

USI/IRC Video Presentation Competition

Why Research Matters

Name	Joe Tierney
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Higher Education Institution	TU Dublin (City Centre Campus) – Supervisor Dr Catherine Gorman
Year/Stage of Study	Year 4 of a 6 year part time PhD programme – commenced with observational aspects of primary research March 2019.

Brief Summary of your research	<p>The aim of this piece of work is to understand the motivations of older adventurers, specifically divers and hill walkers, to participate in their chosen activities. Is their participation led by a desire to keep fit or does the passion for the activity in itself motivate the desire to maintain fitness? The work also aims to explore barriers to participation for this group in their activities and to examine the perceived benefits in relation to physiological and psychological aspects. It is proposed to gain a further understanding, through a participative exploration, the relevance of the physical, psychological and social benefits that older people attribute to their adventure activities.</p> <p>The basis for this research is that the population is ageing, and reports suggest that the over 50s do not engage in appropriate levels of physical activity (PA) contributing to a rise in non-communicable diseases (NCDs), morbidity and mortality. Although Ireland is the youngest nation in Europe, it needs to find innovative, stimulating, and beneficial ways to facilitate increased levels of PA engagement throughout the life-course. For sustained exercise participation early positive experience of PA results in sustained engagement. In addition, the beneficial impact of exercising outdoors in natural environment suggests that the potential for older adults to engage in this way needs to be explored.</p> <p>In line with the tenor of my research and following the introduction of the term cocooning and all it entails I became concerned at the clear potential for negative connotations, ageist undertones and the impact that this discourse would have on older adults. I am concerned that even though the intention behind cocooning was undoubtedly good, it may well be recorded in the future that the term was ill conceived and lacked consideration of the heterogeneity of older people. To lend weight to my views, and in keeping with the tenor of my research, I conducted a series of interviews with so-called cocooners.</p>
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**Area of Research and
topic of video
presentation**

The key area will focus of the often underestimated abilities of older people. The video will incorporate images, video and sound files based on my recent research with older adventurers and cocooners.

Tick as appropriate

- I accept the terms of IRC Data Protection Notice (required for entry to competition)**
- I am happy for my video to be used for communications/marketing purposes by the IRC and USI**