

Seniors and gaming

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http://delivery.acm.org.libaccess.lib.mcmaster.ca/10.1145/1600000/1592712/a10-theng.pdf?ip=130.113.111.210&id=1592712&acc=ACTIVE%20SERVICE&key=FD0067F557510FFB%2ED816932E3DB0B89D%2E4D4702B0C3E38B35%2E4D4702B0C3E38B35&_acm_=15401633842870da0498ed772e335777aa6e5702df

- Based on observations, it seemed that Wii had high acceptance level among elderly and it could be used as a tool to encourage them to interact with each others, make them happy as well as improve their health.

<http://journals.sagepub.com.libaccess.lib.mcmaster.ca/doi/pdf/10.1177/0269215511434996>

- Thirty-six subjects, average age 75.09 ± 10.26 years, took part in this study, and were randomly assigned to one of the four experimental groups: G1 followed an Adapted Physical Activities training programme, while the second group (G2) participated in Wii Fit® training and the third one (G3) combined both methods. There was no training for the fourth group (G4). All subjects trained once a week (1 hour) for 20 weeks and were assessed before and after treatment.
- The subjects in the training groups (G1, G2 and G3) regularly took part in training and became enthusiastic during the training sessions. The physical activities were new in the institution. Moreover, the G2 and G3 were more motivated than the G1 because they played with the Wii Fit® and compared their levels in the different games. In fact, the Wii Fit® programme is motivating and interests people, which therefore would influence the results of the tests.
- The centre of gravity moved significantly after training for G2 (Wii Fit®) and G3 (Adapted Physical Activities + Wii Fit®). Toulotte et al.14,15 also showed that physical training based on balance, flexibility and muscular strength has a positive effect on the static balance of elderly independent subjects and frail demented subjects. The present study demon- strates

that Wii Fit® training can also improve the stability and the static balance of independent elderly subjects. We can hypothesize that the Nintendo Wii, with balance video games on balance, specifically teaches participants to keep a centered position.

- When standing on one foot, G1 (Adapted Physical Activities) and G3 (Adapted Physical Activities + Wii Fit®) decreased the number of times the subject's suspended foot touched the floor in the eyes open and eyes closed conditions. Vellas et al.23

<http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.904.586&rep=rep1&type=pdf>

Physical and Psychosocial Effects of Wii Video Game Use among Older Women

- Social benefits were most often mentioned by the participants. The women bonded during the intervention period. This surprised the women as it was something they did not expect. Comments included “we got to know each other more than we have earlier” (Katerina), “we seem to be closer” (Caroline), “more friends, more family... it makes you more friendly” (Amelia) and “more accepted” (Margaret).
- Participants offered several mechanisms of action for this increased closeness, all related to the way that the game facilitated communication
- Many of the women noted that being more technologically adept allowed them to be more connected to their grandchildren. They talked about the gap between young people and themselves.
- The Wii encouraged the women to be engaged in an activity which they had previously perceived was impossible because of their health conditions and age
- The Wii not only challenged the women into activities that were largely unfamiliar, but also challenged their self image. The women, like many older women (Sontag 1997), felt marginalised: “Oh, I'm out of it, I'm slipping” (Maria), and with this feeling came a perception of being less connected and having lessened utility to the wider society. The women saw themselves as being at the end of life, marginalised from mainstream society and alienated from technology. This feeling was contradicted by the Wii program, which provided opportunities for the participants to connect with technology and the modern world The participants often remarked on it.