Research on Exercise Habits and Aging Anxiety of Insurance Practitioners

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Abstract: Rapid aging of the population is a common trend in the world. Successful and healthy aging is one of the goals pursued by every old man in Taiwan and other countries. It is also one of the main objectives of the government. Because of the progress of human society and modern medical technology, the average life expectancy of human beings has been prolonged, the global population structure has changed dramatically, and the elderly population has risen rapidly. In the face of rapid population aging at the same time, people began to think about the aging of the relevant issues: how the process of life into the aging process, can live a healthy life have dignity. However, how do we do to face the physiological, psychological and social problems associated with aging, this study aims to explore the face of aging this unavoidable physiological degradation problems, insurance practitioners how to actively face aging Anxiety study. Based on the relevant literature theory at home and abroad, using the Aging Anxiety Scale, Insurance practitioners were used as the research object, and 50 questionnaires were sent by questionnaires. The effective questionnaire rate was 87%. The results of the study showed that different working years, educational level and exercise habit had significant effects on aging anxiety, and finally put forward suggestions based on the above conclusions as a reference for future researchers.

Keywords: insurance practitioners, aging anxiety, exercise habits, elderly

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