

32 - THE PROFILE OF THE AGED PARTICIPANT OF STREET RACE IN COMPARISON TO THE SEDENTARY ONES IN GOIÂNIA CITY

ALCYR ALVES VIANA GRANDSON¹
DAVID JUNGER DA FONSECA ALVES²
CARMEM S. G. CAMPBELL³

1. Professor of the Federal Institute of Education, Science and Technology of Goiás
2. Academic of Physical Education Course, Salgado de Oliveira University – Goiânia
3. Professor of the program of master's degree and doctorate of the Catholic University of Brasilia
alcyr.universo@yahoo.com.br

INTRODUCTION

With the aging the functional capacity suffers innumerable wanes, intervening with the daily life of aged people. The muscular systems, cardiovascular and respiratory systems are the most important for maintenance of the activities of the daily life. In special, the cardiovascular system and the respiratory one suffer a decrease with the age, mainly from the third decade of life, if they will not be trained (GOBBI et al, 2005). For the same authors, the responsible one for the sprouting of problems of health with advancing of the age is not only the genetics, but, mainly the life style. People who possess active style of life diminish the possibility to reveal illnesses, or can coexist with them in way not to lose independence and autonomy.

When the elderly participates regularly in physical exercise programs, it can contribute significantly in their quality of life in relation to its physiological functions, greater autonomy, treatment and prevention of diseases such as heart disease, diabetes, hypertension, atherosclerosis, varicose veins, respiratory diseases, osteoarthritis, mental disorders, arthritis and chronic pain (MATSUDO & MATSUDO, 1992).

According Matsudo and Matsudo (1993) after 50 years old, there is a sharp acceleration in the loss of functional capacities. After 70 years this process is even greater. Mazo et al (2004) consider being a natural, dynamic and progressive process of aging that will result in decline of physiological and motor skills from birth until the end of life. It is known that regular physical activity reduces the speed of this decline.

The objective of this work was to achieve a pre-investigation of the profile of the aged participant of street race and to compare some data with the sedentary ones in Goiânia city.

METHOD

For this study, it was conducted field research, exploratory, where all data were obtained through the spontaneous response of those surveyed in Goiânia, through the application of a questionnaire with 26 open and closed questions created by these researchers.

For analysis, presentation and comparison was performed using mean, standard deviation, t-test and frequency distributions. It were evaluated 100 elderly patients, 50 were practitioners of street racing (64.9 ± 5.3 years) and 50 sedentary (67.78 ± 6.5 years). The inclusion criterion was age equal or more than 60 years old.

For statistical analysis of BMI, it was used the t-test for difference between the averages for the aged sedentary and runners, for this we used the software R version 2.10.1 on a hypothesis test join-volume. Other quantitative data were subjected to mean and standard deviation, and the results of the qualitative variables were presented as frequency.

RESULTS AND DISCUSSION

In table 01 it can be observed the statistical relation to BMI, age related comparison between runners and sedentary. With respect to BMI was observed that there was a significant difference ($p < 0.001$) between the runners and the sedentary people.

In agreement with the research, the educational level of the old participants of race well more is raised in relation to the sedentary ones, where 26% of the street runners possess secondary education, against 11% of the sedentary individuals. In relation to higher education, only 26% of the old runners possess it, against 6% of the sedentary ones. The question of the familiar income also is great for the old participant of street races in Goiânia, where 54% gain above of 5 wages and 34% of the sedentary group gains this amount.

According to research, education of the aged participants of the race is much higher compared to the sedentary, where 26% of street racers have a college degree, compared with 11% of sedentary people. Regarding higher education, only 26% of the elderly runners have it, compared to 6% of the sedentary people. The issue of family income is also much greater for the aged participant in street racing in Goiania, 54% earn more than five wages, while 34% of the sedentary group claimed to have this monthly income

Table 1 – Average, standard deviation of body mass index (BMI) of aged respondents.

Specification	ELDERLY				p
	Runners (n=50)		Sedentary People (n=50)		
	Average	SD	Average	SD	
BMI	23,4	3,2	25,2	3,2	0,001**

** Very significant

Only 22% of aged participants in the race and 18% of sedentary seek medical services from health care annually for medical evaluation. The sedentary people aren't far from this, they are 18%. The aged people who do not seek medical services claimed it's not necessary.

When they were asked about why they've decided to participate in the race, 80% of them said it was for health, 18% leisure and only 2% aesthetics. By the way, 27% of those who said they had chosen for the reason of health said they started to practice the race as a way of leisure. Research shows that the elderly people have sought to seek a better quality of life through regular physical exercise, among them is the street race, where in recent years according to the VELOX (the company that organizes the most famous race in Goiânia) the growing share of men was 121% over the age of 60 years old from 2005 until the

present day.

Among the elderly practitioners, 64% said they were smokers before starting the practice of race and that this mode of exercise helped reduce anxiety and quitting smoking compared with 46% of sedentary people that quit it. Only 12% of sedentary elderly people still have the addiction to smoking.

When they were asked about the benefits achieved with regular practice of racing, all were unanimous in saying that after starting the race on the streets, the improvements were diverse, 33% claimed to have controlled blood pressure (BP) just practicing this form of exercise. Already 20% said it improved the sexual aspect. In relation to daily activities, all said they have no difficulty as to climb stairs, stand for a long time and perform tasks at home.

When they were asked who recommended the race, 4% said it was due to medical, 80% said they were on their own and 16% by encouraging friends and family.

About time practicing street race, 16% who started it less than 1 year, 4% from 1 to 3 years, 4% 3 to 4 years and 76% more than 5 years.

In relation to the distances covered in each training, 24% stated they train on average 5 km, 44% from 5 to 10 km and 32% more than 10km.

In relation to aged people who do the race as a form of exercise and if they practice some other exercise, 42% said doing bodybuilding, 10% swimming, 6% localized gymnastics, 4% hydro gymnastics and 38% are just racing. Of the 22% who do some exercise parallel to the race, practice fighting, dancing, tennis, soccer and / or cycling.

In relation to pain and column problems, 32% of sedentary people reported problems compared with 20% of runners. Problems reported by all are osteophytosis, herniated discs and postural deviations.

On family income, Table 2 shows that all runners have family income above the sedentary people.

Asked if they had any pathology, 56% of sedentary elderly are hypertensive and 18% of the runners have such pathology. Regarding the use of medications for BP control, 30% of sedentary people use specific drugs, and only 14% of the runners use drugs to control BP. 18% said they were hypertensive, 67% of them take medication and could only control the pressure after starting the race in practice, 22% managed with the race only and 11% had controlled BP with race in addition to drug use. The number of type 2 diabetic (T2DM) is also higher among the sedentary people, 16% of them have the disease compared to 4% of the runners (Table 3).

Table 2 - Family income among the elderly runners and sedentary people of the street race in Goiânia- GO.

Wages	Elderly	
	Runners	Sedentary People
	(n=50)	(n=50)
< 2 Wages	18%	26%
? 2 to< 5 Wages	30%	40%
? 5 to<10 Wages	20%	24%
? 10 Wages	32%	10%

Table 3 - Percent of aged runners and sedentary people who carriers some diseases.

Pathologies	Elderly	
	Runners (n=50)	Sedentaries (n=50)
Hypertensive	18%	56%
Diabetics	4%	16%
Coronary Disease	2%	6%
Arteriosclerosis	2%	10%
Emphysema	0%	4%
Osteoporosis	0%	16%
Arthritis and Arthrosis	4%	24%

CONCLUSION

Research has shown that the aged people who participate in street races with regularity has better quality of life compared to sedentary elderly people, they have fewer health problems like hypertension, because they can better control it without the need for drugs. The number of hypertensive patients was lower in runners, in addition, 56% of the sedentary elderly people need medication for blood pressure control, bringing with it greater financial cost in its budget related to health, and causing effects of antihypertensives. Moreover, the practice of street race showed positive influence on smoking addiction cessation, since all the seniors who were smokers who were part of the sample successfully stopped smoking after initiating in the street race.

The researchers suggest that more studies are done regarding aged practitioners of street racing, because it is relevant the growth of the individuals who practices this kind of exercise, and the survey showed, there is need for more and better public policies of incentive, accompaniment and planning for this audience, who view the street race as a form of control and prevention of hypokinetic diseases.

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Av Rui Barbosa, Qd 155-A, Lote 05, casa 02, setor Jaó – Goiânia-GO.
CEP 74674-070.
alcyr.universo@yahoo.com.br

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ABSTRACT

This research had as objective to achieve a pre-investigation of the profile of the aged participant of street race and to compare some data with the sedentary people in Goiânia city. It was used a research with an application of a questionnaire and statistical treatment of the average, shunting line standard, test-t and distributions of frequency for comparison and presentation of the results. 50 male practitioners of street race had been evaluated with the average of age of $64,96 \pm 5,36$, 50 sedentary ones with the average of $67,68 \pm 6,54$. In relation to the body mass index, the average of the runners was $23,39 \pm 3,26$ and of the sedentary ones was $25,21 \pm 3,20$ $p = 0.1\%$. The research showed that 70% of men participate of the race on their ones, without orientation of a specialized professional. In relation to the control of systolic blood pressure and diastolic blood pressure, the sedentary ones consume a great number of specific medicines. 64% who had habit to smoke, quit smoking after initiating the practical of the race. It concludes that the practical one of the race is significant in the contribution of the quality of life of the old people.

WORDS KEY: Aged, Sedentary, Street Race.

PROFIL D'UN PARTICIPANT AU RACING OLD STREET PAR RAPPORT À LA VILLE DE GOIÂNIA SÉDENTAIRES PERSONNES ÂGÉES

RÉSUMÉ

Cette recherche vise à effectuer une pré-enquête du profil du participant personnes âgées de sexe masculin dans les courses de rue et de comparer des données avec les personnes âgées sédentaires dans la ville de Goiania. La recherche exploratoire a été menée en utilisant un questionnaire et l'analyse statistique de la moyenne, écart-type, le t-test et les distributions de fréquences pour la comparaison et la présentation des résultats. Nous avons évalué 100 patients âgés, avec 50 coureurs hommes de la rue ($64,9 \pm 5,3$ ans, $23,4 \pm 3,2$ kg/m²) et 50 hommes sédentaires ($67,67 \pm 6,5$ ans, $25,2 \pm 3,2$ kg/m²). L'enquête a montré que 70% des personnes âgées participent à la course sur leurs propres, sans les conseils d'un expert. En ce qui concerne le contrôle de la PAS et la PAD, un pourcentage plus élevé de personnes âgées sédentaires consommer un plus grand nombre de médicaments spécifiques pour contrôler l'hypertension. Déjà 64% qui ont fumé régulièrement baissé l'habitude après le début de la course dans la pratique. rats sédentaires avaient plus de plaintes de la douleur et les problèmes de la colonne vertébrale ainsi que le diabète de type 2. Il est conclu que la pratique de la course est crucial en contribuant à une meilleure santé et qualité de vie des participants à l'étude âgés.

MOTS-CLÉS: personnes âgées, sédentaires, course sur route.

PERFIL DE LOS PARTICIPANTES EN LA CALLE CARRERA DE EDAD EN COMPARACIÓN A LA CIUDAD DE GOIÂNIA SEDENTARIA ANCIANOS

RESUMEN

Esta investigación tiene como objetivo realizar una previa a la investigación del perfil del participante ancianos varones en las carreras de calle y comparar algunos datos con los ancianos sedentarios en la ciudad de Goiânia. La investigación exploratoria se llevó a cabo mediante un cuestionario y el análisis estadístico de la media, desviación estándar, prueba de la t-y distribuciones de frecuencia para la comparación y la presentación de los resultados. Se evaluaron 100 pacientes ancianos, con 50 hombres calle corredores ($64,9 \pm 5,3$ años, $23,4 \pm 3,2$ kg/m²) y 50 varones sedentarios ($67,67 \pm 6,5$ años, el $25,2 \pm 3,2$ kg/m²). La encuesta mostró que el 70% de los adultos mayores que participan en la carrera por su cuenta, sin la guía de un experto. En cuanto al control de la PAS y PAD, un mayor porcentaje de ancianos sedentarios consumen un mayor número de fármacos específicos para controlar la hipertensión. Ya el 64% que fumaban regularmente se redujo el hábito después de comenzar la carrera en la práctica. ratas sedentarias había más quejas de dolor y problemas de columna vertebral, así como diabetes mellitus tipo 2. Se concluye que la prueba de entrenamiento es importante para contribuir a una mejor salud y calidad de vida de los participantes mayores de esa edad.

PALABRAS CLAVE: Ancianos, sedentarios, carrera de carretera.

O PERFIL DO IDOSO PARTICIPANTE DE CORRIDA DE RUA EM COMPARAÇÃO AOS IDOSOS SEDENTÁRIOS DA CIDADE DE GOIÂNIA

RESUMO

Esta pesquisa teve como objetivo realizar uma pré-investigação do perfil do idoso do sexo masculino, participante de corrida de rua e comparar alguns dados com idosos sedentários na cidade de Goiânia. A pesquisa exploratória foi realizada com aplicação de questionário e tratamento estatístico da média, desvio padrão, test-t e distribuições de frequência para comparação e apresentação dos resultados. Foram avaliados 100 idosos, sendo 50 praticantes de corrida de rua do sexo masculino ($64,9 \pm 5,3$ anos; $23,4 \pm 3,2$ kg/m²) e 50 sedentários do sexo masculino ($67,67 \pm 6,5$ anos; $25,2 \pm 3,2$ kg/m²). A pesquisa mostrou que 70% dos idosos participam de corrida por conta própria, sem orientação de profissional especializado. Em relação ao controle da PAS e PAD, uma maior porcentagem de idosos sedentários consome maior número de remédios específicos para o controle da hipertensão. Já 64% que tinham hábito de fumar largaram o vício após iniciar na prática da corrida. Os sedentários apresentaram mais queixas com dores e problemas de coluna bem como diabetes mellitus tipo 2. Conclui-se que a prática da corrida é significativa na contribuição para uma melhor saúde e qualidade de vida dos idosos participantes do estudo.

PALAVRAS CHAVE: Idosos, Sedentários, Corrida de rua.