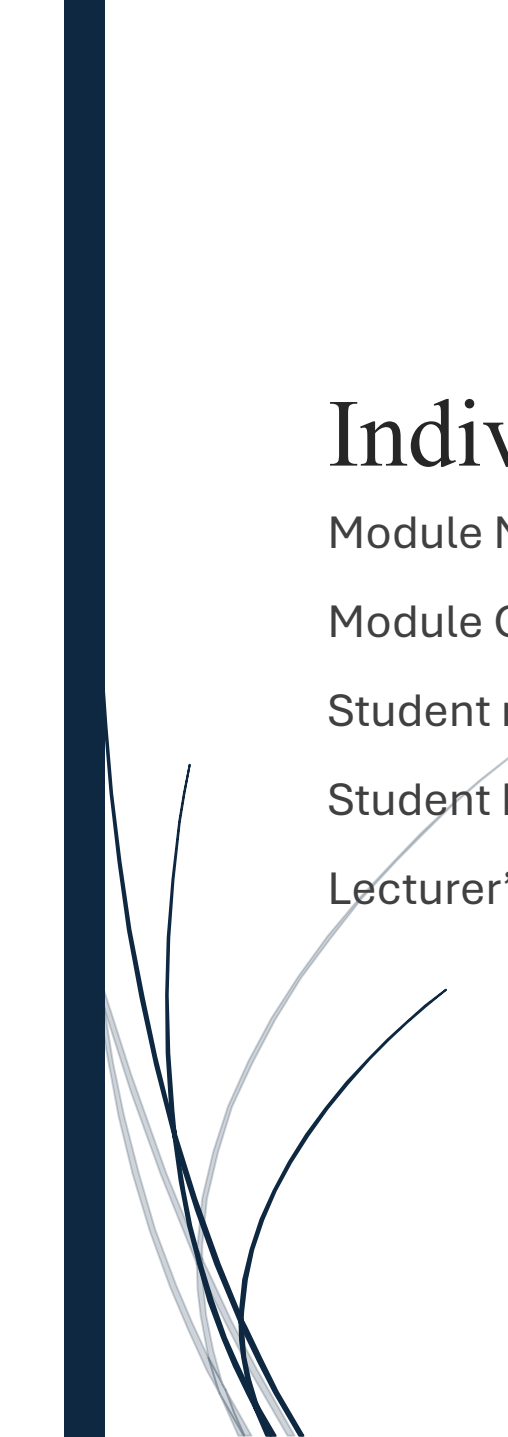




Individual Report

Module Name: Digital Skills and Research Methods

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Section 1: Introducing the Research Paper and Topic Development

1.1 Paper Details (Title, Author(s) and Year of Publication)

This report examines a paper entitled Barriers and motivators to undertaking physical activity in adults over 70: a systematic review, written by Kilgour, A.H.M. and colleagues, published in 2024.

1.2 Main Topic or Problem Explored in the Paper

The paper is about why so many people aged 70 and over do not do enough physical exercise. The researchers looked at what stops them — like health problems, fear of falling, or not having somewhere safe to walk — and what helps them, like having support, simple advice, or accessible places to go.

1.3 Who Is the Research About?

The research was about adults aged 70 years and older living in the community. They reviewed studies involving thousands of older people across different countries, focusing on their daily lives, abilities, and what they experience as they get older.

1.4 Why Is This Topic Important in UK Health and Social Care?

This matters because the UK has a growing population of older people, and physical activity keeps people healthier, reduces falls, and helps them stay independent longer. The Health Survey for England shows many older adults are not active enough (NHS Digital, 2016). Supporting older people to move more is a key part of UK government health policy and helps reduce pressure on care services. Also, as the population ages, more older people want to stay in their own homes rather than move into care. Being physically active helps them keep their independence longer, which means less pressure on care homes and NHS services. This is why understanding barriers to exercise is so important for UK health and social care right now.

Section 2: Understanding the Purpose and Research Question

2.1 Research Question(s) or Objectives

The main aim was to find out what stops and what encourages adults aged 70 and over to be physically active. The researchers wanted to understand the main barriers people face, the things that help, and what could be done to support more older people to exercise safely and regularly.

Section 3: Understanding the Research Methods

3.1 Overview of Quantitative, Qualitative, and Mixed-Methods Research

Quantitative research uses numbers, measurements, and statistics to show patterns and results. It answers questions like "how many" or "how much" — for example, counting how many older people walk regularly. Qualitative research looks at people's experiences, feelings, and reasons. It answers "why" and "how" — like asking people what stops them going out. Mixed methods use both together to get a full picture (Neale, 2021). For example, a survey asking 500 older people how often they walk would be quantitative. Interviewing 10 people about why they don't walk would be qualitative. Doing both would be mixed methods.

3.2 Research Methodology Used in Your Chosen Paper and Why

The paper by Kilgour et al. used a systematic review — which is a type of qualitative research approach. They gathered and analysed many different studies to find common themes. This was the right choice because they wanted to understand the full picture of barriers and motivators, not just count numbers.

3.3 Primary and Secondary Data: Definitions, Differences, and Application to Your Paper

Primary data is new information collected first-hand by the researchers themselves. Secondary data is information that already exists, collected by others for a different purpose. In this paper, the researchers used secondary data only — they reviewed existing published studies rather than collecting new information themselves. They searched for relevant papers, assessed their quality, and grouped the findings into themes.

Section 4: Conclusion

In summary, this report has introduced a research paper about physical activity in older adults, explained its purpose and questions, and explored the research methods used. The paper

found that older people face many barriers including health concerns, lack of confidence, and environmental problems, but are encouraged by support, company, and accessible activities.

Reading this research has taught me how research is designed and carried out, and how to tell the difference between different methods and types of data. This will help me in my future studies because I now understand what to look for when I read other papers. It will also help me in my work in health and social care because I can use research findings to understand the people I support and how to help them better. In my future work in health and social care, I can also use this understanding to ask the right questions and find valuable information to support the people I care for. Research is not just for assignments — it helps us do our jobs better and give better care.

References

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