

# Effects of Thai Chi exercises, and laughter therapy on active aging in community-dwelling older adults: A systematic review

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## Abstract

The aging of populations worldwide is rapidly increasing, revealing a dramatic development of human society. Fifteen million people that is almost 7% of the total population of Pakistan are aged over sixty-five years, bringing new challenges to the country<sup>4</sup>. From a stereotype as the viewpoint of aging is often reflected as a crucial social problem. Older persons are considered "incapable" or "worthless" and are seen as consumers of social assistance rather than creators. People are oblivious to their unique abilities and good impacts on society.<sup>7</sup> consequently; the government and families tend to hold a negative view while dealing with age-related issues, which seriously hampers the functioning and self-actualization of older adults, making them a burden<sup>8</sup> to both the government and their families. Although the government has assigned the task of developing a plan for Active-aging in elderly adults to the health task force forum, none has been implemented properly except the health package for elders. There is an urgent need to design a strategy to implement the concept of Active-aging or successful Aging.

Active aging is the main component of developmental progress and healthy life in old age. World Health Organization's (WHO) Active-aging Policy Framework describes Active aging as the process of maximizing chances for health, involvement, and security as individuals age for improvement in the quality of life. Reduce psychosocial and physical health problems in all ages. However, formal and informal education platform offers learning opportunities for older adults in the form of intergenerational program<sup>15</sup>, occupational therapy, and recreational based program, mostly focused on the association between physical activities in Active-aging.

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## Biography

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