

REVIEWER'S REPORT

Manuscript No.: IJAR-53209

Date: 11-08-2025

Title: Adapted physical activities and gerontology in the Republic of Côte d' Ivoire: study of determinants among adults aged 50 and over in Anyama

Recommendation:

Accept as it isYES.....

Accept after minor revision.....

Accept after major revision

Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality			✓	
Techn. Quality			✓	
Clarity		✓		
Significance			✓	

Reviewer Name: Dr Aamina

Reviewer's Comment for Publication.

The manuscript titled "*Adapted Physical Activities and Gerontology in the Republic of Côte d'Ivoire: Study of Determinants among Adults Aged 50 and Over in Anyama*" provides a relevant and timely exploration of physical activity patterns among older adults in a West African context. By focusing on the commune of Anyama in Abidjan, Côte d'Ivoire, the study situates its inquiry within a specific socio-cultural and infrastructural environment, offering insights that are both locally grounded and of broader gerontological interest.

The abstract effectively presents the research objectives, methodology, key findings, and conclusions. It clearly establishes the significance of physical activity for older adults, noting its benefits for mitigating age-related physiological decline, improving health outcomes, and preventing chronic disease. The research design—a cross-sectional study using an administered questionnaire—offers a straightforward and suitable approach for assessing both knowledge and practice of physical activity, as well as identifying determinants influencing participation.

The sample composition is well-documented, with a balanced representation of men (56.3%) and women (43.7%). The results highlight low levels of both general knowledge and practice of physical activity, underscoring the multifaceted barriers older adults face, including poor health, lack of social encouragement, unsafe traffic conditions, inadequate facilities, and professional constraints. These findings contribute to understanding the structural, social, and individual-level factors that shape activity patterns among elderly populations.

The introduction provides a contextual and evolutionary perspective on the role of physical activity in human life, tracing the shift from necessity-driven movement in earlier eras to the present-day decline due to modernization and changing lifestyles. This framing effectively connects the study to broader

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global trends while preparing the reader to appreciate the specific challenges faced by the elderly in the study area.

Overall, the paper presents a coherent, data-driven, and contextually relevant analysis of the determinants of physical activity among older adults, adding valuable evidence to the fields of adapted physical activity, public health, and gerontology in Sub-Saharan Africa.