THE MOTIVES OF PRACTICING PHYSICAL ACTIVITY AMONG THE ELDERLY ATTENDING AL-HUSSEIN YOUTH CITY IN THE LIGHT OF THE OUTBREAK OF CORONA PANDEMIC (COVID-19) IN JORDAN

Dr. Loay Mohammad Al-Shawabka
University of Jordan
loai_sh@hotmail.com

ABSTRACT

This study aimed at identifying the motives of practicing physical activity among the elderly attending Al-Hussein Youth city in the light of the outbreak of corona pandemic (covid-19) in Jordan as well as identifying the impact of the variables of (gender, age, marital status). In order to achieve the study objectives, the researcher used the descriptive approach due to its compatibility to the study nature. The study sample consisted of (452) male and female elderly participants who were chosen randomly.

The results showed that the motives of practicing physical activity among the elderly attending Al-Hussein Youth city in the light of the outbreak of corona pandemic (covid-19) in Jordan had a medium degree, where the responses percentage was (69.8%). As for the arrangement of the domains, the motives related to the social and psychological state were in the first place with a relative importance of (71.7%), whereas the motives related to the healthy and physical state and the support of the immune system were in the second place with a relative importance of (67.9%). The results revealed that there are no statistically significant differences at ($\alpha \leq 0.05$) regarding the motives of practicing physical activity among those attending Al-Hussein Youth city from the elderly in the light of the outbreak of corona pandemic (covid-19) in Jordan attributed to the variables of gender, age and marital status.

The study recommended the necessity of doing continuous efforts to promote the positive motives towards practicing physical activity among the elderly in the light of the current situation as well as promoting sports concepts and culture concerning the importance of physical activity among the elderly due to its positive effect on the various domains of life, including the social, healthy, psychological and physical domains.

Key words: motives, physical activity, elderly, covid-19, Jordan.

I. THE STUDY INTRODUCTION AND IMPORTANCE:

The advancement and progress of communities in all the domains, including the technical, scientific, healthy, economic or social domains are measured based on the level of individuals in terms of physical fitness, healthy and aesthetic fitness. The advancement in the level of basic components of physical fitness is considered as an urgent necessity due to its positive effect on protecting against diseases and achieving the required levels that enable individuals to perform all life and kinetic requirements in a right and healthy way.

(The American Council on Exercise, 1996) suggested that practicing aerobic physical fitness activities has a positive impact on improving the heart functioning which, in turn, improves the process of gas exchange in the blood and the working muscles, in addition to the effects of these activities on reducing systolic and diastolic blood pressure as well as improving heart beat, metabolism and protecting against common disease, such as diabetes and pressure.

Recently, the elderly people attracted more attention throughout the world to make advantage of their experiences. Physical fitness is considered as a basic foundation for maintaining the health of the elderly across their various life stages. The results revealed that the individuals who regularly practice physical activities have more ability to resist diseases despite their older ages. (Hashom, 2006) and (AbdulSalam, 2001) confirmed that
international organizations, including the world health organization and the United Nations are concerned with the topic of the elderly by assigning a specific day on the 7th of April each year to emphasize the health of the elderly under the title “the elderly continuous physical activity guarantees their health”, in addition to issuing a report about the rights of the elderly.

(Panton, 2015) and (Attaway, et al. 2004) suggested that the elderly require a particular attention due to their contribution in the advancement and prosperity of the community; when the elderly have a feeling of inability to perform and feel that they are burden on their families and communities, there will be negative consequences on their emotional, psychological and physical health.

(Al-Qotami, 2005) and (Allawi, 2018) suggested that motivation consists of a number of internal and external factors that motivate individuals to satisfy their needs. It is a continuous and dynamic process that is integrated among people and varies in its dominance and the mechanism of achieving it. Also, it is not a physical item that can be viewed directly; it is rather represented by certain states inside the individual that can be concluded based on the individual's behavior and activity. It is a state that stimulates the behavior, guides it and urges the individual to continue performing it until the required objective is achieved.

(AbdulHamid, 2013) suggested that the most important motives that urge the elderly to practice physical activities are represented by: improving the general health of humans, reducing the risks of diseases, enjoying activity during the free time, promoting the body posture, reducing stress, reducing the risks of failure, maintaining communication with others and enjoying life.

(AbdulSalam, 2020 suggested that the motives of the elderly to practice physical activities during their free time are represented by the desire and enjoyment of participating frequently in physical activities. Motives are considered as one of the most important characteristics that distinguishes the physical activity, where participating in physical activities gives the feelings of enjoyment among the elderly since they make advantage of their free time in a positive and socially-acceptable manner.

The last period witnessed a rapid outbreak of corona pandemic, which is classified as a coronal virus surrounded by Peplomers that are stuck to the lung's tissues and cause severe damage. According to the American medical website "Health Day News", the virus settles in the respiratory system – nose, mouth and lungs—it is severely infectious via the air released out of the respiratory system through coughing and sneezing. The symptoms of the virus are manifested during the period of (2-14) days of infection, where the patient suffers from high body temperature, coughing, sneezing, difficulty in breathing, fatigue, muscle pain, larynx and lungs pain as well as loss of taste and smell (CDC, 2020).

According to the statistical data of the world health organization, the rate of mortality amongst the infected cases over (60) years old is much higher than others, where (14.8%) of the infections were among those older than (80) years old, (8%) for those between (70-79) years old, and (3.6%) for those between (60-69) years old (WHO, 2020).

(Al-Dhanawi, 2020) emphasized the necessity of practicing physical activity among the elderly people in order to keep them healthy and face the negative effects of disease, particularly among those suffering from diabetes, blood pressure, cardiovascular diseases, and respiratory system difficulties, so that they live an active aging period. (Jawaid, 2020) suggested that besides the negative consequences on the individual's body, there are negative psychological effects due to the quarantine, such as rage, confusion, depression, frustration and boredom.

Since practicing physical activities can be considered as a preventive method, some countries allowed citizens to go outdoors and practice sports activities. Jordan is one of those countries that allowed its citizens to get out their homes to practice physical activities after a long period of quarantine and blockage. The Jordanian capital of Amman, is one of the most crowded cities in terms of parks and sports facilities, including Al-Hussein Youth city, which is located in the center of Amman; it is constructed on a land with an area of (1200) dunams. Trees cover one third of the total area, where the parking, public gardens and sports facilities cover the rest (Youth City, 2020), and thus it is considered as an ideal site for practicing the various physical activities.

www.turkjphysiotherrehabil.org
In the light of the current conditions that witnessed the outbreak of corona pandemic and the continuous attempts to reduce its adverse consequences, and in the light of the researcher's review of several studies and literature which revealed that the elderly are more affected by this disease, in addition to the importance of physical activity and its impact on the physical and psychological state of practitioners, the researcher suggested that the study problem lies in identifying the motives of practicing physical activity among the elderly attending Al-Hussein Youth City in the light of the outbreak of corona pandemic in Jordan.

The study importance:
The study importance lies in the following points:

1. As far as the researcher knows, this is the first study in Jordan that addressed the motives of practicing physical activity among the elderly in the light of the outbreak of corona pandemic.

2. The study could contribute to demonstrating the motives of practicing physical activity among the elderly in the light of the outbreak of corona pandemic.

3. Based on the study results, we are expected to identify the impact of gender, age and marital status on practicing physical activity among the elderly in the light of the outbreak of corona pandemic in Jordan according to their responses.

4. Giving a real evaluation about the motives of practicing physical activity among the elderly in Al-Hussein youth city.

The study objectives:
The current study aimed at identifying:

1. The motives of practicing physical activity among the elderly in the light of the outbreak of corona pandemic in Jordan.

2. the motives of practicing physical activity among the elderly in the light of the outbreak of corona pandemic in Jordan according to the variables of (gender, age, marital status).

The study questions:

1. What are the motives of practicing physical activity among the elderly in the light of the outbreak of corona pandemic (covid-19) in Jordan?

2. Are there statistically significant differences at (α≤0.05) concerning the motives of practicing physical activity among the elderly in the light of the outbreak of corona pandemic (covid-19) in Jordan according to the variables of (gender, age, marital status)?

The study limits:
The human domain:
The elderly people attending Al-Hussein Youth city above (60) years old.

The temporal domain:
The study was conducted during (2p/2/2021 – 2/11/ 2021).

The spatial domain:
The study was conducted in the Hashemite Kingdom of Jordan, Amman (Al-Hussein Youth city).

The study terms:
Corona virus (covid-19) :
It is an infectious disease caused by the recently-discovered coronavirus; it affects the respiratory system and is transmitted via nose, eye and mouth, and could be accompanied with symptoms of coughing, fever and breathing difficulties (WHO).

**Motives:**
A state of internal stress that stimulates and guides behavior. They are also viewed as "internal forces that contribute to guiding the behavior towards achieving a certain goal" (Allawi, 2018).

**Physical fitness:**
It refers to the individual's ability to perform the daily tasks without fatigue, with the existence of a certain amount of physical power that allows the individual to continue work and performance during the free time and face the physical stressors during the urgent cases (Clarke, 2018).

**The study procedures:**

**The study methodology:**
The researcher used the descriptive approach due to its compatibility to the study nature and objectives.

**The study population and sample:**
The study sample consisted of (452) male and female participants of those practicing physical activity in Al-Hussein Youth city, who were chosen randomly.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Category</th>
<th>Number</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
<td>Male</td>
<td>216</td>
<td>47.8%</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>236</td>
<td>52.2%</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>452</td>
<td>100%</td>
</tr>
<tr>
<td>Age</td>
<td>60- less than 65</td>
<td>192</td>
<td>42.5%</td>
</tr>
<tr>
<td></td>
<td>65- less than 70</td>
<td>181</td>
<td>40.0%</td>
</tr>
<tr>
<td></td>
<td>Over 70</td>
<td>79</td>
<td>17.55%</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>452</td>
<td>100%</td>
</tr>
<tr>
<td>Marital status</td>
<td>Married</td>
<td>181</td>
<td>40.0%</td>
</tr>
<tr>
<td></td>
<td>widow</td>
<td>199</td>
<td>44.0%</td>
</tr>
<tr>
<td></td>
<td>Divorced</td>
<td>72</td>
<td>15.9%</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>452</td>
<td>100%</td>
</tr>
</tbody>
</table>

**The study instrument:**
The researcher used the questionnaire as an instrument for data collection, and the study instrument was developed as follows:

1. Reviewing the studies and researches related to the topic of motives.
2. Reviewing the instruments used in the previous researches and studies, then the primary version was developed and introduced to a number of arbitrators to verify the validity of items for each domain and cite them in terms of deletion or addition concerning the motives of practicing physical activity among the elderly people attending Al-Hussein Youth city during the outbreak of corona pandemic (covid-19) in Jordan.
3. All the questionnaire's items were cited in a positive way since they express the motives of practicing physical activity among the elderly people attending Al-Hussein Youth city during the outbreak of corona pandemic (covid-19) in Jordan.
The participants were asked to put (x) next to the degree that represents the item and expresses the degree of feeling the motives of practicing physical activity among the elderly people attending Al-Hussein Youth city during the outbreak of corona pandemic (covid-19) in Jordan.

The validity of the study instrument:

The instrument's validity was verified by introducing it to a number of arbitrators of those holding (PhD) to give their opinion about the appropriateness of each item for the targeted domain as well as the suitability and clarity of each item for measuring the degree of the motives of practicing physical activity and the sequence of items and items. The items which gained an approval of over (75%) were selected, with a total of (30) items; the opinions of the arbitrators represented by the validity of the study instrument. After performing the required modifications, the instrument was set in its final version, where the questionnaire consisted of two domains. The first domain represented the motives related to the physical and healthy state and immunity system and consisted of (15) items, while the second domain included the motives of social and psychological state and consisted of (15) items.

The reliability of the study instrument:

In order to verify the reliability of the study instrument, it was applied and re-applied to (10) male and female participants. Cronbach alpha was calculated using internal consistency according to (Cronbach alpha formula) for the domains and the instrument as a whole, where the value of the instrument as a whole was (0.92), which is appropriate for the purposes of the current study.

Table (2) Reliability coefficients for the study instrument and its domains

<table>
<thead>
<tr>
<th>Number</th>
<th>Domains</th>
<th>Number of items</th>
<th>Cronbach alpha</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>The motives related to the physical and healthy state and immunity system</td>
<td>15</td>
<td>0.767</td>
</tr>
<tr>
<td>2</td>
<td>The motives of social and psychological state</td>
<td>15</td>
<td>0.864</td>
</tr>
<tr>
<td>30</td>
<td></td>
<td>30</td>
<td>0.928</td>
</tr>
</tbody>
</table>

Table (2) showed that the reliability coefficients for the domains of the questionnaire ranged between (0.767 – 0.864) for all the domains, whereas the total reliability was (0.928), which is excellent and dependable to achieve the study objectives.

In order to interpret the results, the following percentages were used:

(2.34) and less, (46.8%), where the motives of practicing physical activity among the elderly are low.

(2.34) to less than (3.67), (73.2%), where the motives of practicing physical activity among the elderly are medium.

(3.67) or more, (73.4%), where the motives of practicing physical activity among the elderly are high.

The study procedures:

The study was conducted according to the following steps:

- Collecting data to design the study instrument in its primary image.
- Distributing the study instrument to the specialists in the Jordanian institutions and universities.
- Preparing the study instrument in its final image.
- Selecting the study sample.
- Obtaining the required consent to distribute the questionnaires.
Distributing the questionnaires to the elderly attending Al-Hussein Youth city during the period (1/1/2021 – 20/1/2021), with a total sample of (480) male and female elderly people.

(452) questionnaires were returned and valid for analysis; the number of excluded questionnaires were (18) and the number of the non-returned questionnaires were (18) questionnaires.

Collecting the questionnaires from the study sample individuals, inserting data to the computer and processing them using (SPSS).

Inserting the sample responses.

Extracting, analyzing and discussing the results.

The study variables:

The independent variables:

- Gender: (male, female).
- Age: (60-65 years, 65 – 70 years, over 70 years).
- Marital status: (married, widow, divorced).

The dependent variables:

They are represented by responding to the questionnaire's items related to motives.

II. DISPLAYING AND DISCUSSING THE STUDY RESULTS:

The first question:

1. What are the motives of practicing physical activity among the elderly in the light of the outbreak of corona pandemic (covid-19) in Jordan?

In order to answer this question, the researcher used the means, standard deviations and percentages for each item and domain as well as the total score for the motives of practicing physical activity among the elderly in the light of the outbreak of corona pandemic (covid-19) in Jordan. Tables (3), (4) and (5) show the results.

Table (3)

<table>
<thead>
<tr>
<th>Number</th>
<th>Domains</th>
<th>Mean</th>
<th>Percentage</th>
<th>Degree</th>
<th>Order</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>The motives related to the physical and healthy state and supporting immune system</td>
<td>3.39</td>
<td>67.9</td>
<td>Medium</td>
<td>Second</td>
</tr>
<tr>
<td>2</td>
<td>The motives of social and psychological state</td>
<td>3.5</td>
<td>71.7</td>
<td>Medium</td>
<td>First</td>
</tr>
<tr>
<td></td>
<td>Total degree</td>
<td>3.44</td>
<td>69.8</td>
<td>Medium</td>
<td></td>
</tr>
</tbody>
</table>

Table (3) showed that the motives of practicing physical activity among the elderly in the light of the outbreak of corona pandemic (covid-19) in Jordan were with a medium degree, where the percentage of responses was (69.8%). As for the arrangement of domains, the motives related to the social and psychological state were in the first place with a relative importance of (71.7%), while the motives related to healthy and physical state and supporting the immune system were in the second place with a relative importance of (67.9%).

The researcher attributed that to the elderly people's need for more guidance and instruction by public and private institutions concerned with the affairs of the elderly people towards the importance of practicing physical
activities and its impact on all the social, physical and psychological aspects and that practicing physical activities is viewed as a preventive method. The researcher attributed gaining the first place by the motives related to social and psychological state to the inclination among the elderly towards more social interaction as an attempt to get away from isolation and the psychological consequences of such an isolation. This finding agrees with (Ibrahim, 2020) who confirmed that the psychological motives for practicing physical activities were in the first place followed by healthy and physical motives.

Table (4) Means, standard deviations, relative importance, level and rank of the motives related to the healthy and physical state and supporting the immune system (n=452)

<table>
<thead>
<tr>
<th>Number</th>
<th>Items</th>
<th>Mean</th>
<th>SD</th>
<th>Relative importance</th>
<th>Level</th>
<th>Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Maintaining muscular power</td>
<td>3.65</td>
<td>0.64</td>
<td>73</td>
<td>Medium</td>
<td>5</td>
</tr>
<tr>
<td>2</td>
<td>Improving balance levels to prevent the risk of falls</td>
<td>2.80</td>
<td>0.36</td>
<td>56</td>
<td>Medium</td>
<td>15</td>
</tr>
<tr>
<td>3</td>
<td>improving my physical endurance abilities</td>
<td>3.60</td>
<td>0.63</td>
<td>72</td>
<td>Medium</td>
<td>6</td>
</tr>
<tr>
<td>4</td>
<td>performing tasks that I wasn't able to do</td>
<td>3.92</td>
<td>0.69</td>
<td>78.5</td>
<td>High</td>
<td>3</td>
</tr>
<tr>
<td>5</td>
<td>Strengthening the body's &quot;innate&quot; autoimmunity</td>
<td>4.12</td>
<td>0.78</td>
<td>82.5</td>
<td>High</td>
<td>1</td>
</tr>
<tr>
<td>6</td>
<td>Delaying the loss of muscle mass in the body</td>
<td>3.75</td>
<td>0.63</td>
<td>75</td>
<td>High</td>
<td>4</td>
</tr>
<tr>
<td>7</td>
<td>Reducing the feeling of physical fatigue</td>
<td>4.00</td>
<td>0.73</td>
<td>80</td>
<td>High</td>
<td>2</td>
</tr>
<tr>
<td>8</td>
<td>Maintain the flexibility of joints</td>
<td>2.85</td>
<td>0.36</td>
<td>57</td>
<td>Medium</td>
<td>14</td>
</tr>
<tr>
<td>9</td>
<td>Reducing the risk of infection</td>
<td>3.05</td>
<td>0.51</td>
<td>61</td>
<td>Medium</td>
<td>11</td>
</tr>
<tr>
<td>10</td>
<td>Helping in producing natural insulin in the body</td>
<td>3.15</td>
<td>0.53</td>
<td>63</td>
<td>Medium</td>
<td>9</td>
</tr>
<tr>
<td>11</td>
<td>Improving recovery rates from injury or infection</td>
<td>2.97</td>
<td>0.48</td>
<td>59.5</td>
<td>Medium</td>
<td>13</td>
</tr>
<tr>
<td>12</td>
<td>Better burning of calories in the body</td>
<td>3.40</td>
<td>0.56</td>
<td>68</td>
<td>Medium</td>
<td>8</td>
</tr>
<tr>
<td>13</td>
<td>Improving kidney function</td>
<td>3.00</td>
<td>0.39</td>
<td>60</td>
<td>Medium</td>
<td>12</td>
</tr>
<tr>
<td>14</td>
<td>Getting rid of fat-accumulation in the body</td>
<td>3.55</td>
<td>0.56</td>
<td>71</td>
<td>Medium</td>
<td>7</td>
</tr>
<tr>
<td>15</td>
<td>Improving the cardio-respiratory fitness</td>
<td>3.10</td>
<td>0.42</td>
<td>62</td>
<td>Medium</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>The motives related to the physical and healthy state and supporting immune system</td>
<td>3.39</td>
<td>0.38</td>
<td>67.9</td>
<td>Medium</td>
<td></td>
</tr>
</tbody>
</table>

* the response degree (5) scores.

Table (4) showed that the motives related to the healthy and physical state and supporting the immune system were with a medium degree, where the relative importance of the responses ranged between (56% - 82.5%), while the relative importance of the total degree was (67.9%). The item of enhancing autoimmunity was in the first place with a mean of (4.12) and a relative importance of (82.5%). The researcher attributed that to the elderly people's awareness about the necessity of practicing physical activity during corona pandemic and the role of that supporting the immune system to face this disease and prevent its occurrence as well as realizing that the elderly are the most threatened group by the disease and its adverse effects. Indeed, this case stimulates them to practice physical activities during corona pandemic. This finding agrees with (Aaltonen, 2020) who suggested that the most important motives for practicing the physical activities related to health are represented by improving the body's immunity to protect oneself against diseases, while the item stating "improving the levels of balance to protect from the risk of falling" was in the last place with a mean of (2.80) and a medium degree and a relative importance of (56%). The researcher attributed that to the elderly people's lack of awareness for the advantages of practicing regular physical activities on the elements of physical fitness, particularly the element of balance. This finding agrees with (Hashim, 2020) who suggested that the elderly people's motivated to practice physical activities to maintain balance was low.

Table (5) Means, standard deviations, relative importance, level and rank of the motives related to the social and psychological state (n=452)
Table (5) showed the motives related to social and psychological state, where the relative importance of the responses ranged between (57.5% - 87.5%), and the relative importance for the total degree was (71.7%). The item of "feelings of hope and optimism in life" was in the first place with a mean (4.37) with a high degree and a relative importance of (87.5%). The researcher attributed that to the elderly people's awareness about the positive value of practicing physical activities in relation to reducing psychological disorders and overcoming the senses of depression and alienation which, in turn, leads to improving the mood state and psychological stability that result in happiness and life satisfaction. This finding agrees with (Berlin, et al. 2018) who emphasized the importance of the motives of practicing physical activities to achieve the psychological support of the elderly people, reduce the symptoms of psychological alienation and promote optimism and life satisfaction.

The second question:
Are there statistically significant differences at (α≤0.05) concerning the motives of practicing physical activity among the elderly in the light of the outbreak of corona pandemic (covid-19) in Jordan according to the variables of (gender, age, marital status)?

In order to answer this question, the researcher used (t-test) for the differences between the means of the domains and (One Way ANOVA) for the significance of differences related to the motives of practicing physical activity among the elderly in the light of the outbreak of corona pandemic (covid-19) in Jordan according to the variables of (gender, age, marital status). Tables (6), (7) and (8) show the results.

First, the variable of gender:
Table (6) The results of t-test for the differences between the means of the domains for the motives of practicing physical activity among the elderly attending Al-Hussein Youth city during corona pandemic (covid-19) in Jordan according to the variable of gender (n=452)

<table>
<thead>
<tr>
<th>Number</th>
<th>Items</th>
<th>Gender</th>
<th>Number</th>
<th>Mean</th>
<th>SD</th>
<th>T-value</th>
<th>Sig. level</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Reducing the feeling of stress</td>
<td>Male</td>
<td>216</td>
<td>19.53</td>
<td>3.83</td>
<td>0.070</td>
<td>0.791</td>
</tr>
</tbody>
</table>
Female & 236 & 19.65 & 3.93 & 0.102 & 0.750 \\
Male & 216 & 19.62 & 4.69 & 0.110 & 0.682 \\
Female & 236 & 19.82 & 4.81 & \\
Total degree & 216 & 40.26 & 8.53 & 0.011 & 0.635 \\
Male & 236 & 40.59 & 8.75 & \\

*significance level (α≤0.05)

Second, the variable of age:

Table (7) (One Way ANOVA) for the differences between the means of the domains for the motives of practicing physical activity among the elderly attending Al-Hussein Youth city during corona pandemic (covid-19) in Jordan according to the variable of age

<table>
<thead>
<tr>
<th>Domains</th>
<th>Source of variance</th>
<th>Total squares</th>
<th>Degree of freedom</th>
<th>Mean squares</th>
<th>F-value</th>
<th>Sig. level</th>
</tr>
</thead>
<tbody>
<tr>
<td>The motives related to the physical and healthy state and supporting immune system</td>
<td>Inter group</td>
<td>0.667</td>
<td>2</td>
<td>0.333</td>
<td>0.022</td>
<td>0.978</td>
</tr>
<tr>
<td></td>
<td>Intra group</td>
<td>6803.295</td>
<td>449</td>
<td>15.152</td>
<td>0.037</td>
<td>0.964</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>6803.962</td>
<td>451</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The motives of social and psychological state</td>
<td>Inter group</td>
<td>1.658</td>
<td>2</td>
<td>.829</td>
<td>0.302</td>
<td>0.823</td>
</tr>
<tr>
<td></td>
<td>Intra group</td>
<td>10179.800</td>
<td>449</td>
<td>22.672</td>
<td>0.057</td>
<td>0.951</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>10181.458</td>
<td>451</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total degree</td>
<td>Inter group</td>
<td>4.634</td>
<td>2</td>
<td>2.317</td>
<td>0.031</td>
<td>0.970</td>
</tr>
<tr>
<td></td>
<td>Intra group</td>
<td>33681.235</td>
<td>449</td>
<td>75.014</td>
<td>0.003</td>
<td>0.969</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>33685.869</td>
<td>451</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*significance level (α≤0.05)

Third, the variable of marital status:

Table (8) (One Way ANOVA) for the differences between the means of the domains for the motives of practicing physical activity among the elderly attending Al-Hussein Youth city during corona pandemic (covid-19) in Jordan according to the variable of marital status

<table>
<thead>
<tr>
<th>Domains</th>
<th>Source of variance</th>
<th>Total squares</th>
<th>Degree of freedom</th>
<th>Mean squares</th>
<th>F-value</th>
<th>Sig. level</th>
</tr>
</thead>
<tbody>
<tr>
<td>The motives related to the physical and healthy state and supporting immune system</td>
<td>Inter group</td>
<td>0.046</td>
<td>2</td>
<td>0.023</td>
<td>0.002</td>
<td>0.998</td>
</tr>
<tr>
<td></td>
<td>Intra group</td>
<td>6803.915</td>
<td>449</td>
<td>15.152</td>
<td>0.037</td>
<td>0.964</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>6803.962</td>
<td>451</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The motives of social and psychological state</td>
<td>Inter group</td>
<td>0.248</td>
<td>2</td>
<td>0.124</td>
<td>0.005</td>
<td>0.995</td>
</tr>
<tr>
<td></td>
<td>Intra group</td>
<td>10181.210</td>
<td>449</td>
<td>22.672</td>
<td>0.057</td>
<td>0.951</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>10181.458</td>
<td>451</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total degree</td>
<td>Inter group</td>
<td>0.252</td>
<td>2</td>
<td>0.126</td>
<td>0.002</td>
<td>0.998</td>
</tr>
</tbody>
</table>
Tables (6), (7) and (8) revealed that there are no statistically significant differences at (α≤0.05) concerning the motives of practicing physical activity among the elderly in the light of the outbreak of corona pandemic (covid-19) in Jordan attributed to the variables of (gender, age, marital status) regarding all the study domains and the total degree. The researcher attributed that to the fact that the elderly people have the same degree of motives with regard to practicing physical activity during corona pandemic based on their realization for the positive effects of practicing physical activity on the physical, social and psychological state. This finding agrees with (AbdulSalam, 2020) who confirmed that are no statistically significant differences attributed to the variables of gender and age, while it contradicts with (Hashim, 2020) who suggested that are statistically significant differences attributed to the variable of gender in favor of men and the variable of age in favor of (60- less than 65) as well as the variable of marital status in favor of the married.

III. CONCLUSIONS:

Based on the study data, the researcher concluded the following:

1. The motives of practicing physical activity among the elderly people attending Al-Hussein Youth city during corona pandemic (covid-19) in Jordan was of a medium degree.

2. The most important motives of practicing physical activity among the elderly people that are related to the social and psychological state are (optimistic feeling and hope in life).

3. The most important motives of practicing physical activity among the elderly people that are related to physical and healthy state and promoting the immune system are (improving the autoimmunity of the body).

4. There are no statistically significant differences at (α≤0.05) concerning the motives of practicing physical activity among the elderly in the light of the outbreak of corona pandemic (covid-19) in Jordan attributed to the variables of (gender, age, marital status) regarding all the study domains and the total degree.

RECOMMENDATIONS:

Based on the results, the study recommended:

1. The necessity of enhancing the motives of practicing physical activity among the elderly during corona pandemic.

2. The necessity of promoting the culture and the sports concepts related to the importance of physical activity among the elderly due to its positive effect on the social, health, psychological, and physical life domains.

3. The necessity of paying more attention to practicing physical activity among the various age categories in the community during corona pandemic.

REFERENCES:

ARABIC REFERENCES:
1. Al-Qotami, Youssef (2005), Educational Psychology and Thinking, Egypt, Cairo: Dar Al-Haneen for Publishing and Distribution.
5. Abdul-Salam, Mohammad (2020), The motives of practicing physical activity among the elderly in their spare time according to some variables, the Scientific Journal of Physical Education and Sports Sciences, Helwan University, p. 88 1-21.

FOREIGN REFERENCES:
10 https://www.cdc.gov/
11 http://www.youthcity.gov.jo/
12 https://www.who.int/emergencies/diseases/novel-coronavirus-2019

www.turkophysiotherrehabil.org