

USE OF FREE TIME FOR ADULTS OVER 60 YEARS OF AGE IN THE MUNICIPALITY OF TAPACHULA CHIAPAS (MEXICO)

ABSTRACT

This study aims to generate knowledge about the use of free time in older adults and its relationship with sociodemographic variables, sex, age, employment status, educational level, monthly perception and marital status. The activities carried out on weekdays were analyzed and the hours in which they practice these activities were investigated. This study involved 1,044 subjects (570 women and 474 men) aged 60 to 85 and older, belonging to 493 localities in the municipality of Tapachula Chiapas, Mexico. The survey technique was applied and the questionnaire was used as an instrument, validated by a group of experts from different Spanish Universities. The sampling procedure used was multistage with proportional allocation, using two types: random stratified and by conglomerates. The results show that this is a highly sedentary population, 53.6% occupy their time, working days primarily, in passive leisure activities. Social and entertainment activities (37.2%) are carried out mainly on weekends. Active leisure (21.4%) is practiced, mainly during vacations and physical-sports activities (16.9%), preferably also during the holiday season, in the time slot until 09.00 in the morning and in the morning. night until 8 pm. Physical-sporting activities are practiced mainly by males who have a higher level of education and a monthly perception. The offer of physical activities in the municipality by private and public companies is almost nil.

KEY WORDS

physical activity, older adult, active and passive leisure, characteristics.

