

**Envejecimiento activo en el
entorno rural y entorno urbano:
actividad física. Una revisión
sistemática.**

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Resumen:

La revisión sistemática presente aborda el concepto de envejecimiento activo definido por la (OMS 2022) como un envejecimiento saludable en el que es necesario fomentar y mantener la capacidad funcional. Esta misma, recomienda a las personas mayores que realicen al menos 150 minutos de actividad física moderada. Se tienen en cuenta los Objetivos de Desarrollo Sostenibles, específicamente el ODS 3 (Salud y bienestar), el ODS 10 (Reducción de desigualdades) y el ODS 11 (Ciudades y Comunidades sostenibles), subrayando la importancia de promover la inclusión social y proporcionar acceso a espacios públicos seguros y accesibles para personas mayores.

La revisión sistemática se ha llevado a cabo utilizando la convención PRISMA, siguiendo las directrices de Moher et al. (2014). El objetivo principal es conocer y comparar la participación en actividades físicas de las personas mayores en entornos rurales y urbanos para identificar las características propias de esta dimensión del envejecimiento activo en cada entorno.

Se han encontrado que influyen diversas variables como el sexo, el nivel educativo y el nivel socioeconómico influyen en la realización de la actividad física. Además, la variable psicológica como la autoeficacia se destaca como un factor determinante en la práctica de actividades físicas.

En cuanto a las diferencias entre entornos rurales y urbanos, los artículos analizados revelan que en áreas rurales hay menos disponibilidad de instalaciones y programas de actividad física, mientras que en entornos urbanos, a pesar de tener más facilidades, existen barreras como la percepción de inseguridad y la falta de tiempo debido a la vida acelerada.

Finalmente, el trabajo resalta las limitaciones de la revisión sistemática, señalando la falta de datos específicos sobre entornos rurales y la falta de disponibilidad de artículos.

Palabras clave: Envejecimiento activo, actividad física, entornos rurales, entornos urbanos.

Abstract

The present systematic review addresses the concept of active aging defined by the World Health Organization (WHO, 2022) as healthy aging, which requires promoting and maintaining functional capacity. It recommends that older adults engage in at least 150 minutes of moderate physical activity. The review considers the Sustainable Development Goals, specifically SDG 3 (Good Health and Well-being), SDG 10 (Reduced Inequalities), and SDG 11 (Sustainable Cities and Communities), emphasizing the importance of promoting social inclusion and providing access to safe and accessible public spaces for older adults.

The systematic review was conducted using the PRISMA convention, following the guidelines of Moher et al. (2014). The primary objective is to understand and compare the participation of older adults in physical activities in rural and urban settings to identify the unique characteristics of this dimension of active aging in each environment.

It was found that various variables such as gender, educational level, and socioeconomic status influence the performance of physical activity. Additionally, the psychological variable of self-efficacy stands out as a determining factor in the practice of physical activities.

Regarding the differences between rural and urban settings, the analyzed articles reveal that rural areas have less availability of facilities and physical activity programs, while urban settings, despite having more facilities, face barriers such as the perception of insecurity and lack of time due to a fast-paced lifestyle.

Finally, the work highlights the limitations of the systematic review, pointing out the lack of specific data on rural environments and the unavailability of articles.

Keywords: Active aging, physical activity, rural settings, urban settings

Introduction

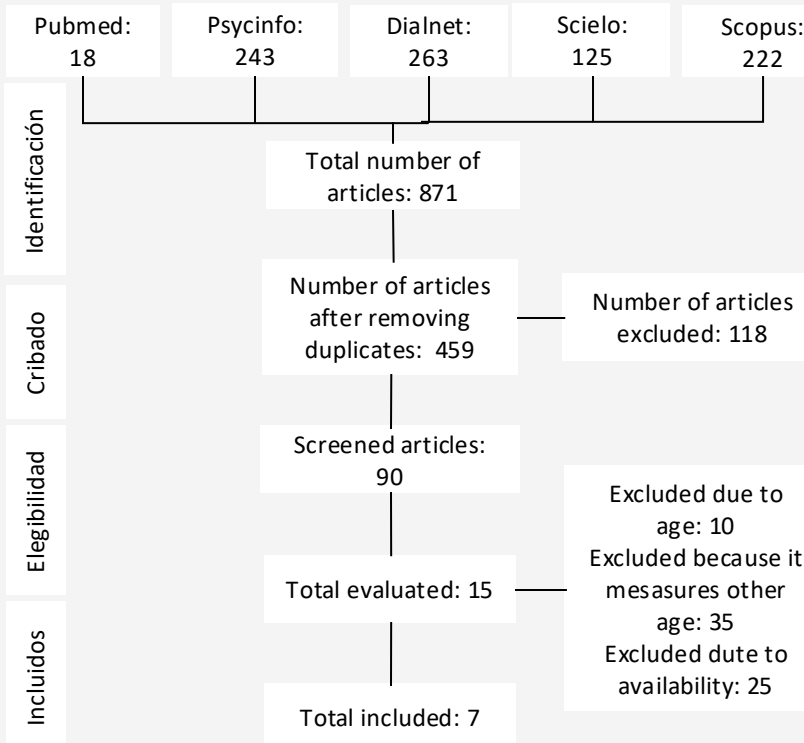
Active and healthy aging, WHO (2022). Physical activity depends on variables such as sex Tribess, S., et al. (2012), self-efficacy Pavón, A., & Arias, B. (2013), sociodemographic factors, and educational level. INE 20,4% of the total population are elderly people. OMS 2015 establishes the need to perform 150 minutes of moderate physical activity per week. SDG 3, SDG 10 and SDG11.

Objective


To understand and compare the participation in physical activities of older adults in rural and urban settings, in order to identify the specific characteristics of this dimension of active aging in each setting.

Methodology

The inclusion criteria are: people over 60 years old, research conducted since 2015, research conducted in rural and urban settings.
The exemption are: people under 60 years old, review articles, research conducted in languages other than English and Spanish.



Results

Author	Participants	Design	Instruments	Results 
Rubilar et al. (2020).	N=78 Age=60-80 year old	Descriptive study of transverse cut	WHOQOL BREF.	Quality of life improves in 4 out of 5 areas for people over 80 years old, while quality of life does not stand out in people who exercise 3 times a week. Majority female sample.
Ferretti et al. (2020)	N= 343 Age= 70-79 and over 80 years old	Observational, extensive and transversal study	MMSE IPAQ	The older the age, the less physical activity. People aged 70 to 79 perform 168.55 minutes of physical activity, while those over 79 perform 93.91 minutes. Higher physical inactivity in women.
Gongora-Meza et al. (2022).	N= 55 Age= 60-90 years old	Cross-sectional correlational non-experimental design	Self-efficacy scale for physical activity. WHOQOL BREF.	Women under 75 years old who are not institutionalized scored higher in self-efficacy, physical activity, and active aging. Self-efficacy was linked to the perceived ability to perform daily activities, with significant differences found by sex, age, and institutionalization.
Martín-Moya et al. (2022).	N= 39 Age= over 60 years old	Qualitative descriptive design	Thematic guide (Hamui Suiton et al., 2013)	Women face more barriers than men regarding domestic and family responsibilities. A low educational level in rural areas correlates with physical inactivity.
González-Ojea et al. (2021).	N= 109 Age= over de 65 old	Observational, extensive and transversal study	Barthel index Pfeiffer scale	90% had only primary education. The work was mainly housework, service jobs, and agricultural labor. All this leads to very deteriorated physical abilities.
Parra-Rizo et al. (2022).	N= 397 Age= 61-93 years old	Transversal study	Sociodemographic questionnaire IPAQ CUBRECAVI	46.1% engage in high levels of physical activity, 41.6% in moderate physical activity, and 12.3% in low physical activity. Low education level, gender, leisure activities, and functional abilities predict low and moderate physical activity levels.
Ibáñez-Pérez et al. (2023).	N= 554 Age= over 60 years old	Quantitative, descriptive and cross-sectional study with sampling	WHOQOL BREF.	The environmental dimension and psychological health are most highly valued by older adults who do not live alone. Physical activity is lower among individuals with a primary education level.

Discussion and conclusion

There are significant differences in physical activity among older adults between rural and urban settings. In rural areas, physical activity is more functional and work-related, while in urban areas it is more structured and organized; variables such as educational level (lesser in rural environments), gender, socioeconomic factors, and self-efficacy have a notable influence.

The limitations of the review include potential biases from varying study designs, lack of specific rural data and lack of availability.



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