

# NEUROSCIENCE AND NEUROLOGICAL DISORDERS

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## DIFFERENCE PARTICIPATION OF KOREAN FEMALE PHYSICAL ACTIVITY BY LIFE CYCLE

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The frequency of physical activity and participating sport are different from the life cycle of women in Korea. Women in their teens, 20's and 30's have a significantly higher rate of 'never doing physical activity'. The lack of physical activity can lead to a health threat. Women in their teens and 20's say that physical activity makes muscles and skeletons male-like and it makes hard to maintain their beauty (Nam Younshin, Ju Seung-hee, 2012). Women have different life cycle characteristics. Women experience different physical and mental experiences from men such as menstrual period, pregnancy period, childcare period, menopause period. At this level, women's physical activity policies must be developed and promoted with considering women's life cycle characteristics. The purpose of this study is to promote for regular physical activity as women's life cycle.

**Methods:** 2016 data from the Ministry of Culture, Sports and Tourism survey on participation in the national sports were recycled. The subjects of this study were 4,569 Korean Women. The 647 women were in their teens and 635 women in 20's. 792 women were in their 30's and 854 women in 40's. The 711 women were in 50's, 453 women in 60's and 477 women in over 70's.

**Results:** The percentages of "never doing physical activity" are 35.7% in 10's, 36.4% in 20's, 38.6% in 30's, 28.5% in 40's, 25.3% in 50's, 30.1% in 60's, and 42.2% in over 70's. The percentages of "once a week" are 16.2% in 10's, 8.0% in 20's, 6.8% in 30's, 6.0% in 40's, 6.3% in 50's, 5.3% in 60's, and 4.7% in over 70's. The percentages of "twice a week" are 15.8% in 10's, 10.5% in 20's, 10.1% in 30's, 9.6% in 40's, 10.9% in 50's, 9.9% in 60's, and 14.6% in over 70's. The percentages of "three times a week" are 13.0% in 10's, 17.6% in 20's, 17.2% in 30's, 23.3% in 40's, 19.6% in 50's, 22.2% in 60's, and 12.3% in over 70's. The percentages of "four times a week" are 2.4% in 10's, 5.2% in 20's, 3.9% in 30's, 4.0% in 40's, 6.5% in 50's, 3.9% in 60's, and 4.1% in over 70's. The percentages of "five times a week" are 4.9% in 10's, 9.3% in 20's, 9.2% in 30's, 12.5% in 40's, 13.4% in 50's, 10.6% in 60's, and 3.1% in over 70's. The percentages of "six times a week" are 0.7% in 10's, 1.6% in 20's, 1.6% in 30's, 2.3% in 40's, 2.5% in 50's, 3.6% in 60's, and 3.6% in over 70's. The percentages of "doing physical activity everyday" are 1.8% in 10's, 0.5% in 20's, 1.4% in 30's, 2.5% in 40's, 4.8% in 50's, 4.0% in 60's, and 7.1% in over 70's. The most participating physical activity in teenagers was jump rope. Walking, body building, yoga were in dominant physical activities in 20's and 30's. Walking was the most common physical activity in the 40's, 50's, 60's and over 70's.

**Discussion:** In order to improve the health and fitness of women, to improve

their quality of life, and relieve their stress, women's sports policies are required for each lifecycle.

## BIOGRAPHY

Younshin Nam is currently working at Duksung Women's University in Seoul, Korea. During 2015 February till now she became Director of Seoul Sports Council. During 2012, January to till now she is working as Advisory Committee of Korean Sports and Olympic Committee and Vice-President of Korean Society of Sport Policy also as Vice-President of Korean Sport Exercise Physiology.

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