Social Connectedness, Physical Activity, and Sleep Quality in Thai Older Adults

Chantra Promnoi, MSN, RN, PhD Candidate; Lorraine J. Phillips, PhD, RN, FAAN (Advisor)
Sinclair School of Nursing University Of Missouri

Introduction

- Older age is associated with social disconnection and sedentary lifestyle that have been found detrimental health and mental well-being1-2.
- Thus, staying socially connected and active may promote sleep quality, a component of well-being, in older adults.

Objective

- This study explored relationships among social connectedness, physical activity, and sleep quality in community-dwelling Thai older adults.

Methods

- Design: A cross-sectional, correlational design
- Sample: 180 cognitively intact older adults from senior centers and the community in Songkhla, Thailand
- Instruments
  - Social connectedness: Social network and social support scales
  - Sleep quality: The Pittsburg Sleep Quality Index (PSQI) and the Insomnia Severity index (ISI)
  - Physical activity: The Self-Report Physical activity questionnaire (SPAQ)

Results

- Older age is associated with social disconnection and sedentary lifestyle that have been found detrimental health and mental well-being1-2.
- Thus, staying socially connected and active may promote sleep quality, a component of well-being, in older adults.

Objective

- This study explored relationships among social connectedness, physical activity, and sleep quality in community-dwelling Thai older adults.

Methods

- Design: A cross-sectional, correlational design
- Sample: 180 cognitively intact older adults from senior centers and the community in Songkhla, Thailand
- Instruments
  - Social connectedness: Social network and social support scales
  - Sleep quality: The Pittsburg Sleep Quality Index (PSQI) and the Insomnia Severity index (ISI)
  - Physical activity: The Self-Report Physical activity questionnaire (SPAQ)

Results

- Older age is associated with social disconnection and sedentary lifestyle that have been found detrimental health and mental well-being1-2.
- Thus, staying socially connected and active may promote sleep quality, a component of well-being, in older adults.

Objective

- This study explored relationships among social connectedness, physical activity, and sleep quality in community-dwelling Thai older adults.

Methods

- Design: A cross-sectional, correlational design
- Sample: 180 cognitively intact older adults from senior centers and the community in Songkhla, Thailand
- Instruments
  - Social connectedness: Social network and social support scales
  - Sleep quality: The Pittsburg Sleep Quality Index (PSQI) and the Insomnia Severity index (ISI)
  - Physical activity: The Self-Report Physical activity questionnaire (SPAQ)

Results

- Older age is associated with social disconnection and sedentary lifestyle that have been found detrimental health and mental well-being1-2.
- Thus, staying socially connected and active may promote sleep quality, a component of well-being, in older adults.

Objective

- This study explored relationships among social connectedness, physical activity, and sleep quality in community-dwelling Thai older adults.

Methods

- Design: A cross-sectional, correlational design
- Sample: 180 cognitively intact older adults from senior centers and the community in Songkhla, Thailand
- Instruments
  - Social connectedness: Social network and social support scales
  - Sleep quality: The Pittsburg Sleep Quality Index (PSQI) and the Insomnia Severity index (ISI)
  - Physical activity: The Self-Report Physical activity questionnaire (SPAQ)

Results

- Older age is associated with social disconnection and sedentary lifestyle that have been found detrimental health and mental well-being1-2.
- Thus, staying socially connected and active may promote sleep quality, a component of well-being, in older adults.

Objective

- This study explored relationships among social connectedness, physical activity, and sleep quality in community-dwelling Thai older adults.

Methods

- Design: A cross-sectional, correlational design
- Sample: 180 cognitively intact older adults from senior centers and the community in Songkhla, Thailand
- Instruments
  - Social connectedness: Social network and social support scales
  - Sleep quality: The Pittsburg Sleep Quality Index (PSQI) and the Insomnia Severity index (ISI)
  - Physical activity: The Self-Report Physical activity questionnaire (SPAQ)

Results

- Older age is associated with social disconnection and sedentary lifestyle that have been found detrimental health and mental well-being1-2.
- Thus, staying socially connected and active may promote sleep quality, a component of well-being, in older adults.

Objective

- This study explored relationships among social connectedness, physical activity, and sleep quality in community-dwelling Thai older adults.

Methods

- Design: A cross-sectional, correlational design
- Sample: 180 cognitively intact older adults from senior centers and the community in Songkhla, Thailand
- Instruments
  - Social connectedness: Social network and social support scales
  - Sleep quality: The Pittsburg Sleep Quality Index (PSQI) and the Insomnia Severity index (ISI)
  - Physical activity: The Self-Report Physical activity questionnaire (SPAQ)

Results

- Older age is associated with social disconnection and sedentary lifestyle that have been found detrimental health and mental well-being1-2.
- Thus, staying socially connected and active may promote sleep quality, a component of well-being, in older adults.

Objective

- This study explored relationships among social connectedness, physical activity, and sleep quality in community-dwelling Thai older adults.

Methods

- Design: A cross-sectional, correlational design
- Sample: 180 cognitively intact older adults from senior centers and the community in Songkhla, Thailand
- Instruments
  - Social connectedness: Social network and social support scales
  - Sleep quality: The Pittsburg Sleep Quality Index (PSQI) and the Insomnia Severity index (ISI)
  - Physical activity: The Self-Report Physical activity questionnaire (SPAQ)

Results

- Older age is associated with social disconnection and sedentary lifestyle that have been found detrimental health and mental well-being1-2.
- Thus, staying socially connected and active may promote sleep quality, a component of well-being, in older adults.