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## Perspectives of Music and Sports for Satisfactory Anti-Aging Daily Life

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### Abstract

Aging societies have been observed in Japan and other developed countries worldwide. In the light of anti-aging medicine, authors have continued several approaches such as Integrative Medicine (IM), music therapy, art therapy, frailty, rehabilitation, sports medicine and masters' athletics. For successful aging, three important factors are necessary, which are i) no illness or disability, to maintain physical/cognitive function, to continue social participation and contribution. Music has large power similar to language and communication and clinical effects physically, psychologically and socially. Various plays of the activities for elderly such as music and sports can bring processes towards achieving successful aging.

**Keywords:** Anti-Aging medicine, Integrative medicine, Music therapy, Masters' athletics, Successful aging.

**Abbreviations:** IM- Integrative Medicine, WMA-World Masters Athletics, JMA-Japan Masters Athletics.

Currently, the importance of sustainability has been emphasized internationally [1]. Furthermore, aging societies have been observed worldwide [2,3]. In September 2021, the number of elderly people aged 65 and over in Japan was revealed to be 36.4 million, which is 29.1% of the total population (Table 1) [4]. According to estimates by the National Institute of Population and Social Security Research, it seems to be 35.3% by 2040. It is quite important to discuss daily health issues for so many older people and everyone else. Some perspectives for elderly problems and anti-aging medicine would be described in this article [5]. Our research group has traditionally taken various approaches to the elderly for several fields [6].

	65-74	75 and 75<	65 and 65<
Japan	14.1	15.0	29.1
Italy	11.5	12.1	23.6
Germany	10.6	11.4	22.0
France	11.3	9.8	21.1
United Kingdom	9.9	8.9	18.8
Canada	10.6	7.9	18.6
United States	9.9	7.1	17.0
Korea	9.6	7.0	16.6
China	8.6	3.9	12.4
World average			9.6

**Table 1:** Percentage of the elderly population in major countries (2021).

Data of Japan is from Sept 2021. Concerning other countries, data were from World Population Prospects. The 2019 revision (United Nations) including 201 countries and districts.

They include Integrative Medicine (IM), art therapy, frailty, locomotive syndrome, rehabilitation, sports medicine and so on. For arts and culture area, some activities have continued for music therapy and art therapy [7]. For physical therapy, various treatments and exercise have been continued. The author Konoike has been engaged in Masters athletics and has been involved in various projects as a representative of Japan Masters Athletics (JMA) [8]. In fact, he has continued to participate in competitions of the World Masters Athletics (WMA) Championships for 40 consecutive years, which becomes the longest record in the world. Through these backgrounds and research, the authors have set major goals for the elderly. It is "to have a better and significant older age. In other words, it has been known as successful aging [9]. Some perspectives for realization of successful aging using music and exercise would be described in this article. There are three important factors for successful aging. The first is "no illness or disability" [10]. The second is "to maintain as high physical ability and cognitive function as possible" [11].

The third is "to continue daily active involvement such as voluntary social participation and contribution" [12]. A way of life that fulfills these three conditions is considered to be successful aging. It would be a crucial point that successful aging is feasible by lifestyle rather than heredity predisposition. In other words, daily lifestyle such as paying attention to food, exercising, and receiving intellectual stimulation would be basically important. The way of intellectual stimulation may include reading books, attending lectures and participating in social activities. Furthermore, it is recommended to keep healthy lifestyle,

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such as not staying home, going out into the society and keeping some relationship in the society [13].

These three conditions can be rephrased as anti-aging conditions. For promotion of anti-aging, both of sports activity and music activity can contribute to anti-aging. Regarding the former, the author Bando has continued on Masters athletics, and maintained same speed of 13 seconds for 100m sprint for half century [14]. Our Masters colleagues have continued seminars of athletics and sports for long [15]. The author Konoike held international game and will plan Masters Olympics. Participation in these competitions will give athletes to keep daily goals and feel meaningful life [16,17]. Thus, participation in sports for the elderly leads to people's well-being [18]. Regarding the latter, music has positive effects on human health. Its effects are widespread physically, psychologically and socially [19]. Music is also useful as a means of communication, and it is possible to communicate naturally with foreigners who do not understand the language for the first time. These interests have been focused recently. Various public music programs for the elderly are planned, and lots of older are enjoying them all over the world. Such experiences can bring elderly successful aging. There are four important elements in a person's life domains, which are physical security, positive mental state, participating activity and interpersonal relationship. Among them, interpersonal relationships are paramount, and can compensate several major negative impacts of old age [20].

The more active the interpersonal relationship, the less the impact of physical loss, the easier to thinking positively and participate in various activities. This situation also applies to music activities. With more participation in music activities, people will have more health and vitality. Music activities are roughly divided. There are two domains that where you enjoy yourself and where you entertain other people. The former means listening and singing aimed to enjoy life, and it brings a happy time. The latter means performing desirable session for other patients or clients [21]. Such sustainable trials greatly contribute to the vitalization of the mind and body. People's activities are divided into three types, which are i) productive activities at work, ii) compulsory social activities, and iii) activities that they like [6]. Music activity and sports belong the third. The third can be interpreted as play, where both children and the elderly can enjoy. Now most people in developed countries have a longer life and can spend a long time after retiring [22].

In long old age, play brings elderly chance to realization of long-standing dreams. By leaving your obligations and relaxing yourself and trying what you love, you will be creatively and feel happy in old age. It is the key of keeping young and aging successfully. In the case of children, they learn the rules of society, and build relationships to others by playing various games [23]. Sometimes they play pranks with scolded, injured, fail, and fight with friends. Such experiences provide the necessary foundation for living smoothly in society. On the other hand, what about the elderly? Through the third activity of play, elderly will accumulate the basis for new life. During several activities, they face the declining body and make new social relationships [24]. In summary, the play of the elderly includes various activities such as touching art such as music and participating in sports [25]. Consequently, elderly will learn and practice how to live a second life. All of these processes are the first step towards achieving successful aging.

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