

33 - 2ND ADULTHOOD: UNIVERSITY OF THE QUALITY OF LIFE

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INTRODUCTION

This extension article is justified by the importance it has reached the grounds of quality of life placed in physical activity, mental health and nutrition (Latorre e Paredes, 1992). We believe that a physical activities program could focus on the three levels and thus be fully integrated.

As MEINEL (1984) Adulthood is divided in four ages. The 2nd Adulthood is the moment where small losses are verified, but the crucial moment to explain the accelerated or slowed aging, leaving to health professionals and education to create combat strategies and accelerated aging as the primary objective of this project.

Given the favorable results of the Physical Education Faculty at Federal University of Amazonas (FEF - UFAM) has obtained with the PIFPS-U3IA ("Programa Idoso Feliz Participa Sempre – Universidade na 3a Idade Adulta"/The Happy Elderly Always Participate. University in the 3rd Adulthood) five years ago was created the Nucleus of Integrated Studies of Adult Development (NEIDA-FEF-UFAM), all aiming to fix the image of systematic physical activity in everyday learning.

The implementation of the 2nd Adulthood University quality of life project has demonstrated its relevance in if treating to the systematic physical activity using the tripod on the Quality of Life: Nutrition, Mental Health and Physical Activity.

We have studied the adulthood in NEIDA-FEF-UFAM based on Meinel (1984) classification of adulthood which is an approach of human movement.

The 2nd adulthood presented by Meinel is characterized by the fast and partially high decline of the motor incomes. At the same time a good level of ability in sports performance. If they are not trained, takes years of gradual change in performance sports. It affects the motor function and daily work.

Artisan professions or weighed are in the peak of its performance, accuracy. Losses and changes of involution of capabilities are verified in the end of the 2nd Adulthood. The 2nd Adulthood is between 30 to 45 and 50 years. It is suggested to initiate and keep a physical activity.

We use also La Torre and Walls (1992) perspective who developed in a practical concept of quality of life based on the tripod physical activity, nutrition and mental health.

As others authors the chronological age in adulthood is; young adult 20 to 40 years, aged 40 to 65 years and late adulthood + 65 (PAPALIA, and FELDAMAN OLDS, 2006).

In the young adult natural physical condition can be observed better that diminishes with inactive style of life. In the half age it can have the presence of the capacity reduction sensorial, of the health, vigor and undo.

For the OMS (1963) chronological we have; middle age 45 - 60 years, 60 - 74 advanced age. For Reuter and Humecke (1991) we have the mature age between 31 -45 years, age of changes or average 46 - 60. What we use as reference is Meinel's. (1984).

The phenomenon of quality of life has grown and encompasses multiple meanings and so multifaceted various fields of knowledge. Our proposal of the 2nd Adulthood: University Quality of Life is the result of well-being, that is a subjective approach and individual quality of life, where our presence with the Physical Education goes to a mental health and may influence the nutritional attitude.

METODOLOGY

The Project was created in 2004 following the steps above:

*Time: 6.30 – 7.30 am

*Days: Mondays to Thursdays (from January to December)

*Types of activity: running, jogging, weight training, circuit work, aerobics and recently hidro-gymnastic.

*Objectives:

Develop specific actions of the quality of life through a stimulation to have an active lifestyle combined with an annual program of specific physical activities.

Associate the tripod of quality of life: mental health, physical activity and nutrition to an established active lifestyle.

Giving clear information on nutrition, physical activity and mental health in their daily routines.

Practice systematic Physical activity with preventive element of adult development.

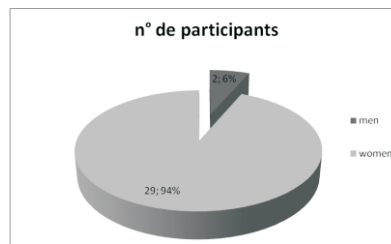
*Age – 30- 50 years

*Gender – Male and Female

* Currently with 35 regulars participants. We developed with 31 of them a brief survey which will be presented in frequency and percentage or descriptive statistics, in the sequence.

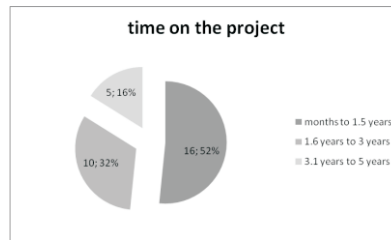
RESULTS

31 participants of the 2nd Adulthood were used in this survey, representing 89% of the participants who answered the following items: age, sex, time of participation; reason to participate; reason to stay, facilities for sorting material, teachers and time, in addition, we asked their focus in the program, and the results they have already achieved. Were studied 2 men and 29 women, corresponding to 6.4 and 93.6% respectively between 27 and 65 years, far outpacing the expectations of age between 30 and 50, but demonstrating that they are the ages that present tack at a systematic physical activity.



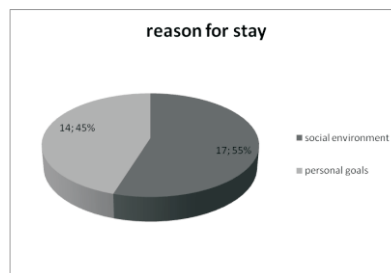
Picture 1 – 2nd adulthood who participated of this survey

To demonstrate the time in the program we divided in three levels and obtained the following results: months to 1.5 years, 1.6 years to 3 years and 3.1 years to 5 years which resulted in 51.6%, 32.2% and 16.1% respectively. For us this is a great result in terms of retention, because 48.3% is between 1.6 years to 5 years.



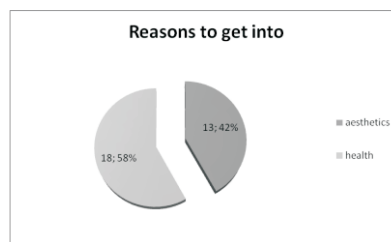
Picture 2 - Tack to 2nd Adulthood – University of Quality of Life

As Reasons to Stay 2 items was pointed out: social environment with 54.8% and personal goals with 45, 2%. In our point of view it means that the tripod of life quality mental health nutrition and physical activity has been well worked by the team, thus creating a suitable social environment and thus proving that a systematized program achieves the personal performance levels.



Picture 3 – Reasons to stay in the program

As grounds for the search program were placed 2nd Adulthood aesthetics with 42% and 58% health with these results are similar to other studies that show these items as sign that more people in physical activity programs.



Picture 4 – Reasons to get into the program

Making a general observation of items hampers compliance as installations obtained 45.1% for regular and 54.9% for good and excellent, the material was seen with 58% against the regular 42% between good and regular for the facilitators was 97% good and excellent and 3% for regular, the time was considered to 93.6% good and excellent and 6.4% for regular. That makes us infer that what most attracts the participants are the time and teachers.

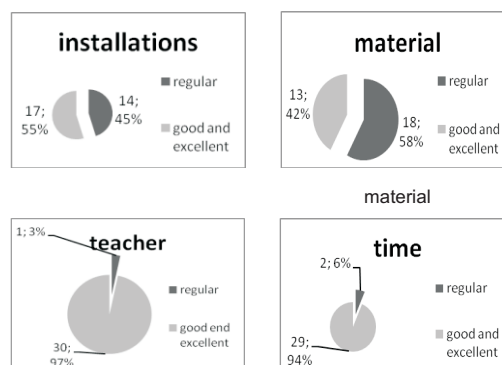


Figura 7 – adherence factor; teachers

When we asked them about their focus this year we mainly had these answers: quality of life, lower weight, lose belly fat, communicate better with people, gain physical endurance to run 10 km. These items also reflect our goals; a natural interaction between the parties, the biological, psychological and social.

Assuming a few more answers to the result you have achieved had: weight loss 54.8%, 45.2% health, physical activity adherence 3.2% improvement in self esteem 9.7%. These results are also complementary to the previous item

Conclusion

We conclude that the 2nd Adulthood Project: University of the Quality of Life has been reaching its objectives but it needs to improve the installations and material aspects, however these do not affect the tack to the program. We notice also that the participation of teachers and administrators have played a key role in the continuation of these activities following the schedule and the various teaching methods.

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2ND ADULTHOOD: UNIVERSITY OF THE QUALITY OF LIFE

ABSTRACT

This present article focuses the 2nd Adulthood project: University of the Quality of Life, made possible since 2004 at Physical Education Faculty at Amazon Federal University through the Nucleus of Integrated Studies of the Adult's Development (NEIDA – FEF – UFAM) The project uses of the tripod Physical Activity, Nutrition, and Mental Health with tack results the systemize physical activity.

KEY WORDS: Physical Education of Adults, Quality of Life

2^a ÂGE ADULTE : UNIVERSITE DE LA QUALITE DE VIE

RÉSUMÉ

Présent article focalise le projet 2^a Âge Adulte : Université de la Qualité de Vie, viabilisée depuis 2004 dans la Faculté d'Éducation Physique de l'Université Fédérale de l'Amazonie, à travers le Noyau d'Études Intégrées du Développement Adulte (NEIDA - FEF - UFAM). Le projet utilise du trépied de l'Activité Physique, de la Nutrition et de la Santé Mentale avec des résultats d'adhérence.

MOTS CLÉS: éducation physique d'adultes, Qualité de Vie

2^a EDAD ADULTA: UNIVERSIDAD DE LA CUALIDAD DE VIDA

RESUMEN

El presente artículo enfoca el proyecto 2^a edad Adulta: Universidad de la cualidad de Vida, viabilizando desde 2004 en la Facultad de Educación Física de la Universidad Federal del Amazonas, a través del Núcleo de Estudios Integrados del Desarrollo Adulto (NEIDA – FEF – UFAM). El proyecto usa del tripee Actividad Física, Nutrición y Salud Mental, con resultados favorables de adherencia a la actividad física sistematizada.

PALABRAS CLAVES: Educación Física de adultos, cualidad de vida

2^a IDADE ADULTA: UNIVERSIDADE DA QUALIDADE DE VIDA

RESUMO

O presente artigo enfoca o projeto 2^a Idade Adulta: Universidade da Qualidade de Vida, viabilizado desde 2004 na Faculdade de Educação Física da Universidade Federal do Amazonas, através do Núcleo de Estudos Integrados do Desenvolvimento Adulto (NEIDA – FEF – UFAM). O projeto usa do tripé Atividade Física, Nutrição e Saúde Mental com resultados de aderência a atividade física sistematizada.

PALAVRAS CHAVES: Educação Física de Adultos, Qualidade de Vida

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