THAI WISDOM "RUSIE DUTTON" EXERCISE TO PROMOTE HEALTH RELATED PHYSICAL FITTNESS AND QUALITY OF LIFE FOR WORKING WOMEN

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Introduction

Working women suffer from physical and mental health problems due to their inappropriate life style. These affect women’s quality of life. Mind and body exercise are essential for physical and mental health promotion. Rusie Dutton (RD) is a Thai wisdom with its principles of slowly and smoothly movement, low impacted weight barring and regulated deep breathing exercise. Even though, RD is a well-known exercise for Thai people but no study of its effectiveness on promoting health and quality of life among working women.

Objective

To examine the effect of Rusie Dutton (RD) to promote health related physical fitness and quality of life among working women.

Methods

Fifty working women (age 45-59 yrs.) were assigned to an experimental group (n=24) and a control group (n=26). The experimental group attended 50 minutes(min.) RD rehearsing session, once a week for 10 sessions. Each session consisted 5 min. of stretching follow by 40 min. of RD practice with deep breathing exercise and end with 5 min. of cool down. They were provided RD poster and DVD for self-practicing and were encouraged to do 20-30 min. RD at home at least twice a week. The control group received no intervention. Data were
collected at the beginning and the 12th week, including health related physical fitness (BMI, rest HR, BP, shoulder flexibility test, sit & reach test and VO2max) and quality of life (using WHOQOL-BREF-THAI questionnaire).

**Results**

At the beginning, there was no difference found between two groups. Significant improvement was found at 12th week in the experimental group when compared to the control group (p<0.05). They were restHR (70.08 vs. 75.62), SBP (112.79 vs.120.92), right shoulder flexibility (2.21 vs. -4.91), left shoulder flexibility (-3.33 vs. -9.0), sit&reach (14.50 vs. 0.35), VO2max (36.24 vs. 32.85), the overall QOL (105.96 vs. 95.23) and sub-domain of QOL (physical, social relationship and environmental domains). But there was no significant difference found in BMI, DBP and QOL in psychological domain.

**Conclusions**

This results indicate that Thai wisdom Rusie Dutton exercise could effectively improve health related physical fitness and quality of life for working women.