

# Effect of strength training with socializing and playful characteristics on depression in older adults with forward head posture

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## Abstract

**Objective:** The purpose of the study was to evaluate the effect of strength training with a socializing and playful characteristic on depression in older adults with forward head posture in the city of Talca (Chile). **Material and methods:** This longitudinal study was carried out in the Senior Adult Club of the city of Talca. 132 subjects participated, which were divided into three groups of 44: two experimental groups and one control group. Conventional strength training for forward head posture was applied to one experimental group, the other experimental group underwent strength training with socializing and playful characteristics, the control group underwent an initial and final evaluation. Two weekly sessions were carried out for 4 months in both experimental groups. All the participants fulfilled the inclusion and exclusion criteria: older adults > 60 years, craniovertebral angle < 50 degrees, body mass index with overweight and type 1 obesity, without spinal pathologies. **Results:** There were statistically significant changes in the group that received strength training with a socializing and playful characteristic on the decrease in depression ( $P < 0.05$ ), obtaining an average of 3.6 points of decrease in the depression scale after 4 months of training. **Conclusion:** Strength training with a socializing and playful characteristic was 72 % effective in reducing depression in older adults with forward head posture in the city of Talca.

## Author keywords

Depression

Forward head posture

Playful activities