ORIGINAL RESEARCH PAPER

Education

KEY WORDS: aging, education, elderly people, leisure and free time.

DEMANDS OF ADULTEZ

María José Flores Tena Profesora Universidad Autónoma de Madrid

ABSTRACT

In our country, the population is increasing rapidly due to the decrease in the birth rate and the progressive increase in life expectancy. This demographic evolution also influences society.
The skills of the elderly to participate in projects of collective interest and perform tasks related to their self-management, understanding the work of professionals as technical support tools, reinforce the need to defend the social inclusion of the elderly. The objective of the research is to respond to the problem posed and the demands in the different centers for the elderly; the interest we had in improving the degree of user satisfaction in the elderly centers led us to interview 300 people; Through the results obtained with the analysis of the data we can propose improvement proposals, aimed at promoting and offering alternatives for improvement in these centers. The results of the sample that are satisfied with the training must learn throughout life.

INTRODUCTION

The present investigation is included in the field of the quality of life of the elderly. Its development is justified by the importance of studying the quality of life to achieve a better understanding of the aging process.

For the research we have used the participatory ation research methodology, with an evaluative character and combining quantitative and qualitative methodology.

The social participation of the elderly presents two dimensions: individual and collective. From the individual perspective, its social participation is one of the strategies derived from the concept of active aging, a model associated with the prevention of dependence and the promotion of health, where it is advocated that each person must face their own aging process and a role, without disconnecting or isolating oneself from society. From the collective dimension, the elderly have a great experience that must be valued as irreplaceable.

The methodology that we have followed has been the following:

- Identification of the problem,
- Hypotheses, study variables,
- Sample
- Reliability and validity
- Data collection process.

Identification of the problem

The Sociocultural Animation arises as a social necessity due to the great industrial and urban development, to the social and technological changes, to the economic and cultural mutation of the modern actions, to the massification and, above all, to the need felt by the man of adapt to change

One of the most important social aspects in recent times is the fact of the aging of the population. As a biological reality produced by the decline in fertility and the increase in life expectancy. One of the main functions of the Sociocultural Animation is that people become protagonists of their own development. In spaces where animation is carried out with older people, the main function is to generate processes of participation and social commitment.

We must bear in mind that there are different situations of coexistence that are present in the elderly, couple, widowhood, loneliness, etc. for all this, the programs of Sociocultural Animation must be adapted to the group situations and respective needs; The general objectives to be taken into account for this group would be the understanding of their environment, the participation of community life, achieving greater integration in society, promoting education and lifelong learning, establishing channels of participation so that knowledge is shared with flexible, enriching and enjoyable way. These general objectives can be applied to most programs for the elderly.

Ander-Egg, E. (2000) defines it as "a set of social techniques that, based on a participatory pedagogy, aims to promote practices and voluntary activities that, with the active participation of the people, develop within a group or community, and manifest in the different areas of socio-cultural activities that seek to develop the quality of life ". For the Sociocultural Animation the activities are a means with which it counts to reach its objectives, between which we can emphasize:

- Promote creativity to meet the needs of people.
- Dynamize and enhance participation in activities.
- Disseminate cultural heritage.

All this makes us reflect on: Are users satisfied with the activities offered in the activities offered by the centers for the elderly? Are there alternatives related to the needs?

ESTUDIO CASE

OBJECTIVES

The research aims to answer the problem posed and the demands that exist in leisure centers for the elderly. Through the results we will be able to propose proposals and future research lines. The interest we have in knowing the degree of satisfaction of the users leads us to consider the following objective:

Analyze the needs to favor the development of the life cycle and the improvement of their quality of life.

SAMPLE

It is complicated to obtain data of all the people registered in the centers of major, we have selected a random sample in order that the opinions of all are reflected.

For the sample, 2 districts of Madrid were selected: Moncloa and Centro. From each district, 150 users of senior centers were chosen. Obtaining a total sample of 300 people.

A questionnaire was used to analyze the needs that favor the development of the life cycle and the improvement of their quality of life. The questionnaire was divided into 4 variables.

a) Personal information
b) Use of services and capacity development.
c) Benefits and degree of satisfaction
d) Improvement proposals

The reliability analysis of the variables was carried out using the Alfa de combrach indicator. For the calculation of this reliability coefficient of the questionnaire that estimates the internal consistency, that is, as the degree of homogeneity among the

items that compose them, the equation that has been used is the following:

$$\alpha = \frac{K}{K-1}\left[1 - \frac{\sum_{i}^{K} S_i^2}{S_T^2}\right]$$

The calculation of reliability by means of the coefficient of alpha of crombach obtaining is of 0.821 reason why it is deduced that the questionnaire has a high reliability.

ALFA DE COMBRACH	NÚMERO DE ELEMENTOS
0,851	*22*

The SPSS 23.0 statistic was used. All data had quality control through classical psychometry. For this, the statistics used were the hierarchical scaling and the Combrach alpha.

Results

Description of the participants.

Of the total of respondents we can see that the majority are women, 56.42%; corresponds to 43.58% men.

The data referring to the age of the elderly have been grouped by strips; 26.62% comprise the age between 70 to 74 years; the second group comprised between the ages of 65 to 69 years represents 41.38%; the age ranges between 55 to 59 years with 18.75% and between 60 to 64 years with 13.25% respectively.

The question that led to the use of services and capacity development, we observe that 27.38% use hairdressing, 23.25% use the dining room and cafeteria and library 49.37%.

Among the different proposals for improvement, the most requested: 41.37% suggest that you would like to have the physiotherapy service in the center, there are many who have muscular problems; according to them, it would be a cheaper and more comfortable service than in a private center.

33.75% propose that in the center there is a day for karaoke, they see that they like and enjoy music.

To the people fond of footbol the 24,88% they would like that televisaran the parties of the league; since the party accompanied by his friends comment that it is more fun

CONCLUSION

The fact of having had the opportunity to work directly with older people has influenced the way of interpreting data, drawing conclusions and designing improvement proposals.

The results of this part of the study have covered the expectations with which they were made, the instruments that have been used in this study. We have obtained a rich and consistent information that has been reflected in the conclusions, allowing us to identify and explain aspects of this with the analyzes performed. This highlights the importance of the educational and rewarding value of socio-cultural activities in leisure time for the elderly, improving cultural enrichment, social integration and converting free time into an integral training space, which is achieved to enhance the joy and dynamic activity, fight against sedentary lifestyle and apathy, banish loneliness and sadness, increasing self-esteem and keeping in mind that each person must be protagonist of their future.

We offer below the conclusions generated from the answers of the elderly in this investigation.

The results of this part of the study have covered the expectations with which they were made, the instruments that have been used in this study. This highlights the importance of the educational and rewarding value of socio-cultural activities in leisure time for the elderly, improving cultural enrichment, social integration and converting it into free time.

Life expectancy has been increasing, therefore, new challenges have been raised to improve the quality of life and obtain active aging. The new profile of registered people is to remain active, more and more people demand mental and physical exercise. Elderly Centers consider designing new perspectives to obtain higher quality.

The concern for the development of quality of life, is a common concern of organizations and professionals specialized in the field of the elderly where the commitment to welfare and autonomy is a guarantee for the future.

The activities planned in the centers have a great acceptance, in many centers it is proceeded to the draw of the places, by the demand that exists between the partners.

The social relationships established in the Senior Centers play an important role, becoming a space for daily coexistence.

The search to improve the needs of each stage of life makes them promote the exchange of experiences in the elderly and their families.

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