



Edelweiss Journal of Biomedical Research and Review

Commentary

ISSN 2690-2613

Perspectives of Music and Sports for Satisfactory Anti-Aging Daily Life

Yuko Takenaka¹, Seiji Konoike^{1,2} and Hiroshi Bando^{2,3,4*}

Affiliation

¹Osaka University of Health and Sport Sciences, Graduate school of sport and Exercise Sciences, Osaka, Japan

²Japan Masters Athletics (JMA), Japan

³Tokushima University/ Medical Research, Tokushima, Japan

⁴Integrative Medicine Japan (IMJ), Shikoku Island Division, director, Tokushima, Japan

*Corresponding author: Hiroshi Bando, Tokushima University/Medical Research, Nakashowa 1-61, Tokushima 770-0943, Japan

Tel: +81-90-3187-2485, E-mail: pianomed@bronze.ocn.ne.jp

Citation: Takenaka Y, Konoike S and Bando H. Perspectives of music and sports for satisfactory anti-aging daily life (2022) Edel J Biomed Res Rev 3: 39-41.

Received: Dec 05, 2021

Accepted: Feb 21, 2022

Published: Feb 28, 2022

Copyright: © 2022 Takenaka Y, et al., This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Abstract

Aging societies have been observed in Japan and other developed countries worldwide. In the light of anti-aging medicine, authors have continued several approaches such as Integrative Medicine (IM), music therapy, art therapy, frailty, rehabilitation, sports medicine and masters' athletics. For successful aging, three important factors are necessary, which are i) no illness or disability, to maintain physical/cognitive function, to continue social participation and contribution. Music has large power similar to language and communication and clinical effects physically, psychologically and socially. Various plays of the activities for elderly such as music and sports can bring processes towards achieving successful aging.

Keywords: Anti-Aging medicine, Integrative medicine, Music therapy, Masters' athletics, Successful aging.

Abbreviations: IM- Integrative Medicine, WMA-World Masters Athletics, JMA-Japan Masters Athletics.

Currently, the importance of sustainability has been emphasized internationally [1]. Furthermore, aging societies have been observed worldwide [2,3]. In September 2021, the number of elderly people aged 65 and over in Japan was revealed to be 36.4 million, which is 29.1% of the total population (Table 1) [4]. According to estimates by the National Institute of Population and Social Security Research, it seems to be 35.3% by 2040. It is quite important to discuss daily health issues for so many older people and everyone else. Some perspectives for elderly problems and anti-aging medicine would be described in this article [5]. Our research group has traditionally taken various approaches to the elderly for several fields [6].

	65-74	75 and 75<	65 and 65<
Japan	14.1	15.0	29.1
Italy	11.5	12.1	23.6
Germany	10.6	11.4	22.0
France	11.3	9.8	21.1
United Kingdom	9.9	8.9	18.8
Canada	10.6	7.9	18.6
United States	9.9	7.1	17.0
Korea	9.6	7.0	16.6
China	8.6	3.9	12.4
World average			9.6

Table 1: Percentage of the elderly population in major countries (2021).

Data of Japan is from Sept 2021. Concerning other countries, data were from World Population Prospects. The 2019 revision (United Nations) including 201 countries and districts.

They include Integrative Medicine (IM), art therapy, frailty, locomotive syndrome, rehabilitation, sports medicine and so on. For arts and culture area, some activities have continued for music therapy and art therapy [7]. For physical therapy, various treatments and exercise have been continued. The author Konoike has been engaged in Masters athletics and has been involved in various projects as a representative of Japan Masters Athletics (JMA) [8]. In fact, he has continued to participate in competitions of the World Masters Athletics (WMA) Championships for 40 consecutive years, which becomes the longest record in the world. Through these backgrounds and research, the authors have set major goals for the elderly. It is "to have a better and significant older age. In other words, it has been known as successful aging [9]. Some perspectives for realization of successful aging using music and exercise would be described in this article. There are three important factors for successful aging. The first is "no illness or disability" [10]. The second is "to maintain as high physical ability and cognitive function as possible" [11].

The third is "to continue daily active involvement such as voluntary social participation and contribution" [12]. A way of life that fulfills these three conditions is considered to be successful aging. It would be a crucial point that successful aging is feasible by lifestyle rather than heredity predisposition. In other words, daily lifestyle such as paying attention to food, exercising, and receiving intellectual stimulation would be basically important. The way of intellectual stimulation may include reading books, attending lectures and participating in social activities. Furthermore, it is recommended to keep healthy lifestyle,

Citation: Takenaka Y, Konoike S and Bando H. Perspectives of music and sports for satisfactory anti-aging daily life (2022) Edel J Biomed Res Rev 3: 39-41.



such as not staying home, going out into the society and keeping some relationship in the society [13].

These three conditions can be rephrased as anti-aging conditions. For promotion of anti-aging, both of sports activity and music activity can contribute to anti-aging. Regarding the former, the author Bando has continued on Masters athletics, and maintained same speed of 13 seconds for 100m sprint for half century [14]. Our Masters colleagues have continued seminars of athletics and sports for long [15]. The author Konoike held international game and will plan Masters Olympics. Participation in these competitions will give athletes to keep daily goals and feel meaningful life [16,17]. Thus, participation in sports for the elderly leads to people's well-being [18]. Regarding the latter, music has positive effects on human health. Its effects are widespread physically, psychologically and socially [19]. Music is also useful as a means of communication, and it is possible to communicate naturally with foreigners who do not understand the language for the first time. These interests have been focused recently. Various public music programs for the elderly are planned, and lots of older are enjoying them all over the world. Such experiences can bring elderly successful aging. There are four important elements in a person's life domains, which are physical security, positive mental state, participating activity and interpersonal relationship. Among them, interpersonal relationships are paramount, and can compensate several major negative impacts of old age [20].

The more active the interpersonal relationship, the less the impact of physical loss, the easier to thinking positively and participate in various activities. This situation also applies to music activities. With more participation in music activities, people will have more health and vitality. Music activities are roughly divided. There are two domains that where you enjoy yourself and where you entertain other people. The former means listening and singing aimed to enjoy life, and it brings a happy time. The latter means performing desirable session for other patients or clients [21]. Such sustainable trials greatly contribute to the vitalization of the mind and body. People's activities are divided into three types, which are i) productive activities at work, ii) compulsory social activities, and iii) activities that they like [6]. Music activity and sports belong the third. The third can be interpreted as play, where both children and the elderly can enjoy. Now most people in developed countries have a longer life and can spend a long time after retiring [22].

In long old age, play brings elderly chance to realization of long-standing dreams. By leaving your obligations and relaxing yourself and trying what you love, you will be creatively and feel happy in old age. It is the key of keeping young and aging successfully. In the case of children, they learn the rules of society, and build relationships to others by playing various games [23]. Sometimes they play pranks with scolded, injured, fail, and fight with friends. Such experiences provide the necessary foundation for living smoothly in society. On the other hand, what about the elderly? Through the third activity of play, elderly will accumulate the basis for new life. During several activities, they face the declining body and make new social relationships [24]. In summary, the play of the elderly includes various activities such as touching art such as music and participating in sports [25]. Consequently, elderly will learn and practice how to live a second life. All of these processes are the first step towards achieving successful aging.

References

1. Wenting Y. Sustainable Aging Society: A Landscape Study of Global Demographic Change (2021) Graduate Research. University of British Columbia Library. <http://hdl.handle.net/2429/78154>
2. Statistics Bureau, Japan. Chapter 2. Population. Statistical Handbook of Japan 2021.
3. Béjot Y and Yaffe K. Ageing Population: A Neurological Challenge *Neuroepidemiology* (2019) Gale OneFile: Health and Medicine 52: 76. <https://doi.org/10.1159/000495813>
4. [National Institute of Population and Social Security Research, Japan. The population of the elderly.](https://www.nippon-rokugakukai.or.jp/)
5. [Leridon H. World population outlook: Explosion or implosion? *Population and Societies* 2020 57: 1-4.](https://www.csis.org/analysis/world-population-outlook-explosion-or-implosion)
6. Bando H, Takenaka Y, Nakamura T, Konoike K and Yonei Y. Investigation for Quality of Life (QOL) and self-esteem for health in masters' athletes (2015) *Glycative Stress Research* 22: 174-181. https://doi.org/10.24659/gsr.2.4_174
7. Hirai Y, Bando H, Yoshioka A and Nishikiori Y. Music and Man in Art: The Future of Media and Technology (2020) *Global J Arts Social Sci* 2: 116. <https://doi.org/10.36266/GJASS/116>
8. Bando H, Kan M, Takenaka Y, Yokoyama H, Nakamura T, et al. Effective training of squat exercise-HiSquat trial for patients with diabetes (2016) *Glycative Stress Research* 3: 65-73. https://doi.org/10.24659/gsr.3.2_065
9. Rowe JW and Kahn RL. Human aging: usual and successful. *Science* (1987) 237: 143-149. <https://doi.org/10.1126/science.3299702>
10. Teater B and Chonody JM. How Do Older Adults Define Successful Aging? A Scoping Review (2020) *Int J Aging Hum Dev* 91: 599-625. <https://doi.org/10.1177/0091415019871207>
11. Lee EJ and Park SJ. Immersive Experience Model of the Elderly Welfare Centers Supporting Successful Aging (2020) *Front Psychol* 11:8. <https://doi.org/10.3389/fpsyg.2020.00008>
12. Özsungur F. Gerontechnological factors affecting successful aging of elderly (2020) *The Aging Male* 23: 520-532. <https://doi.org/10.1080/13685538.2018.1539963>
13. Bernhold QS, Gasiorek J and Giles H. Communicative Predictors of Older Adults' Successful Aging, Mental Health, and Alcohol Use (2020) *Int J Aging Hum Dev* 90: 107-134. <https://doi.org/10.1177/0091415018784715>
14. Bando H. Weight unchanged, 100m unchanged with 13 seconds for half century -Living up to 100 years by adjusting sugar restriction and exercise (2019) Medical Information Service, Inc. Tokyo, Japan, 2019.
15. Murakami M, Bando H and Moriyasu H. Getting an Efficient Running Form Accompanied with Reggae Rhythm (2021) *Examines Phy Med Rehab*. 3.
16. Geard D, Rebar AL, Dionigi RA and Reaburn PRJ. Testing a Model of Successful Aging on Masters Athletes and Non-Sporting Adults (2021) *Res Quart Exerc Sport* 92: 11-20. <https://doi.org/10.1080/02701367.2019.1702146>
17. Bando H, Nakamura T, Yonei Y, Takenaka Y and Seki K. Lipid profile of masters athletes in ice-skating, a model of anti-aging research (2015) *Glycative Stress Res* 2: 52-57. https://doi.org/10.24659/gsr.2.2_052
18. Kim ACH, Ryu J, Lee C, Kim KM and Heo J. Sport Participation and Happiness Among Older Adults: A Mediating Role of Social Capital (2021) *J Happiness Stud* 22: 1623-1641. <https://doi.org/10.1007/s10902-020-00288-8>
19. Yoshioka A, Nishikiori Y and Bando H. Music Therapy Session with Various Elements for Clinical Effects and Comfortable Mood (2020) *Biomed Sci J* 2: 11. <https://doi.org/10.52588/biomedscij.1.10>
20. Lee MR. The Relationship between Interpersonal Relationships and Subjective Experience of Happiness among Active Elderly in Korea (2020) *Asia-pacif J Converg Res Interch* 6: 131-147. <https://doi.org/10.47116/apjcri.2020.11.12>
21. Bando H. Perspectives of the Relationship among the Presence of Music, Well-Being and Happiness (2021) *Global J Arts Social Sci* 3: 153. <https://doi.org/10.36266/GJAS>
22. Newman DB, Schwarz N and Stone AA. Global reports of well-being overestimate aggregated daily states of well-being (2021) *J Positiv Psych* 16: 407-416. <https://doi.org/10.1080/17439760.2020.1725608>

Citation: Takenaka Y, Konoike S and Bando H. Perspectives of music and sports for satisfactory anti-aging daily life (2022) *Edel J Biomed Res Rev* 3: 39-41.



23. Smith BW, Ford CG, Erickson K and Guzman A. The Effects of Character Strength Focused Positive Psychology Course on Undergraduate Happiness and Well-Being (2021) *J Happiness Studies* 22: 343-362. <https://doi.org/10.1007/s10902-020-00233-9>
24. Li C, Jiang S, Li N and Zhang Q. Influence of social participation on life satisfaction and depression among Chinese elderly: Social support as a mediator (2018) *J Commun Psychol* 46: 345-355. <https://doi.org/10.1002/jcop.21944>
25. Behzadnia B, Deci EL and DeHaan CR. Predicting Relations Among Life Goals, Physical Activity, Health, and Well-Being in Elderly Adults: A Self-Determination Theory Perspective on Healthy Aging (2000) *Self-Determination Theory and Healthy Aging*, Singapore. https://doi.org/10.1007/978-981-15-6968-5_4

