The Effect of Video Gaming on Physical Activity among Nursing Home Residents

Tomika Williams, PhD, AGPCNP-C, RN-BC

PURPOSE

The purposes of this study were as follows: (1) to describe the use of video game technology, specifically the Nintendo Wii, with older adults living in long term care facilities; (2) to determine if there is a relationship among personal factors, perceived barriers, perceived benefits, perceived self-efficacy, and physical activity; and (3) to examine the effects of this video game technology perceived barriers, perceived benefits, and perceived self-efficacy for physical activity using a 6-week intervention with nursing home residents.

BACKGROUND

The population of persons age 65 or older in the United States of America (USA) is expected to rise to nearly 89 million by 2050 (Administration on Aging [AOA], 2013). In 2012, persons aged 65y (and above) comprised 15.1% of the USA population with 3.2% of those in this group living in some type of institutional setting (AOA, 2013).

Examination of the health promoting behaviors of nursing home residents has indicated that past health promoting behavior has a strong positive relationship with current health promoting behavior and residents who conceptualize health as wellness tend to report more health promoting behaviors (Kayser-Jones, 2009) as opposed to those who do not have that perspective of health.

Methods, or games that include an informal exercise component (Ubrestc, Wagner, & Grabel, 2012) allow a player to use his/her entire body to play if needed. Health games have been developed recently to encourage participants to engage in healthy behaviors.

METHODS

• The research design selected for this intervention study was a one group pretest-posttest quasi-experimental design.
• The Health Promotion Model by Nola Pender (Pender, Murdaugh, & Parsons, 2011) was used as the conceptual model for this study.
• Nursing home participants from four local nursing homes (N=24) participated in a 6 week intervention twice per week with each session lasting a total of 45 minutes. Each session included 15 minutes of an educational component and 30 minutes of video game play with the Nintendo Wii.

RESULTS

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<th>Pre</th>
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<th>SD</th>
<th>Post</th>
<th>M</th>
<th>SD</th>
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<tbody>
<tr>
<td>Exercise Benefits</td>
<td>33.6</td>
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<tr>
<td>Exercise Barriers</td>
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<td>2.77</td>
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<td>Self-Efficacy</td>
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<td>1.0</td>
<td>2.8</td>
<td>3.9</td>
<td>1.1</td>
<td>1.2</td>
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<tr>
<td>Outcome</td>
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<tr>
<td>Depression</td>
<td>4.81</td>
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<td>Physical Activity</td>
<td>3.7</td>
<td>1.2</td>
<td>1.8</td>
<td>3.5</td>
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<td>1.6</td>
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The data revealed that there was no change between pretest and posttest in perceptions of exercise benefits and barriers as a result of the intervention. Average efficacy expectations increased from 4.81 to 5.34 from pre- to post-test, suggesting an increase in efficacy expectations at post. The findings suggest that there was no change in self-reported physical activity at post.

• The majority of the study participants reported currently engaging in physical activity (87.4%). The majority of participants (83.3%) reported prior use of a technological device, with the computer being the most commonly reported.
• Pretest depression was negatively associated with pretest self-efficacy. Pretest perceived benefits was negatively associated with pre self-efficacy. Posttest depression was positively associated with posttest perceived benefits. Posttest perceived barriers were positively associated with posttest self-efficacy.
• There were no significant changes at pretest and posttest of the 6 week intervention on perceived benefits, perceived barriers, self-efficacy, and physical activity (p > .05).

DISCUSSION

• Nursing home residents self-report being physically active, despite their living environment.
• Knowledge of the benefits of physical activity can help encourage others for physical activity participation among nursing home residents.
• Being cognizant of the benefits of engaging in physical activity does not necessarily equate to a belief that one can personally carry out the activity.
• Using video game technology with institutionalized older adults (Brandt & Panigui, 2011) is a feasible alternative opportunity for physical activity engagement outside of traditional therapy which requires staff oversight.
• Interventions in LTC facilities that focus on physical activity have been shown to be beneficial to residents (Jansen, et al., 2014). These programs can not only assist with overall physical activity, but can also aid in unwanted outcomes such as fall (Shakeel, Newhouse, Malik, & Heckman, 2015).

REFERENCES


Tomika Williams
College of Nursing
East Carolina University
Greenville, North Carolina 27858
williamstomi14@ecu.edu