

ORAL PRESENTATION OP15

Physical Activity Behaviour Among Pre-Frail Older Adults: Sociodemographic Associations and Activity Domains

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ABSTRACT

Background and Objectives: Physical activity is essential for maintaining functional independence and preventing frailty progression in older adults. However, insufficient activity remains common among pre-frail older adults, highlighting the need to better understand their physical activity behaviour. Therefore, this study aimed to examine physical activity behaviour among pre-frail older adults and determine the association between sociodemographic factors and domain-specific activity patterns. **Methods:** A cross-sectional study was conducted among 100 pre-frail older adults attending physiotherapy services at Hospital Raja Permaisuri Bainun, Ipoh, Malaysia. Pre-frailty was identified using Frail Scale. Physical activity was assessed using the International Physical Activity Questionnaire Long Form (IPAQ-LF). Associations between sociodemographic characteristics and physical activity levels were analysed using the Chi-square test, while differences in activity domains were examined using the Mann–Whitney U test. **Results:** More than half of the participants (53%) had low physical activity, while 37% and 10% had moderate and high activity levels, respectively. No significant associations were observed between sociodemographic factors and physical activity levels. However, participants with moderate-to-high activity demonstrated significantly greater engagement in walking (median = 528 MET-min/week), leisure-time, and domestic/gardening activities than those with low activity (all $p < 0.001$). No significant difference was observed in sitting time between groups. **Conclusion:** Physical activity behaviour among pre-frail older adults was characterised by greater engagement in walking, leisure-time, and domestic/gardening activities rather than by sociodemographic characteristics. These findings may inform the development of targeted interventions to promote active ageing among pre-frail older adults.

Keywords: Pre-frailty; Physical activity behaviour; Older adults; IPAQ-LF

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