

Paper Category:	Physical Activity and Exercise
Paper Title: (Arial Font; 14 Pt Size)	Relationships between locomotive and non-locomotive MVPA and 'ikigai' in older Japanese adults
Abstract Body: (Arial Font; 12Pt Size)	<ul style="list-style-type: none"> • Background • Objectives • Method • Results • Discussions and Conclusions
<p>(Maximum word limit - 300 words)</p> <ul style="list-style-type: none"> • Background It is assumed that the concept of ikigai is important for the Japanese when considering the extension of healthy life expectancy. Only one study investigated the relationship between MVPA and QOL in older adults using accelerometers, reporting that increases in MVPA significantly improved QOL. These previous studies suggest that MVPA may be associated with ikigai. • Objectives This study aimed to investigate the relationship between Physical activity (PA) of moderate to vigorous intensity (MVPA) and ikigai in older Japanese adults. • Method Participants were 86 community-dwelling older adult Japanese men and women. Measurement items included basic information (age, sex, height, weight, BMI, and the number of underlying diseases), PA, Self-completed Occupational Performance Index (SOPI), and ikigai (the K-1 Scale). Confounding factors presumed to be related to ikigai were also elicited from previous studies. Associations of ikigai into three groups (high, middle, and low) with PA were analyzed by group comparisons and multivariate analyses. • Results The comparison of PA indices among the high, middle, and low ikigai groups revealed that non-locomotive MVPA is significantly associated with ikigai ($p < 0.05$). In multiple comparisons, the low ikigai group was significantly and negatively affected by non-locomotive MVPA ($p < 0.05$) compared to the middle and high ikigai groups. • Discussions and Conclusions These results suggest that non-locomotive MVPA is effective for enhancing ikigai, with activities that increase the housework of PA, such as productive and self-care activities, being particularly important. 	

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