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# Yoga & ageing : a study on attitudes to ageing, body image and quality of life among seniors over 65.

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Quality of life (QoL) is a predictor of life expectancy and institutionalization among the elderly (Petit & al., 2014). Social relationships play an important role (Gabriel & Bowling, 2014), but they also convey prejudices and stereotypes (Adam & al., 2013) that influence the perceptions attributed to one's own experience of ageing and attitudes towards ageing in its 3 dimensions (physical change; psychological growth; psychosocial losses) (Laidlaw & al., 2007). These ones contribute to the development of identity in relation to body image in its two dimensions of global self-perception and body satisfaction (Mucchielli, 2011), for which seniors attach more importance to the functional dimension compared to appearance (Reboussin & al., 2000). This raises the question of the effects of a mind-body practice such as yoga on the quality of life of senior citizens through attitudes to ageing and body image.

## H1) Quality of life

a) QoL yoga group > recreational association \*

b) QoL yoga group T1 > T0

\* Non-sporting activities such as meals, bingo, board games or card games

## H2) Attitudes to ageing

**Attitudes to ageing**  
(physical change – psychological growth – psychosocial losses)

Activity → QoL

## H3) Body image

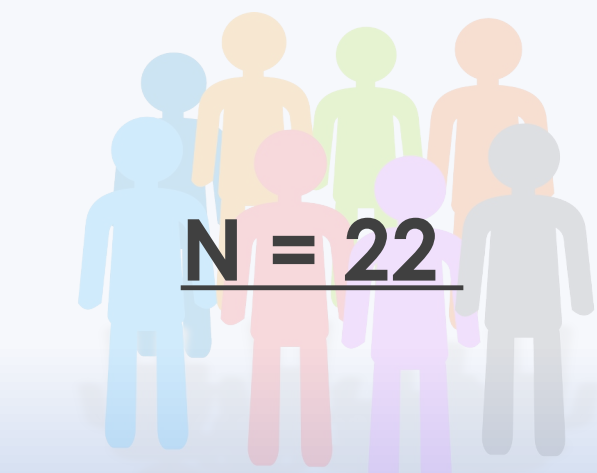
**Body image**  
(self-perception – body satisfaction)

Activity → QoL

## H4?

Attitudes to ageing and body image moderation

## Methodology



### yoga (N=12)

10 ♀ : 73.3 years old  
2 ♂ : 76.5 years old

### club (N=10)

9 ♀ : 74.2 years old  
1 ♂ : 82 years old

- ≥ 65 years old
- Retired
- Yoga (novice) or recreational association

## Pre-test (T0)\*

- Quality of life (EQVPA, Petit & al., 2014)
- Attitudes to ageing (Marquet & al., 2016)
- Body Image (QSCPGS, Evers & Verbanck, 2010)

## 4 months

- Weekly yoga programme
- Recreational activities

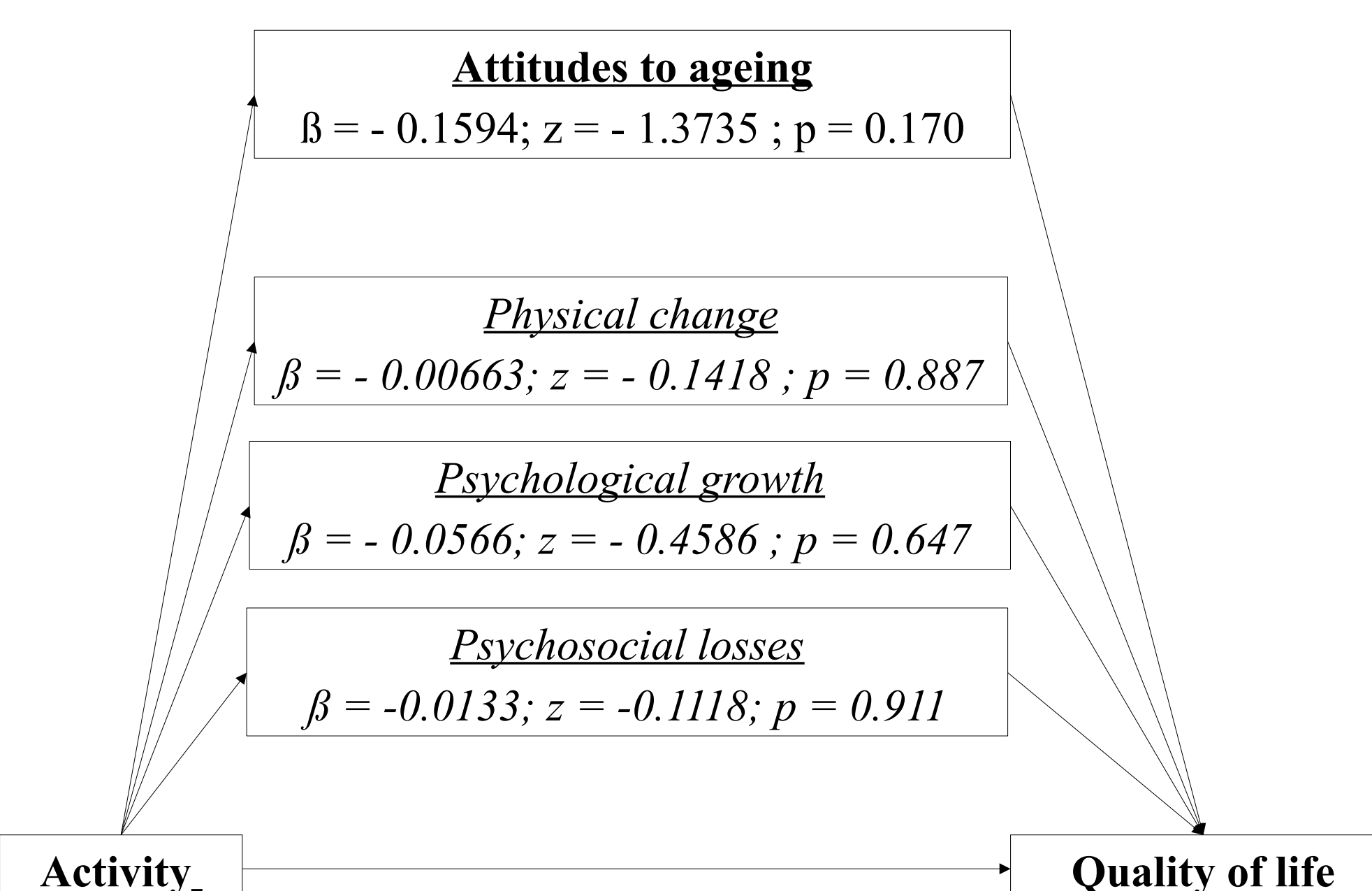
\* self-administration

## Post test (T1)\*

## Results

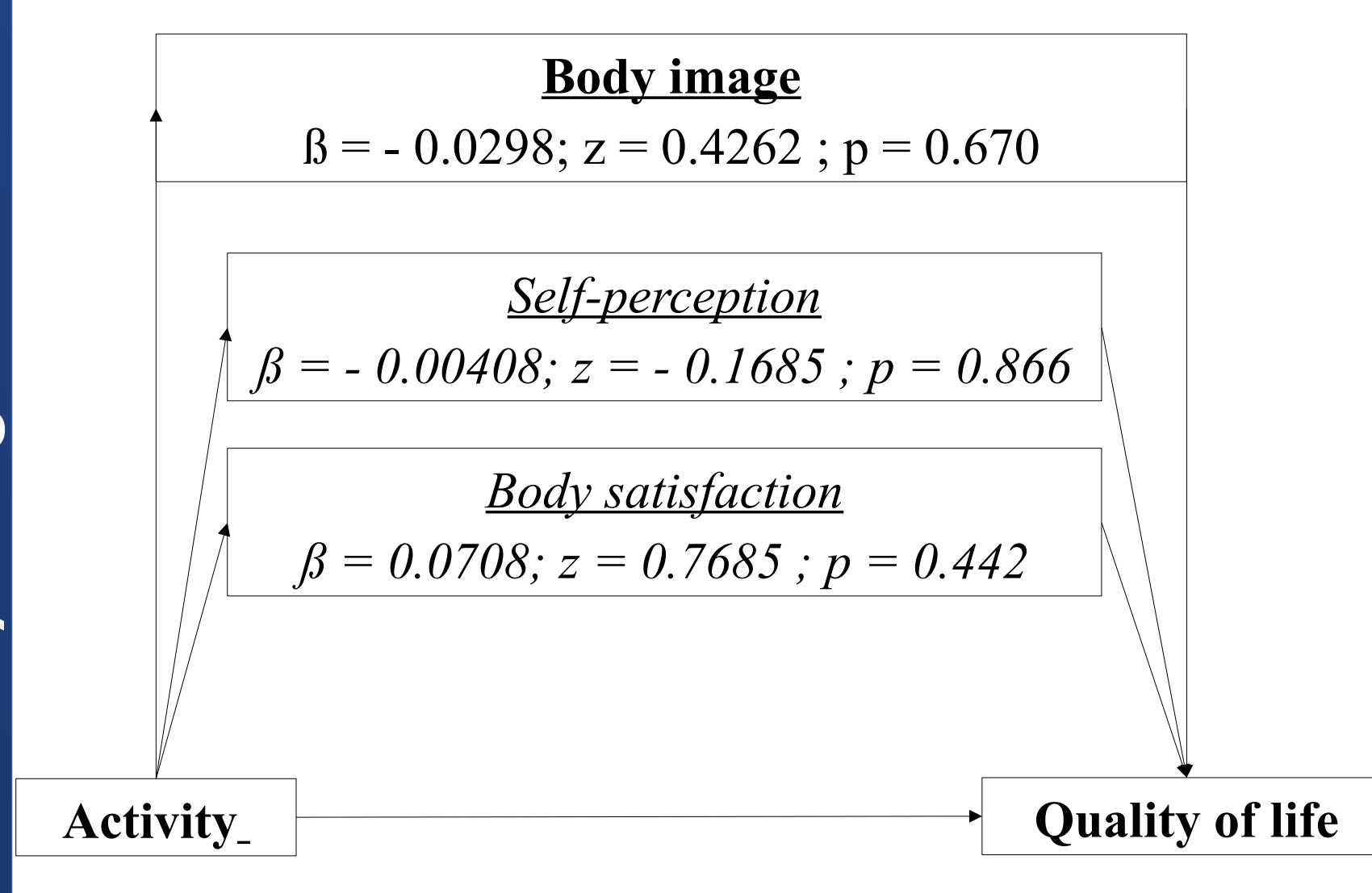
		Statistic	p	
H1 - Quality of Life	QdV T0	Mann-Whitney U	48.5	0.233
	QdV T1	Mann-Whitney U	51.0	0.284
	QdV diff	Mann-Whitney U	57.5	0.579
H1-a not validated : no significance in favour of the yoga or recreational group for a better QoL ( $p > 0.05$ )				
Recreational group		Statistic	p	
QdV T1	QdV T0	Wilcoxon W	28	0.274
H1-b : no significance in favour a QoL T1 > T0 for recreational group ( $p > 0.05$ )				
Yoga group		Statistic	p	
QdV T1	QdV T0	Wilcoxon W	36	0.058
H1-b validated : Trend towards significance for QoL T1 > T0 for the yoga group.				

## H2- Attitudes to ageing



H2 not validated : No mediation of the attitudes to ageing and their dimensions in the link between activity and QoL ( $p > 0.05$ )

## H3- Body image



H3 not validated : No mediation of the body image and its dimensions in the link between activity and QoL ( $p > 0.05$ )

## Conclusion

Yoga could stand out as an activity that improves quality of life, but it would seem that it is involvement in a group activity that is beneficial. These results echo cognitivist theories which suggest that whatever the activity, a reorganisation of cognitive resources contributes to a better QoL and body image. This study suggests that a mind-body approach could improve QoL by giving older people back an empowerment & helping mitigate the negative effects of self-objectification.

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