

20 - REASONS FOR THE PRACTICE OF PHYSICAL ACTIVITY: A STUDY OF CASE WITH ELDERLY PEOPLE FROM TWO NUCLEUSES OF THE PROGRAM ACTIVE LIFE OF THE CITY HALL FROM BELO HORIZONTE.

RICARDO DONIZETE RIBEIRO
PROGRAMA VIDA ATIVA/SMAES/PBH
Belo Horizonte - MG - Brasil
ricardod.ribeiro@yahoo.com.br

INTRODUCTION

The aging of the population has been one of the themes very discussed and studied in the last years, be it for its extreme social relevance be it for the great increase of people older than 60 years in the entire world. The aging is associated to physical, psychological, and social changes, as well as the surging of diseases cronical-degenerative due to inadequate habits of life (smoking, incorrect food ingestion, type of working activity, lack of physical activity), that are reflected in the reduction of the capacity for the accomplishment of the activities of daily life (TRIBESS & VIRTUOSO, 2005). It is proved long ago, that the more active is a person less physical limitation she owns. Besides the benefits that the practice that physical exercise promotes, one of the main goals is the protection of the functional capacity. This is understood for the accomplishments of the daily life and the instrumental activities of the daily life (A.D.L.s and I.A.D.L.s respectively) (FRANCHI & MONTENEGRO, 2005).

The program Active Life is a Social Program of the third age that was developed and implemented after 1993 by the City Hall of Belo Horizonte, through the Municipal Secretary of Sports, and has the goal to value the exercise of the citizenship and possibilities the improvement of the quality of life of the elderly people, offering gym classes, stretching, social-recreative activities in all the sections of Belo Horizonte. The program still offers courses and support to acquaintance groups of the third age, with the goal to make conscious the importance of the regular physical activity for a healthy aging. Before the significant increase of the aging population and of the constant search of quality of life this research justifies itself for the importance of identifying the reasons that take the elderly people to practice active life. This study justifies itself also to increase the knowledge about this population specifically in a way that the professionals can when owing these informations, search to improve the attending and adequate the practices to the motivation of the individuals, also to public organizations to improve the attending and create more projects to attend this fraction of the population.

The physical activity has great importance for elderly people in special to increase their autonomy in the practice of the trivial tasks of day-to-day.

According to gerontology, the science that treats the phenomenon associated to the fact of aging, the process of aging starts since the moment of conception, thus aging can be defined as a dynamic and progressive process where occur morphological modifications as well as functional, biochemical and psychological that can take to a progressive loss of the capacity of the individual adaptation to the environment, occurring great vulnerability and great incidence of the pathological processes that end to take them to death (MEIRELLES, 2000).

The process of aging involves diversities such as genetic factors, lifestyle, cronical diseases, besides psicoemotional alterations, being a physiological phenomenon of social or chronological behaviour. Any human being pass through the aging process deserving special attention so that these phases of life occurs in the best way possible (DANTAS ET AL, 2002, FRANCHI & MONTENEGRO, 2005). It has been shown in all the society, the need of the adoptions of healthy habits of life to overcome the damages caused to health by the lifestyle of the current majority of the Brazilian and world population. The reduction of the levels of anxiety, depression, stress, brings humour improvement, increase of the physical and psychological wellness, better organic functioning in general, greater profits at work, increased physical and mental disposition, beneficial results of the practice of physical activity (SAMULSKI & NOCE, 2002). The functional losses follow the aging occurring in almost every organic system. The Morfo-funcional alterations that occur with the aging process can come from three factors: the phenomenon itself of aging, the presence of diseases and the lifestyle. The process of aging is unavoidable, but it is believed that the speed and the potential of reversibility can be altered with the intervention of an active lifestyle and food re-education. The entering of the elder in a program of regular physical activity can bring several benefits occurring a physical improvement measurable besides reducing and preventing several functional declines related to aging. It is a simple option, efficient and of low cost to reduce spending with health and a better quality of life (DUARTE & IIMA, 2003). The benefits of physical activity stimulate the organic systems mainly the cardiopulmonary, that contribute for the control of body weight, maintenance of arterial pressure, acts in the integrity of the osteo-articular, nervous and muscular systems, propiciates descontraction, compensating the day-to-day stress, improving the physical ability and the promotion of health, by reducing the risk factors of cronical diseases (CONFEE, 2005, ACMS, 2000). The elderly people usually hurt themselves in trying to develop the ADL's e as IADL'S. The accidents suffered by the elderly represent 43% of all the fatalities at home. The most common accidents are falls in the stairs or in the bathroom, burnings (can occur due to the physical limitations), and environment factors as little light in the stairs, slippery rugs, that has an important role. Due to the fact that the elderly notices that the risk of accidents at home is high, they stop to do some chores resulting in a serious decrease of the quality of life (FERREIRA et al. 2005). Motivation is characterized as an active process, intentional, towards a goal (that is the approximation or retraction of the situations) and the effort intensity (quantity of effort that is put in the activity) that depends of the interaction of personal factors (intrinsic) and environmental (extrinsic). The definition of motivation reaches many aspects as personality, external influence and behaviour. The behaviour of the motivated one depends on the own individual, also being determined by the situation (influence of the situation) and how the individual and the situation that he is interacting. On the bases of this concept of motivation distinguish between themselves the captivations techniques (activan-control) and the techniques of goal setting strategies. (SAMULSKI, 2002; WEINBERG & GOULD, 2001). In the motivation there are five directions: the first is that motivations depends on how each individual in of what situation that is going to motivates more or less, or, depends on the interaction between personality (expectations, motives, needs, interests) and the external factors, the second one depends of each person, about what activity he is going to involve more, can the motivation be the same always or changing with the elapsing of the exercise, the third for the individual continuities to be always motivated it has to exist a change in the environment, easiness, attractive chores, challenges and social influences.

MATERIALS AND METHODS

Sample

The sample was compounded by 48 people at the age of 60 to 85 years old, from both sexes, included by being

participants of the program Active in the nucleus: Municipal Park and Swimming Lagoon. These were submitted to a questionnaire that evaluated the motivational factors for the

practice of physical activity.

Instruments

To collect the data it was used the questionnaire "Motivation for physical activity". Following is presented the description of each dimension of the reasons, with the items and questions that compounds it.

SCHEDULE 1: Dimensions of the motivational factors

Dimensions	Descriptions	N of items	Detainment of the items
Physiological	is related directly with the health or physical abilities of the human being.	10	01,02,06,07,08,09,10,12,14,15.
Psychological	characterized by the search of success, exit, self - accomplishment, satisfaction.	9	04,05,11,16,17,17,19,20,20,25,26
Social	Characterized with the wellness of the individual with the relationship of the same before the society	8	03,13,18,21,22,23,24,27

PROCEDURES

The estimators went to the nucleus of the Municipal Park, of the program Active Life and of the swimming lagoon, where they offered an explanation in the way as it would be done the research being applied the questionnaire among the elderly people participating, by means of a patronized interview and the individual had enough time to offer his answers. At the end of the researches, it was done the computation if the results with the treatment of the statistic of data.

Treatment of Data

To analyse the data it was used a descriptive statistic compounded by average, pattern detour and frequency of distribution.

Every procedure done were executed using the tools statistics of the software, Statistical Package Socials Science-SPSS for windows version 11.0

RESULTS AND DISCUSSION

As for the distribution of the sample according to age and time of participation

In relation to the sample, is noticed in chart 1 its distribution according with age and time of participation of the individuals in the Program Active Life.

It can be observed that the age of the group of the participants is 70,08 years old and that they own a average time of belonging to the program of physical activity of 56,33 months.

Chart -Descriptive Statistic of age and time of participation of the participants in the study

Age	N	Minimum	Maximum	Average	DP
	48	60y.old	84 y.old	72, 08	7, 08
Time of participation	48	7 months	126 months	56, 33	33, 72

The practice of regular physical activity of moderate intensity and even light, brings benefits for the health and for the quality of life, independent from the gender, although in this study we had 42 women and 6 men answering the questionnaire applied, what confirms the massive female participation in the great majority of the acquaintance groups in the program Active Life.

CHART 2 -Descriptive statistic of the gender presented by all participants of the research

Gender	N	%
Female	42 persons	87,5
Male	6 persons	12,5

Ethical Procedures

The individuals were informed about the goals of the research, way of divulgation and also the anonymous character of the same. After receiving all the informations, the individual had the liberty of choice in relation to the participation in the research, being signed a term of permission free and clear (attached2) for all the participants of the research.

The physical activity is defined as the body movement produced by the contraction of the skeletal muscle that rises substantially the spending of energy. It is a volunteer movement, intentional and driven to reach an identifiable goal, this excludes the involuntary movements as the reflexes or those performed without a goal or specific purpose (ACSM, 2003, HOFFMAN & HARRIS, 2002). The exercise is a subclass of the physical activity, is defined as the body movement planned, structured and with repetitions that has a goal to improve or maintain one or more components of the physical ability.(ACSM,2003).

CHART 3 -The descriptive analysis of the motivational factors of the participants in the research.

Reasons	Average	DP
1) To avoid diseases	2,46	0,78
2) To improve the physical conditioning	2,50	0,59
3)To increase the social status	2,37	0,82
4) To develop more self-confidences	2,25	0,74
5)Reducing the stress of work	1,58	1,18
6) Improving the physical appearance	2,46	0,78
7)Increase the general wellness	2,50	0,51
8) Because of doctor 's advice	1,63	1,17
9)Retard the aging	1,87	1,08
10)Keeping in shape	2,42	0,72

11) To feel pleasure for the physical activity that is practicing	2,54	0,78
12) To lose weight	1,88	1,08
13) To improve the quality of life	2,50	0,72
14) To improve the health condition	2,54	0,83
15) To compensate the sedentary	2,13	0,80
16) To improve the emotional balance	2,33	0,76
17) To learn new sports	2,13	0,54
18) To compete with other people	2,08	1,02
19) Interest for the physical activity that it is practicing	2,65	0,49
20) To reduce the stress and the anxiety	2,38	0,71
21) To improve the efficiency at work	2,25	0,90
22) Availability of time	2,33	0,64
23) Opportunities and easiness for the practice	2,42	0,50
24) Favourable conditions for the practice	2,42	0,50
25) To reduce the level of depression	2,17	1,13
26) Humour improvement	2,54	0,66
27) Compensation of the boring activities	2,26	0,92

Analysing the motivation for the practice of physical activity

The factors that motivate the individuals to the practice of physical activities were evaluated in this study and the participants related the importance that many of them had for the practice of physical activities according the continuous scales that varies from 0 to 3, where the number 0 indicates that the factor is not important for the practice and the number 3 indicates that the factor is very important for the practice of physical activities.

It was observed in chart 3 that among the 27 factors that belongs to it, seven of them were associated to the importance of the motivation for the practice of physical activities, the other four were related to psychological factors and the other three to physiological factors, bearing in mind that the factor more strongly associated was the one related to the "interest for the physical practice that is practicing" (2,65+0,49).

It is observed that the four factors obtained less relation with the motivation from the part of the participants, these were the related to the physiology of the body, indicating that these people did not show great worry with the functional and esthetical promoted by the physical activity. This can be confirmed through the major associations to the psychological and social aspects that the participants found most important to remain in the regular programs of physical activities, as in this study of the Program Active Life.

The results found in this study were similar to the results found by Costa et al (2006) and in a study that evaluated the factors for the practice of physical activities in students of the elementary school, where the factor most associated was to feel pleasure for the physical activity. The results found for Santos & KNIJNIK (2006) in a study that evaluates the reasons for joining the practice of physical activity in individuals among 40 and 60 years old, contradict the ones of the present study, where the factors most associated were leisure/quality of life (44%), orientation and /or medical prescription (34%), aesthetics (the 11%), and other factors (11%). Although the range of age is similar to this study and these individuals did not show main adhesion for the esthetical aspect, the same showed a certain worry with the body image before the society. In relation to pleasure, the fact of like and feel a physiological need brings an increase of the importance for the physical activity and for its maintenance.

CONCLUSION

After discerning analysis it was concluded that the reasons that take the elderly people to practice physical activities in the nucleus researched are, above all psychological factors associated to the interest, to pleasure and the sensation of humour that the physical activities propitiates, and to the physiological aspects related to the improvement of the quality of life, the physical conditioning and the health state.

Independents of the wage the psychological and social aspects prevailed. Indicating that this public adheres to programs of physical activities in search of satisfaction, exit, success, self-accomplishment and social relationship.

It is recommended to the professionals of Physical Education that work with elderly people, the development of physical activities that contemplate their interests and expectatives, in a way that they can continue motivated for the practice of the activities and can benefit of the improvement proportioned by it, promoting a better quality of life and health.

REFERENCES

- AMERICAN COLLEGE OF SPORTS MEDICINE. **Diretrizes do ACSM para todos os testes de esforço e sua prescrição**. 6.ed. Rio de Janeiro: Guanabara Koogan, 2003.
- CONSELHO FEDERAL DE EDUCAÇÃO FÍSICA (CONFEF). **Carta brasileira de prevenção integrada na área de saúde: na perspectiva da educação física**. Rio de Janeiro, 2005.
- COSTA, I. T.; SAMULSKI, D. M.; CUNHA, R. A.; **Análise do conceito de saúde e dos fatores motivacionais para a prática de atividades físicas: estudo comparativo entre alunos, professores e funcionários do ensino superior e básico**. Revista Mineira de Educação Física, Viçosa, V.14, p.66-88, 2006.
- DANTAS, E. H. M.; PEREIRA, S. A. M.; ARAGÃO, J. C.; OTA, A. H. **Perda da Flexibilidade do Idoso: a preponderância da diminuição da mobilidade articular ou da elasticidade muscular na perda da flexibilidade no envelhecimento**. Programa de pós-graduação Stricto Sensu, em ciência da motricidade humana da Universidade Castelo Branco, RJ, 2002.
- DUARTE, E.; LIMA, S. M. T. **Atividade Física para pessoas com necessidades especiais: experiências e intervenções pedagógicas**. Rio de Janeiro: Guanabara, 2003.
- FERREIRA, M.; MATSUDO, S.; MATSUDO, V.; BRAGGION, G. **Efeitos de um programa de orientação de atividade física e nutricional sobre o nível de atividade física de mulheres de fisicamente ativas de 50 a 72 anos de idade**. Programa Agita São Paulo e Centro de Estudos do Laboratório de Aptidão Física de São Caetano do Sul Celafiscs, 2005.
- FRANCHI, K. M. B.; MONTENEGRO, R. M. **Atividade Física: uma necessidade para a boa saúde na terceira idade**. Revista Brasileira em Promoção da Saúde. Universidade de Fortaleza Brasil, 2005.
- HOFFMAN, S. J.; HARRIS, J. C.; **Cinesiologia: o estudo da atividade física**. São Paulo: Artmed, 2002.
- MEIRELLES, M.A.E. **Atividade física na terceira idade**. 3. ed. Rio de Janeiro: Sprint, 2000.
- PREFEITURA MUNICIPAL DE BELO HORIZONTE. **Pensar BH: Política Social: Secretaria Municipal Coordenação da Política Social; edição especial outubro/dezembro de 2003: p.22.**

PREFEITURA MUNICIPAL DE BELO HORIZONTE. **Programa Vida Ativa**. Disponível em www.pbh.gov.br. Acesso em 10 de março de 2009.

SAMULSKI, D. **Psicologia do esporte: manual para educação física, psicologia e fisioterapia**. 1.ed. Barueri: Manole, 2002.

SAMULSKI, D.; NOCE F. **Atividade física, saúde & qualidade de vida**. In Psicologia do esporte Samulski, editora Manole; SP. cap. 13; 301 a 316, 2002a.

SAMULSKI, D.; NOCE, F. **Perfil psicológico de atletas Paraolímpicos Brasileiros**. Revista Brasileira de Medicina do Esporte Vol. 8 nº3- maio/junho - 2002b.

SERVIÇO SOCIAL DO COMERCIO DE MINAS GERAIS. **Terceira Idade: Tempo de Atividade no SESC/MG**. Disponível em www.sescmg.com.br. Acesso em 10 de março 2009

SHAW, K. I.; OSTROW, A.; BECKTRAD, J. Motivation and the Senior Athlete: An Examination of the Psychometric Properties of the Sport Motivation Scale. Revista Topics in Geriatric Rehabilitation. Vol.21, nº3, pp.206-214 - 2005

TRIBESS, S. VIRTUOSO, J. S. Jr. **Prescrição de exercícios para idosos**. Núcleo de pesquisa em cineantropometria e desempenho humano/UFSC, 2005.

WEINBERG, R. S.; GOULD, D. **Fundamentos da psicologia do esporte e do exercício**. 2.ed. São Paulo: Artmed Editora Ltda., 2001.

REASONS FOR THE PRACTICE OF PHYSICAL ACTIVITY: A STUDY OF CASE WITH ELDERLY PEOPLE FROM TWO NUCLEUSES OF THE PROGRAM ACTIVE LIFE OF THE CITY HALL FROM BELO HORIZONTE.

SUMMARY

The growing increase of the elderly population and its constant fight for a better quality of life has become the physical activity one of the most important aspects for elderly people in search of a greater autonomy in the practice of activities of daily life (ADL's), and contributing in the maintenance of the functional capacity. Having in mind these assumptions, the goal of the present study is to identify the main factors that motivate elderly people to practice physical activities in two nucleuses (places) of working of the Program Active Life: Municipal Park and Swimming Lagoon. For the collect of data, two questionnaires were applied, the first one for the characterization of the sample with questions related to the frequent practice of physical activity and a second one that approaches the question of the "Motivation for the Physical activity", formulated in the Laboratory of Psychology of the Sport-LAPE .../S-UNIBH in Belo Horizonte MG, where are presented questions about the importance of the reasons for the practice of physical activity, containing 27 questions related in three different dimensions. Participated and were evaluated in the study 48 people from both sexes at the age of 60 to 85 years old, frequent in the Program Active Life in the nucleus Municipal Park and Swimming lagoon. In both nucleuses the results showed that seven factors were more associated and that four factors were less associated to motivation. Therefore, according to the given information, the motivational factors more important for the practice of the physical activity by the ones who were interviewed are, above all the ones related to psychological aspects related to interests, the pleasures and the sensation of humour and the physiological related to the improvement of the physical condition, the health state and the quality of life.

LISTE DES RAISONS POUR LA PRATIQUE DE L'ACTIVITÉ PHYSIQUE: UNE ETUDE DE CAS DE DEUX NUCLÉAIRE DU PROGRAMME VIE ACTIVE DE LA VILLE DE BELO HORIZONTE

RESUME

La croissance de nombre de personnes âgées de la population et de sa lutte constante pour une meilleure qualité de vie, a devenue l'activité physique un des aspect le plus important pour les âgées dans leur conquête d'une plus grande autonomie dans la vie quotidienne (AVQ), et contribuer au maintien de la capacité fonctionnelle. L'objectif de cette étude est d'identifier les principaux facteurs qui motivent les personnes âgées à des activités physiques dans les deux noyaux (locales) de fonctionnement du programme de vie active: Parc Municipal et Lagon Parc. Pour recueillir les données, deux questionnaires ont été appliquées, le premier pour caractériser l'échantillon des questions liées à la pratique habituelle de l'activité physique et une seconde qui traite de la «motivation pour l'activité physique», formulée dans le Laboratoire de psychologie du sport - LAPES - UNIBH à Belo Horizonte MG, qui présente des questions sur les raisons de l'importance de l'activité physique, constitué de 27 questions en trois dimensions distinctes. Participé à l'étude et ont été évalués sur 48 sujets des deux sexes âgés de 60 à 85 ans, souvent dans le Programme "Active Vie" aux Centres de Park City et le lac du nage. Dans les deux noyaux les résultats ont montré que sept facteurs sont plus associés et que quatre facteurs ont été associés avec moins de motivation. Ainsi il a été conclu que les données obtenues, les facteurs de motivation les plus importants pour l'activité physique par les répondants étaient principalement liées à des aspects psychologiques liés à des intérêts, de plaisirs et sens de l'humour et la physiologiques liés à l'amélioration de conditionnement l'état de santé physique et la qualité de vie.

LISTA DE RAZONES PARA LA PRÁCTICA DE LA ACTIVIDAD FÍSICA: UN ESTUDIO DE CASO CON ADULTOS MAYORES DE DOS NUCLEOS DEL PROGRAMA VIDA ACTIVA DE LA CIUDAD DE BELO HORIZONTE

RESUMEN

La creciente población de adultos mayores y su lucha constante por una mejor calidad de vida, se ha convertido en la actividad física un aspecto importante para las personas mayores en su búsqueda de una mayor autonomía en la práctica las actividades de la vida diaria (AVD), y contribuir el mantenimiento de la capacidad funcional. Con estos presupuestos en mente, el objetivo del presente estudio es identificar los principales factores que motivan a las personas mayores a las actividades físicas en dos núcleos (local) de la operación del Programa de Vida Activa: Parque de la Ciudad y Natación Lago. Para recoger los datos, se aplicaron dos cuestionarios, el primero en caracterizar la muestra con temas relacionados con la práctica habitual de actividad física y un segundo que se refiere a la "Motivación para la actividad física", formulada en el Laboratorio de Psicología del Deporte - Lapes - UNIBH en Belo Horizonte, MG, que presenta preguntas sobre las razones de la importancia de la actividad física, que incluye 27 temas en tres dimensiones distintas. Participaron en el estudio y fueron evaluados 48 sujetos de ambos sexos de 60 a 85 años, a menudo en la vida activa Programa de Centros de Park City y en el lago de natación. En ambos núcleos, los resultados mostraron que siete fueron factores más asociados y que cuatro factores se asociaron con menos motivación. Por lo tanto, se concluyó que a medida que los datos obtenidos, los factores de motivación más importante para la actividad física por los encuestados se refieren principalmente a los aspectos psicológicos relacionados con los intereses, los placeres y el sentido del humor y fisiológicos vinculados a la mejora acondicionado estado de salud física y calidad de vida.

ELENCANDO MOTIVOS PARA A PRÁTICA DE ATIVIDADE FÍSICA: UM ESTUDO DE CASO COM IDOSOS DE DOIS NÚCLEOS DO PROGRAMA VIDA ATIVA DA PREFEITURA DE BELO HORIZONTE**RESUMO**

O crescente aumento da população idosa e sua constante luta por uma melhor qualidade de vida, tem tornado a atividade física um dos aspectos mais importantes para pessoas idosas em sua busca de maior autonomia na prática das atividades da vida diária (AVD's) e na manutenção da capacidade funcional. Tendo em vista esses pressupostos, o objetivo do presente estudo é identificar os principais fatores que motivam idosos a praticar atividades físicas em dois Núcleos (locais) de funcionamento do Programa Vida Ativa: Parque Municipal e Lagoa do Nado. Para a coleta de dados, foram aplicados dois questionários, um primeiro para caracterização da amostra com questões relacionadas à prática habitual de atividade física e um segundo que aborda a questão da "Motivação para a Atividade Física", formulado no Laboratório de Psicologia do Esporte – LAPES - UNIBH em Belo Horizonte MG, onde são apresentados questionamentos acerca da importância dos motivos para a prática de atividade física, composto por 27 questões relacionadas em três dimensões distintas. Participaram e foram avaliados no estudo 48 sujeitos de ambos os sexos na faixa etária de 60 a 85 anos, frequentes no Programa Vida Ativa nos Núcleos Parque Municipal e Lagoa do Nado. Em ambos os núcleos os resultados mostraram que sete fatores foram mais associados e que quatro fatores foram menos associados a motivação. Assim concluiu-se que conforme os dados obtidos, os fatores motivacionais mais importantes para a prática de atividade física pelos entrevistados são, sobretudo, os relacionados a aspectos psicológicos ligados aos interesses, aos prazeres e a sensação de humor e os fisiológico