

158 - CAPITAL OF HEALTH OF THE SENIOR: THE CHOICE OF THE SWIMMING AS SPORTING PRACTICE FOR THE IMPROVEMENT OF THE QUALITY OF LIFE OF SENIORS OF THE CLUB OF THE WORKER OF THE AMAZON OF SESI/AM.

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INTRODUCTION

The individual development is a process multidimensional that happens in the spheres biological, psychological and social. This process happens in all of the relationships that the individual possesses, as in the work, family, education, leisure and other countless ones (Guimarães, 2006).

In this process they happen won and losses, doing with that the earnings are maximized providing like this, minimum losses for the seniors. The process is characterized by the development and aging presents along the life, individual construction of his/her own life course, places that this individual lived in his/her life course, events and patterns of behavior besides the relationships.

With base in what was explicitado above, the individual is the somatória of all his/her life. This can be characterized as very well defined Grossman (1972) as being the "capital of health", in other words, proposition that the health can also be defined as a type of human capital. This definition of Grossman (1972) it postulates that we inherited an initial capital of health that is depreciated with passing of the years, but this can be increased with an investment. This investment in the health can be through attendance the health, diet, house, job, income, recreation and physical activities.

One of the important elements to lessen this process is a program of physical activities, whose purpose is to increase the adjusted expectation to the quality of the participant's life. The elaboration of a program of physical activities for the senior should take into account the preparation so that the senior can accomplish their daily basic needs (Ramos, 2002)

Inside of this program there are countless activities of the which the senior can accomplish from walk, race, muscular activity, adapted games and aquatic activities. About the aquatic activities we have the water aerobics and the swimming.

The swimming is considered one of the most effective ways for prevention and correction of problems posturais, mainly the deviations of the spine. The proportionate symmetrical work for the alternate movement of members and his/her traction on the musculature paravertebral has extraordinary effectiveness in the reduction of those deviations, especially with respect to the structure of the feet, loin-pelvic area and superior and cervical number area (Tahara, 2006).

Besides, being natural or not to the human being, he/she became evident that the swimming is occupying a space through the medical prescription, of the apprentices' option and of the great preference in the accomplishment of a physical activity to regulate (Marques, 2001).

Marques (2001) it marks that the subject of the lack of previous motive experiences in the liquid middle, the probable learning problem faced by senior people that didn't exercise such experiences can be similar to the of any other individual, in any age, that still has not developed this relationship.

What happens are always the discoveries of new techniques and a new one to swim that it is him/her different, that it is evidenced by Mauss (2003) when he/she affirms that the new discoveries take to a new understanding of the swimming sense.

Still on new discoveries, it happens with this a change in the individual's process civilizador in Elias' conception (1994), because these new acquired techniques provide a change and a new understanding of what is the swimming.

Besides the seniors' participation in the swimming has been generating an interesting phenomenon that it is the swimming máster, in other words, the senior's sporting participation in the swimming. Massaud (2001) he/she affirms that we needed to attend her/it a competition of swimmers masters for many of the myths to be disseminated concerning the inevitable effects of the aging.

METHODOLOGY

This is an article of the descriptive type, because he/she has for purpose to determine practices or present opinions in populations specify (Thomas, 2007). As collection instrument will be used the questionnaire, tends open and closed questions.

The chosen place for obtaining of the data will be the Club of the Worker from Amazon, belonging to the Social Service of the Industry (SESI), where his/her group will be inquired of senior.

APRESENTATION AND DISCUSSION OF MAIN OUTCOMES

About the characterization of the sample, 10 students of the Group of Third Age were selected, however only 03 filled out the questionnaire. This group has a 62 year-old medium age. As for the marital status, two subjects are married and just one of the researched subjects pronounced single. On the instruction degree, two subjects possess complete Medium Teaching and just one possesses the complete Higher education. All the researched subjects pronounced retired.

In relation to it possesses plan of health, all the interviewees don't possess plan of health, as what illustrates the illustration 01.

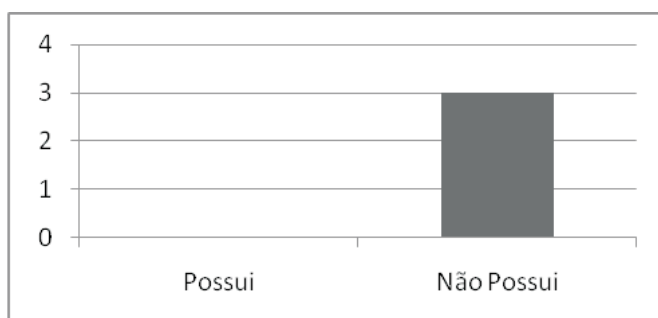


Illustration 01 - Answers on the ownership of plan of health on the part of the interviewees.

On the occurrence of visits to the doctor, two seniors told that you/they always visit a doctor and the other interviewee told that sometimes. This die always demonstrates a concern of maintaining the health in day and to decrease or to eliminate the paradigms that man doesn't seek a doctor.

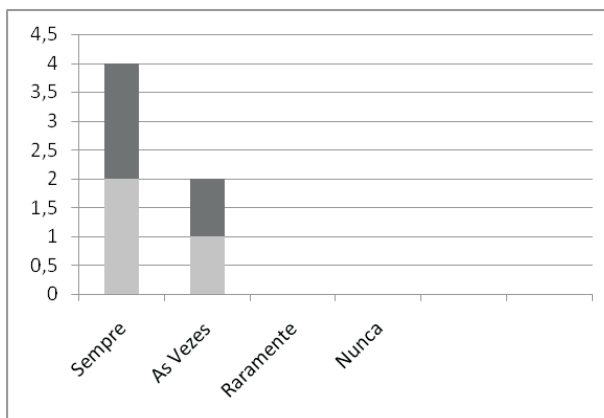


Illustration 02 - Visits to the doctor.

On the reasons that took our interviewees to practice a physical activity, the analysis of the speech it appears for the maintenance in the physical way, for hypertension and to the one fracture in the lumbar column.

In relation to who recommended the practice of a physical activity, one of the interviewees began to practice the swimming due to information of television, the wife's recommendations and of the doctor and, the other interviewee also due to doctor (a neurosurgeon), because it recommended for being an ideal physical activity for his/her rehabilitation.

FINAL CONSIDERATIONS

With base in the exposed results along the work, our final considerations mark that the swimming practice for the seniors has in the doctor an important ally and director for his/her practice.

Many senior they accomplish in his/her childhood and his/her youth rudimentary nados and until the swimming based on the four styles, however the daily activities, the work, the studies, the household chores, the marriage and the social relationships provide and until it reduces the physical activities of his/her day by day.

Due to the retirement, it happens an increase of his/her free time, however this senior doesn't receive along his/her life, a direcionamento for the use of his/her time of leisure and practice of physical activities. With base in information of the media, of the friends and of the doctors, this senior seeks the practice of a physical activity.

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ABSTRACT

This study has for objective to characterize the reasons that take the seniors to choose the swimming as sporting practice and of improvement of the quality of the seniors' of the Club of the Worker of SESI/AM life. a questionnaire was applied. The treatment released to the obtained data felt through descriptive analysis (average and frequency) and content analysis. The main results appear that due to the retirement, there is an increase of his/her free time, however this senior doesn't receive along

his/her life, a direcionamento for the use of his/her time of leisure and practice of physical activities. With base in information of the media, of the friends and of the doctors, this senior seeks the practice of a physical activity.

WORD-KEY: Health; Senior; Swimming.

CAPITAL DE SANTÉ DE L'AÎNÉ: LE CHOIX DE LA NAGE COMME ENTRAÎNEMENT DE SPORT POUR L'AMÉLIORATION DE LA QUALITÉ DE VIE D'AÎNÉS DU CLUB DE L'OUVRIER DE L'AMAZONE DE SESI/AM.

RÉSUMÉ

Cette étude a pour objectif pour caractériser les raisons qui prennent les aînés pour choisir la nage comme entraînement de sport et d'amélioration de la qualité des aînés du Club de l'Ouvrier de vie SESI/AM. un questionnaire a été appliqué. Le traitement a publié au feutre de la donnée obtenu à travers analyse descriptive (moyenne et fréquence) et analyse satisfait. Les résultats principaux paraissent ce dû à la retraite, il y a une augmentation de son temps libre, cependant cet aîné ne reçoit pas le long de sa vie, un direcionamento pour l'usage de son temps de loisir et entraînement d'activités physiques. Avec base dans information des médias, des amis et des docteurs, cet aîné cherche l'entraînement d'une activité physique.

MOT CLEF: Santé; Aîné; Nager.

LA CAPITAL DE SALUD DE LA PERSONA MAYOR: LA OPCIÓN DE LA NATACIÓN COMO LA PRÁCTICA DEPORTIVA PARA LA MEJORA DE LA CALIDAD DE VIDA DE PERSONAS MAYOR DEL CLUB DEL OBRERO DE LA AMAZONA DE SESI/AM.

EL LO ABSTRACTO

Este estudio tiene para el objetivo para caracterizar las razones que toman a las personas mayor para escoger la natación como la práctica deportiva y de mejora de la calidad de las personas mayor del Club del Obrero de vida de SESI/AM. una encuesta era aplicada. El tratamiento soltó al fieltro de los datos obtenido a través del análisis descriptivo (el promedio y frecuencia) y el análisis satisfecho. Los resultados principales aparecen esa deuda a la jubilación, hay un aumento de his/her el tiempo libre, sin embargo esta persona mayor no recibe a lo largo de la vida del his/her, un direcionamento para el uso de tiempo del his/her de ocio y práctica de actividades físicas. Con la base en la información de los medios de comunicación, de los amigos y de los doctores, esta persona mayor busca la práctica de una actividad física.

PALABRA-IMPORTANTE: La salud; Mayor; Nadando.

CAPITAL DE SAÚDE DO IDOSO: A ESCOLHA DA NATAÇÃO COMO PRÁTICA ESPORTIVA PARA A MELHORIA DA QUALIDADE DE VIDA DE IDOSOS DO CLUBE DO TRABALHADOR DO AMAZONAS DO SESI/AM.

RESUMO

Este estudo tem por objetivo caracterizar os motivos que levam os idosos a escolher a natação como prática esportiva e de melhoria da qualidade de vida dos idosos do Clube do Trabalhador do SESI/AM. Foi aplicado um questionário. O tratamento dispensado aos dados obtidos deu-se através de análise descritiva (média e frequência) e análise de conteúdo. Os principais resultados apontam que em decorrência da aposentadoria, há um aumento do seu tempo livre, contudo este idoso não recebe ao longo de sua vida, um direcionamento para o uso de seu tempo de lazer e prática de atividades físicas. Com base em informações da mídia, dos amigos e dos médicos, este idoso procura a prática de uma atividade física.

PALAVRAS-CHAVE: Saúde; Idosos; Natação.

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