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| Title   | Effects of Waitan Kung on Biophysical Measures and Well-Being of Older Persons |
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### **ABSTRACT**

The study sought the effects of Wai Tan Kung exercise on biophysical measures (heart rate, blood pressure, oxygen saturation and pulse pressure) and well-being (physical health, psychological health, social relationships and environment) of older persons.

Utilizing non-probability purposive sampling, 52 eligible participants from Brgy. 274, Zone 25, Binondo formed the final sample of the research. The intervention ran for five weeks, at three times a week for a total of 15 sessions. Each session was 1 hour long. Before the session began, biophysical measurements were recorded again within 5 minutes after exercise, and after 30 minutes of Wai Tan Kung exercise. This was repeated for all 15 sessions. Meanwhile, the Filipino version of the WHOQOL-BREF tool was administered before the first session of the intervention began, and after the final session.

Results show that there were positive changes in almost all measures, except for heart rate. In terms of perceived well-being, the participants generally had a positive perceived well-being before the intervention (pre-intervention) but this further improved after the intervention (post-intervention). Correlation between the post-intervention scores on all domains of perceived well-being and all values for biophysical measures before, directly after, and after 30 minutes of WTK exercise revealed marginal correlations which were not statistically significant.