*Pernille Jakobsen & Finn Riskjær Mogensen*

**Virtuel Genoptrænings betydning for motivation og fastholdelse af træning**

**Abstract:** UC Syd har gennemført en undersøgelse af faktorer som har betydning for fastholdelse af træningsmotivation og funktionsniveau efter endt genoptræningsforløb med Virtuel Genoptræning. Hertil er benyttet et mixed methods design med både kvalitative og kvantitative metoder i form af strukturerede interviews, der fulgte et spørgeskema udarbejdet på baggrund af semistrukturerede interviews i studiets første fase.
Undersøgelsen er gennemført i Esbjerg kommune. 37 ældre borgere, der har gennemført et genoptræningsforløb med Virtuel Genoptræning, har deltaget. Data er indsamlet via strukturerede interviews med de ældre i eget hjem ad to omgange. Første interview er foretaget lige efter afsluttet forløb med Virtuel Genoptræning, mens andet interview er foretaget 3 måneder efter systemet er hentet.

**Virtual Rehabilitation's importance for motivation and commitment to training**

**Abstract:** UC South has completed a study of factors of significance for the maintenance of exercise motivation and functional level after ended rehabilitation sessions with the use of an interactive welfare technology, Virtual Rehabilitation. A mixed method design has been used comprising qualitative and quantitative methods in the form of structured interviews, following a questionnaire, which was prepared on the basis of semi-structured interviews in the first phase of the study.
The study is carried out in the municipality of Esbjerg. 37 citizens, who have completed a rehabilitation session with Virtual Rehabilitation, participated. Data were collected by structured interviews with the citizens in their homes in two stages. The first interview was carried out right after they completed their rehabilitation session, and the second interview three months later.
The study shows, in general, that having a concrete goal with exercising and the feeling of getting better is motivating. It is a barrier due to maintenance of exercise motivation that their health get worse and that no one is keeping an eye of them after the system is picked up. In relation to Virtual Rehabilitation it is motivating that feed-back and follow up is going on when doing exercises at home, and that it gives the citizens the opportunity to fit exercising into the daily routines.