness studies*, 15(3), 555-578.
- O'Dea, R. E., Lagisz, M., Jennions, M. D., Koricheva, J., Noble, D. W., Parker, T. H., ... & Nakagawa, S. (2021). Preferred reporting items for systematic reviews and meta-analyses in ecology and evolutionary biology: a PRISMA extension. *Biological Reviews*, 96(5), 1695-1722.
- Patterson, I. (1996). Participation in leisure activities by older adults after a stressful life event: The loss of a spouse. *The International Journal of Aging and Human Development*, 42(2), 123-142.
- Rhodes, R. E., Janssen, I., Bredin, S. S., Warburton, D. E., & Bauman, A. (2017). Physical activity: Health impact, prevalence, correlates, and interventions. *Psychology & Health*, 32(8), 942-975.
- Riberholt, C. G., Olsen, M. H., Milan, J. B., & Gluud, C. (2022). Major mistakes and errors in the use of Trial Sequential Analysis in systematic reviews or meta-analyses—protocol for a systematic review. *Systematic Reviews*, 11(1), 1-6.
- Rutherford, B. R., Brewster, K., Golub, J. S., Kim, A. H., & Roose, S. P. (2018). Sensation and psychiatry: linking age-related hearing loss to late-life depression and cognitive decline. *American Journal of Psychiatry*, 175(3), 215-224.
- Ryu, J., & Heo, J. (2018). Relationships between leisure activity types and well-being in older adults. *Leisure Studies*, 37(3), 331-342.
- Seong, D. H. (2022). Marketing Strategy to lead Leisure sporting goods consumption to improve the leisure life of sports participants. *East Asian Journal of Business Economics*, 10(3), 105-114.
- Singh, B., & Kiran, U. V. (2014). Recreational activities for senior citizens. *IOSR Journal Of Humanities And Social Science*,

19(4), 24-30.

- Street, G., James, R., & Cutt, H. (2007). The relationship between organized physical recreation and mental health. *Health Promotion Journal of Australia*, 18(3), 236-239.
- Thang, L. L., Lim, E., & Tan, S. L. S. (2019). Lifelong learning and productive aging among the baby boomers in Singapore. *Social Science & Medicine*, 229(May), 41-49.
- Thapa, N., Park, H. J., Yang, J. G., Son, H., Jang, M., Lee, J., ... & Park, H. (2020). The effect of a virtual reality-based intervention program on cognition in older adults with mild cognitive impairment: A randomized control trial. *Journal of clinical medicine*, 9(5), 1283.
- Thomas, N., & Emond, R. (2017). Living alone but eating together: Exploring lunch clubs as a dining out experience. *Appetite*, 119(December), 34-40.
- Tjønndal, A., & Nilssen, M. (2019). Innovative sport and leisure approach to quality of life in the smart city. *World Leisure Journal*, 61(3), 228-240.
- Tomioka, K., Kurumatani, N., & Hosoi, H. (2017). Positive and negative influences of social participation on physical and mental health among community-dwelling elderly aged 65–70 years: a cross-sectional study in Japan. *BMC geriatrics*, 17(1), 1-13.
- Wiese, C. W., Kuykendall, L., & Tay, L. (2018). Get active? A meta-analysis of leisure-time physical activity and subjective well-being. *The Journal of Positive Psychology*, 13(1), 57-66.
- Wister, A., Fyffe, I., & O'Dea, E. (2021). Technological interventions for loneliness and social isolation among older adults: a scoping review protocol. *Systematic Reviews*, 10(1), 1-7.