

The impact of physical exercise on the mental health of the elderly

The objective of this study was to study the impact of physical exercise on the mental health of the elderly and to formulate corresponding management strategies for physical exercise.

$n = 180$



Computer random selection

Exercise group
49♂ 41♀
(73.46 ± 4.71)

Control group
46♂ 44♀
(73.85 ± 4.84)

SCL-90 Scale

Evaluate the mental health status of the two groups

- 1) Somatization
- 2) Obsessive-compulsive symptoms
- 3) Interpersonal sensitivity
- 4) Depression
- 5) Anxiety
- 6) Terror
- 7) Hostility
- 8) Paranoia
- 9) Psychosis

Significant differences between the two groups ($p > .05$)

No significant differences between the two groups ($p < .05$)

