

117 - THE RELATIONSHIP BETWEEN MAN AND HYDROGYMNASTICS ELDERLY: AN INVESTIGATION ON THE GROUNDS THAT AFFECT YOUR PARTICIPATION IN THIS ACTIVITY

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INTRODUCTION

The water cure, beautifies, freshens, cleans, relaxes, fills us with energy. It is in our body, our life and occupies most of our planet. Give us power, strength, and no matter the subject, there she is a presence (Richardson, 2001).

Its use seems to have contemplated a number of purposes, including healing. It is known that Japanese, like the Chinese, Greeks and Romans, the baths were using many time before Christ. At that time, the use of water as a therapeutic means were also linked to mystical practices. (RUOTI, Morris and Cole 2000).

Just as water, old age is seen in various ways depending on the culture of every society and civilization. In primitive societies the old era as a source of wisdom and so it got the respect of young people. But with the advancement of writing, the old knowledge was being dropped and considered as "outdated.»

The overvaluation of the young man turned into a retirement status for the elderly. This happens not to be economically active, and thus becomes unable to perform various functions.

In the case of elderly men, it is known that the reference of masculinity within a culture is through the work, in which he develops, and leave this world a world audience for private (home) is a more serious matter than presents itself, and that by having their subjective characteristic, transferring a defense mechanism that feeling of loss for the financial issue, less humiliating and emasculating (Cut, Mercadante and Arcuri 2006).

Not more committed to playing activities before (work), difficulties in adapting the world that private space is a traditionally feminine and excess free time that could be filled with other productive activities, are among the factors that justify the emergence of psychological disorders, social withdrawal and physical injuries in older men.

The selfishness, the need for self-justification, the tendency to project upon the other the cause of evil, making each a lie to himself, without detect this lie which, however, is the author, as stated (Morin, 2000).

Given this perspective, the approach of aquatic exercise, especially aerobics, directed to prioritize the movements related to activities of daily living (ADLs), such as balance, agility, reflexes and coordination, ensuring the autonomy of the elderly man in his daily life (Simoes, 2008).

The idea of writing about the elderly man emerged from observations made over the years applied in water aerobics for the elderly in the city of Caieiras.

The question thus demonstrating the lack of effective participation in public in this type of activity was constant, since empirically, it appears that, from the standpoint of cultural legitimacy, aquatic exercise has been well accepted and highly credible. (Aboarrage, 2008).

We attempted to verify through the use of questionnaires, followed by statements due to problems with spelling, what the reasons why older men not to join this activity and why give up so easily. This study also allowed a comparison with different age groups, showing different positions on the issue.

Expected to contribute to the increased participation of older men in the programs for the "third age", specifically not only in water activities such as gymnastics, but also land-based activities.

METHODOLOGY

The considerations that make this chapter are based, and available literature on the subject, the descriptive qualitative study, conducted in April and May 2010.

With the concern about why older men do not adhere to the practice of gymnastics, and when they do not linger a lot, even with the awareness that the activity has brought many benefits, it was decided to collect data through a questionnaire at first but due to the low literacy group, needed to rebuild the collection through individual interviews to view the behaviors and attitudes towards the practice of gymnastics.

The study was conducted at George Wrede Sports Center, located in the city of Caieiras.

This location was chosen due to effective professional performance in which, eight years ago this work was conceived.

The physical structure consists of a pool of twenty-five meters with varying depth, covered and heated. The materials are scarce (spaghetti, sound and some dumbbells), and using research use alternative materials with the help of frequent population (socks, towels, balls etc.).

The population in this study consisted of elderly men (25 men over 60 years) and nonelderly object for comparison (15 men 40 to 59 years and 10 men 28 to 39 years) enrolled in gymnastics classes in all classes offered by the site. As the numbers of men frequent in each class are very scarce, it was not necessary to apply a selection of subjects for research.

Data were collected through the questionnaire for interviews and, seeking to understand the social and cultural vision of the practice of gymnastics for elderly men.

However the exposure was necessary for each quiz several times, as many as were needed for further understanding, and thus might reflect on the views reported by each subject.

RESULTS

The following table tries to make the educational results. Only seven of the twenty questions applied were analyzed because the focus was not to address the medical and personal subjects, but the social and cultural aspects in relation to the activity.

The questions gave rise to the categories, facilitating the monitoring of the content analysis of interviews.

CATEGORIES	28 – 39 YEARS	40 – 59 YEARS	OVER 60 YEARS
1 - Feeling on the first day of school	Shame and embarrassment	Found normal- - Thought there would be more men-constrained - If you felt isolated	- Felt good Found normal- - The desire by the presence of his wife - Did not mind the presence of others
2 - Which led to frequent water aerobics?	- Medical advice - Inability to work	- Obesity - Medical advice - Quality of life - Need for physical exercise - Like water Inability to work -Improving self-esteem and self-image -Feel like swimming	- Obesity - Medical advice - Quality of life - Encouraging people already practicing - Health concern - Improved self-esteem and self-image -Make friends - Occupy their free time Insistence of fellow
3 - What do your friends think of your activity: the gymnastics?	- Seen gay - Do not believe that I am practicing - Mockery	- Divert the subject - Recognize what is good for health, but not practical - Recognize that the lack of information breeds prejudice	- Get jealous because he is not practicing - Recommend the activity for the benefits that it favors - Should have started before - Encourage colleagues to join the activity
4 - Why do men not interested in the aerobics?	To refuse to wear Speedos - Shame - Machismo -Lack of information - Unaware that the city provides the activity	- Shame - Machismo -Lack of information - Unaware that the city provides the activity - Think they need not do anything - Do not like to mingle with women	- Shame - Machismo -Lack of information - Unaware that the city provides the activity - Think they need not do anything - Comfort

EXPOSURE TO SOME REPORTS:

With regard to culture and information in relation to water, as is noted in the speech of the subjects that men still have much difficulty in understanding the significance of aquatic physical activity for elderly people. It is also noticed how the meaning of aerobics changes over the years and the value it is replaced for each subject.

My willingness to work has improved a lot after school, my days are happier, but my self-esteem and most importantly my back pain that disappeared .. (LTS, 32 years)

Improved overall health, living at home, since leaving the daily routine make me more tolerant and receptive people (RM 76 years retired)

When the gymnastics gets beyond an attempt to improve their condition, the subject forgets the reasons that brought him and grasps the social and emotional issues:

love the gymnastics [...] I am anxious to arrive the day of classes, because I am good about life (72 years seller MSF)

Already we are doing a campaign to convince our friends to attend classes only [...] filming for them to believe. (60 years A.F. social events)

DISCUSSION OF RESULTS

The word still sounds aging is synonymous with disease and, according Vash (1988), is the time of illness, some quick installation and other chronic and prolonged.

It is through the diseases that the elderly man without options when having to refuse medical advice, search through the aquatic physical activity, especially for water as a last resort to improve their health.

When looking at the picture, on the assumption compared with other age groups, agree with Vash, with respect to disease. Currently, younger men have sought for water for the same reasons that the elderly. Generally seek improvements in the treatment of RSI (Repetitive Strain Injury) and MSDs (Musculoskeletal Work Related Injuries), which cause temporary absences from work (Carvalho 2007).

The reports described above show a change in the behavior of older men in relation to water aerobics. This is why the idea that patrons are largely comprised of seniors, has been refutada. Pois the public is very eclectic.

Looking at item 3, we see how society is manifested in relation to this activity and as male behavior undergoes changes throughout life.

The need for research in relation to observation of the implementation strategies used by physical education teachers during their classes, the procedure of fundamental importance in view of the fact that we educate people to use the body so it eficiente. Além Care for the updating of land-based activities such as, for example, hidroaeróbica, hidrofiness, hidrojump, hidropower for the young audience and not for the elderly. After I deal with people and not say things like Freire (1997).

Corroborating this, to be investigated identifies a change of attitude in the components of the groups who attend, in

which, they start contributing to the social and cultural changes that pervade in our midst.

FINAL

The survey allowed us to identify the main difficulties that older men have faced throughout their lives due to disability education, hindering their understanding not only the importance of physical activity as an aquatic bio-psychosocial benefit for his life, as well as issues that involve the membership in a particular society. It is evident that this behavior is not only older men, but of all ages. Initially, we find that water aerobics is appropriately adapted to the public that comes, brings the opportunity to continue working even after retirement, providing improvements and maintenance of self-esteem, self-efficacy and self-image, thus rescuing their recognition social factor of great importance to man.

In the performance of physical education for professionals with this audience, it becomes essential and fundamental to the overcoming of prejudices and paradigms. Therefore this study connotes a gain not only in promoting longevity, but also in quality of life of older practitioners of this sport, water aerobics.

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THE RELATIONSHIP BETWEEN MAN AND HYROGYMNASTICS ELDERLY: AN INVESTIGATION ON THE GROUNDS THAT AFFECT YOUR PARTICIPATION IN THIS ACTIVITY

Among the many reasons to research aimed to increase the number of elderly in society, are the benefits of physical exercises as an important resource to minimize the degenerative effects caused by the aging process. Among the various options for physical exercises, there are those practiced in the water, especially water aerobics, an activity which has been the most recommended by the medical field today. Searching for reasons why older men prefer to adopt a presumed non-participation of this activity, since the generational condition equals with women, it is known that different social trajectories imposed by society, they turn overcoming the biological differences of each sex to justify the current frame. Moreover, with the decline of strength and power, man is more fragile compared to women to fit this new moment of his life: aging. For this research involved 25 men over 60 years, practitioners of frequent water aerobics twice a week. We used questionnaires and interviews that were considered, social, cultural, civil status and professional activity. Making a relationship between empirical / theoretical, we can conclude that the lack of information concerning the activity of water aerobics on the part of the local population and the lack of clarification of the medical part, take men to adopt a posture preconception due to the large presence of women practitioners. But all concerned have changed their stance and attitude to practice today and worry about the spread, benefits and need for this activity for the population, since the location chosen for the study, the activity is offered free. Rethinking gender relations and the meaning of masculinity, can bring the old man a better quality of life for aging.

KEYWORDS: water aerobics, masculinity and education.

Parmi les nombreuses raisons à la recherche visant à augmenter le nombre de personnes âgées dans la société, sont les bienfaits de l'exercice agissant comme une ressource importante pour minimiser les effets dégénératifs induits par le processus de vieillissement. Parmi les différentes options pour l'exercice, il ya ceux pratiqués dans l'eau, de l'aquagym en particulier, une activité qui a été le plus recommandé par le domaine médical aujourd'hui. La recherche de raisons pour lesquelles les hommes plus âgés préfèrent adopter une présomption de non-participation de cette activité, puisque la condition générations égal à égal avec les femmes, il est connu que les trajectoires sociales imposées par la société, ils se tournent de surmonter les différences biologiques de chaque le sexe pour justifier la trame courante. En outre, avec le déclin de la force et la puissance, l'homme est plus fragile par rapport aux femmes pour s'adapter à ce nouveau moment de sa vie: le vieillissement. Pour cette recherche a concerné 25 hommes de plus de 60 ans, les praticiens de la gymnastique fréquente deux fois par semaine. Nous avons utilisé des questionnaires et des entretiens qui ont été examinées, social, culturel, état civil et l'activité professionnelle. Faire un lien entre empirique / théorique, nous pouvons conclure que le manque d'information concernant l'activité de la gymnastique de la part de la population locale et le manque de clarification de la partie médicale, conduisent les hommes à adopter une posture préconçue en raison de la forte présence de praticiens des femmes. Mais toutes les parties concernées ont changé de position et attitude à la pratique d'aujourd'hui et de vous soucier de la propagation, les avantages et la nécessité de cette activité pour la population, puisque l'emplacement choisi pour l'étude, l'activité est offerte gratuitement. Repenser les relations entre les sexes et le sens de la masculinité, peut apporter à ce vieillard une meilleure qualité de vie pour le vieillissement.

MOTS-CLÉS: gymnastique, la masculinité, de l'éducation

Dentro, de las muchas investigaciones volcadas con motivos de ampliación del número de individuos de la tercera edad de nuestra sociedad, están los beneficios del ejercicio físico actuando como un importante recurso para minimizar los efectos degenerativos provocados por el proceso del envejecimiento. Dentro de las variadas opciones de ejercicios físicos, existen los practicados en el agua, en especial la hidrogimnástica, actividad que a sido más recomendada por la área de medicina actual. Encontrándose motivos por el cual hombres de la tercera edad prefieren adoptar una postura no participativa de esta actividad, una vez que la condición generacional es igual con las mujeres, sabiéndose que las trayectorias sociales diferentes impuestas por la sociedad, acaban por si superando las diferencias biológicas propias de cada sexo para justificar este cuadro actual. Además de todo esto, con una declinación de fuerza y de poder, un hombre presenta mayor facilidad con relación a las mujeres para adaptarse con este nuevo momento de su vida: el envejecimiento. Para esta investigación participan 25 hombres encima de 60 años, practicantes de hidrogimnástica frecuentes dos veces por semana. Fueron utilizados cuestionarios e entrevistas en que fueron consideradas, ámbitos sociales, ámbitos culturales, estado civil e actividad profesional. Haciéndose una relación dentro del estudio empírico/ teórico, pudiéndose concluir, que la falta de información, referente a la actividad de hidrogimnástica por parte de la población local y la falta de esclarecimiento de la parte médica, llevan a los hombres a adoptar una postura de preconcepción debido a la grande presencia de mujeres practicantes. Mas todos en cuestión mudan su postura e actitud determinante a la práctica y ahora se preocupan con la difusión, beneficios necesidades de esta actividad para la población, una vez que el local escogido para el estudio, a la actividad es ofrecida gratuitamente. Pensar a las relaciones de géneros y al significado da masculinidad, puede traer para un hombre de la tercera edad una mejoría en la calidad de vida para el envejecimiento.

PALABRAS-CLAVES: hidrogimnastica, masculinidad, educación.

A RELAÇÃO ENTRE HIDROGINÁSTICA E O HOMEM IDOSO: UMA INVESTIGAÇÃO SOBRE OS MOTIVOS QUE AFETAM SUA PARTICIPAÇÃO NESTA ATIVIDADE.

Dentre, as muitas pesquisas voltadas aos motivos de ampliação do número de indivíduos idosos na sociedade, estão os benefícios do exercício físico atuando como um relevante recurso para minimizar os efeitos degenerativos provocados pelo processo de envelhecimento. Dentre as várias opções de exercícios físicos, existem os praticados na água, em especial a hidroginástica, atividade na qual tem sido a mais recomendada pela área médica atual. Buscando motivos pelos quais homens idosos preferem adotar uma presumida não participação desta atividade, uma vez que a condição geracional se iguala com as mulheres, sabe-se que as trajetórias sociais diferenciadas impostas pela sociedade, acabam por sua vez superando as diferenças biológicas próprias de cada sexo para justificar este quadro atual. Além disto, com o declínio da força e do poder, o homem apresenta maior fragilidade em relação às mulheres para se adequar com este novo momento da sua vida: o envelhecimento. Para esta pesquisa participaram 25 homens acima de 60 anos, praticantes de hidroginástica freqüentes duas vezes por semana. Foram utilizados questionários e entrevistas em que foram consideradas, questões sociais, culturais, estado civil e atividade profissional. Fazendo-se uma relação entre estudo empírico/ teórico, pode-se concluir, que a falta de informação, referente à atividade da hidroginástica por parte da população local e a falta de esclarecimento da parte médica, levam os homens a adotar uma postura pré-conceituosa devido à grande presença de mulheres praticantes. Mas todos em questão mudaram sua postura e atitude perante a prática e hoje se preocupam com a difusão, benefícios e a necessidade desta atividade para a população, uma vez que o local escolhido para o estudo, a atividade é oferecida gratuitamente. Repensar as relações de gêneros e o significado da masculinidade, pode trazer para o homem idoso uma melhoria na qualidade de vida para o envelhecimento.

PALAVRAS-CHAVE: hidroginástica, masculinidade, educação.