

05 - ANALYSIS OF THE ADVANTAGES AND DISADVANTAGES OF BALLROOM DANCING IN THE THIRD AGE: PERCEPTION OF PRACTITIONERS AND PROFESSIONALS

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INTRODUCTION

The Pan American Health Organization (PAHO) says that aging is a process in which individual and sequential deterioration occurs from a mature organism, increasing your chance of death.

The World Health Organization (WHO, 2006), recognizes elder in developing countries as an individual whose age is equal to or greater than 60 years, for developed countries this classification is raised to 65 years. In 2030 Brazil will be in sixth place worldwide in the number of elderly people according to the IBGE, consequently, there will be an increase in diseases related to aging advance and also an increase in the health service costs. Another concern is related to sedentarism and dependence, which are the major health concerns associated with aging; however, maintaining a healthy and active life can delay morphological changes (NOBREGA et al., 1999).

In this sense, physical activities can be performed when there is physical well-being, recommending the person to wear comfortable clothes and shoes, before the practice, start gradually the new activity respecting the limits of the body and interrupt the activity if there is pain or discomfort (MACIEL, 2010).

Seniors who practice some physical activity, especially when performed in a group of people with similar age or pathology, have fewer cases of depression, get more sociable and new friendships appear (RODRIGUES et al., 2005).

Dancing, as physical activity, becomes important because it acts on the need to promote changes in lifestyle, inducing people to add this practice to their routine, resulting in energy expenditure, making people more active. It is a phenomenon with many social settings, communication, therapy and exercise (AGUILAR LOYOLA et al., 2015).

In this context, this article aims to analyze the advantages and disadvantages associated with the dancing practice for the elders. Interviews with practitioners were done and also with professionals that interact with the theme.

SAMPLE AND METHODOLOGICAL PROCEDURES

In relation to the objectives, this research is exploratory, a survey with quantitative approach regarding the procedures and qualitative approach with the focus group for the information gathering about health, well-being and fitness for the senior citizen. For Vergara (2004, p 56) "focus group is a small group of people with whom the researcher discusses the problem that will be investigated." Normally focus groups are composed from eight to ten members (MALHOTRA, 2006).

The focus group was formed by eight professionals from different areas who work with the elders and that are aware of the advantages and disadvantages related to the dance practice this public (Physicians, Physiotherapists, Psychologists and Doctors: Cardiovascular and Orthopedist). The meeting with the focus group happened on October 3rd, 2017.

In order to develop the study, a survey was carried out to analyze the perception about the benefits and motives for the dance practice, club attendance, physical fitness, clothes type, among others. All the information was collected via a questionnaire containing 15 questions. The population was composed by 120 people, over the age of 60, at an Elderly Club located in southwest of Paraná, on October 4th, 2017. The research was voluntary and anonymous, which means that participated only those who had agreed to constitute themselves as a sample.

The researchers collected the data through individual reading of the questions to each participant, due to the low schooling level. The volunteers presented in the event under the age of 60 were discarded from this research. The sample was 58% of the population, totaling 70 participants. The research was applied without distinction of gender and marital status.

RESULTS AND DISCUSSIONS

Table 01. Demographic profile sample

Gender	Freq.	%	Marital status	Freq.	%
Female	47	67	Single	3	4
Male	23	33	Married	30	43
Age			Divorced	13	19
Until 60 years old	0	0	Widow	24	34
Between 60 - 70 years old	41	59	Residence		
Between 70 - 75 years old	18	26	Urban	59	84
Between 75 - 80 years old	4	6	Rural	11	16
Over 80 years old	7	10	Profession		
Schooling Level			Farmer	34	49
Primary - Incomplete	15	21	Operational (production assistant...)	26	37
Primary - Complete	37	53	Administrative	2	3
Elementary School Incom.	10	14	Seamstress	2	3
Elementary School Com.	2	3	Health / Teaching	3	4
Incomplete high school	1	1	Businessman / Leadership	3	4
High School Complet	5	7			

The majority of the participants, 67%, are female, the greater age frequency ranges between 60 and 70 years (59% of the sample). 84% of the participants live in the urban area. Some of them moved to the urban area after retiring from the agriculture activity. The most representative profession was farmer (59%), followed by operational positions (37%), which include production assistant, cleaning lady, housewife and driver. These professions are justified by the low schooling level.: 21% did not complete the primary school, 53% finished the elementary school and 14% started elementary school, but did not accomplish.

In the second part of the research, the objective was to understand the habits of the dancers in relation to class frequency/attendance, preparation, type of clothes and shoes used. It also intended to understand how they feel after the activity and their self-perception regarding the current and previous health situation. The results are shown on table 02.

Table 2. Reasons for frequency and perception of health

Pre-dance preparation	Freq	%	Clothing/Shoes used for the exercise	Freq	%
Yes	18	26	Comfortable	19	27
No	52	74	Male social clothes dress and high heeled shoes	28	40
Frequency in danceballs/classes			Reasons for attending the dancingball/class		
At least twice a week	30	43	Leisure	39	56
Once a week	22	32	Health/physical activity	13	19
Once in every 15 days	3	4	To find a mate	2	3
Once a month	15	21	Leisure and health	14	20
Time practicing the dance			Any bad sensation/feeling while dancing?		
Until 1 year	10	14.3	All of them	2	3
Between 1 to 5 years	20	28.6	Nothing	48	69
Between 5 to 10 years	20	28.6	Lack of air	2	3
Over 10 years	20	28.6	Accelerated heart	1	1
Self-perception about the health			Sensation/feeling after the exercise		
Excellent	4	5.7	Leg pain	10	14
Very good	16	22.8	Back pain	3	4
Good	32	45.7	Arm pain	2	3
Regular	18	25.8	Weakness sensation	4	5
Bad	0	0			
Comparing the present health situation with the one year ago					
Much better now	23	33	The same	7	10
A little bit better now	21	30	With more energy	55	79
The same	14	20	More tired	8	11
Bad	11	16			
Worst	1	1			

71% of the sample does not perform any physical preparation like stretching or warm up before the dance practice. 40% wear social clothing such as pants and shoes (female / male) and 33% of the sample wear dresses and sandals with high heels (medium / high). Only 27% of the sample wears comfortable clothes and shoes. The results show vanity in the elderly people, but unconcern with the physical activity itself. According to Chiarion and Tolocka (2007), warm up, prior evaluation for exercise prescription and appropriate clothing are necessary for any physical activity.

The lack of concern about the clothes they wear is because of the reasons why they attend the dance class. 56% go for leisure / friendship and only 19% for physical activity or health purposes. 20% unite the pleasure of the social environment with physical activity or health.

The results on Table 3 show that 43% of the public attend dance events twice a week. 57% attend the dance club for over than 5 years. 69% do not feel any pain or other symptom while dancing. 74% consider their health as good, very good or excellent. 63% feel better now than before, while not practicing any dance class. The last factor is self-perception, 79% feel more energetic after the dances or matinees.

To further clarify the advantages and disadvantages of this practice, a conversation with professionals working with this audience always led, in order to know the perception regarding this activity in the elderly. Table 03 shows the relationship discussed and listed by the focus group.

Table 03. Advantages of dance practice in old age

Advantages according to the focus group	Similar results found in the bibliography
Self-esteem improvement	Maciel et al. (2010); Araujo Loliola et al. (2015)
Mood improvement	Chiarion e Tolocka (2007); Maciel et al. (2010)
Better sleep quality	Nahas (2001)
Blood pressure improvement	Nobrega et al. (1999)
Liquid profile improvement	Benedetti et al. (2003); Nobrega et al. (1999)
Decrease of the stress and depression symptoms:	Chiarion (2007); Nahas (2001)
Reduce musculoskeletal pain:	Benedetti et al., (2003)
Increase muscle mass and muscle tone;	Nobrega et al. (1999); Chiarion e Tolocka (2007)
Bone health improvement;	Nobrega et al. (1999); Maciel (2010)
Improves quality of life (QoL)	OMS (2005); Nobrega et al. (1999); Maciel et al. (2010)
Well-being caused by neurotransmitters (adrenaline and endorphin) that increase the energy level;	Muniz (2012) besides nourishing the neurons, dancing improves the quality of its functioning, stimulates the release of neurotransmitters;
Social contact	Chiarion e Tolocka (2007); Nahas (2001)
Sexuality improvement	Gonzales et al. (2015)
Decrease psychological illnesses,	Elders celebrate their lives forgetting their illness (ARAUJO; LOIOLA et al., 2015)
Attention and concentration improvement	Muniz (2012); OMS (2005); Nobrega et al.(1999)
Motor and balance coordination improvement	Nobrega et al (1999); Maciel (2010); Chiarion (2007)
Lung function improvement	Nobrega et al. (1999)
Cardio vascular system improvement	Benedetti et al. (2003); Nobrega et al. (1999)
Increase the ratio chronological time x activities of daily living.	Nobrega et al., 1999

It is observed, by the answers collected with the focus group, that dancing has many advantages. However, all physical activity deserves attention to not cause or increase any health risk in the practitioners. Table 04 shows the disadvantages.

Table 04. Disadvantages of dance practice in the old age

Disadvantages according to the focus group	Similar results found in the bibliography
Lack of guidance (physical educator)	Nobrega et al., 1999
Lack of guidance on the intensity and duration of the practice	Nobrega et al., 1999
Inappropriate clothes and shoes	Appropriated clothing is required (MACIEL, 2010)
only is not prepared for such physical activity	Nobrega et al (1999); Maciel (2010)
Liquid ingestion in an inappropriate way	Maciel (2010)
Increase the risk of fall or fractures	There are several risks in the practice of physical activity (CHIARIÓN; TOLOCKA, 2007)
May potentiate alcohol or tobacco smoking habit	OMS, 2005
Increase in STDs - Sexually transmitted diseases among this population	The prevalence of Sexually Transmitted Infections in the elderly population has increased (ANDRADE et al., 2017)
It triggers muscular and joint pains when the dance is exhaustive	Not found
Increases joint impaction contributing arthrosis	Not found

The disadvantages of ballroom dancing can vary, but are easy to minimize requiring a professional for guidance and evaluations. For 56% of the professionals, it is necessary to arouse the interest in the dance as a physical activity. For 73% of the specialists, to wear appropriate clothes is very relevant.

For Chiarion and Tolocka (2007) risks exist in all physical activities, but the physical, social and psychological benefits surpass the risks. As a complement, statistical analysis was performed with the Pearson correlation (r) test (after parametric data

were detected). $P < 0.05$ was used as the standard of analysis. The relationships between profile, habits and self-perception of practitioners are presented in table 05.

Table 05. Correlation among profile, habits and perception

Pearson	Age	Profession club member	Time as a member at the dance	Frequency at the dance	Reason why going to the dance	Self perception about the health	Comparison with the previous year
Gender	0.260*	-0.263*	0.037	-0.08	-0.112	0.047	-0.115
Age	-0.018	0.494**	0.209	-0.099	0.277*	0.026	
Marital status	0.051	0.047	0.250*	-0.260*	0.076	-0.303*	
Schooling	0.309**	-0.299*	0.059	-0.202	-0.262*	0.133	
Time as a member of the club				-0.136	0.065	0.012	0.112

* significance $p < 0,05$; ** significance $p < 0,01$

For the correlations, the following patterns were considered: Weak correlations $r = 0$ to 0.3 , moderate $r = 0.4$ to 0.6 and above $r = 0.7$ strong (DANCEY and REIDY, 2013). It is observed that weak and negative correlation were found in regarding schooling level and age, demonstrating that the older students have lower schooling. Poor and negative relationship between profession and gender, stating that male genders had worked in lower-level activities, such as farmers and operational positions. Positive correlation between profession and schooling level, which means that schooling raises the profession's level. Positive moderate correlation $r = 0.494$ with significance $p < 0.01$ between the time going to the ball dance/class and age. The older the person is, more time spent in society. Negative correlation between time spent in the ball dance/class and schooling. This result shows that people with higher level of education, spend less time spending at the dance.

There is a correlation between marital status and frequency in dance class/ball dance. Singles tend to quit the activity more than married people. The reason why they frequent the dance also showed a weak negative correlation with the marital status variable, stating that married / stable union participate more in order to achieve leisure / friendships than singles.

The study found a positive correlation between age and healthself-perception, showing that older people feel that health is either regular or good, while younger ones consider their health better. There was a negative correlation ($r = -0,303$) when comparing the health condition/situation of the previous year with the current one, which shows that elderly think their health is good or regular nowadays than in the last year.

FINAL CONSIDERATIONS

Aging is a natural process of the human species. In Brazil, elderly are those that are more than 60 years. The article aimed to interview elderly which practiced physical activity (dance) to assess the positive and negative effects in this age group.

Through an interview, some facts were analyzed: Health and well-being, habits of the participants in relation to the frequency, preparation for the class, types of clothing and how they feel after dancing. Right after the authors intended to refer the dance in the old age. However, in order to obtain the disadvantages that were not of great relevance the authors organized a focus group that has identified potential disadvantages that can occur with the dance practice if the individual is not respecting some limitations.

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ANALYSIS OF THE ADVANTAGES AND DISADVANTAGES OF BALLROOM DANCING IN THE THIRD AGE: PERCEPTION OF PRACTITIONERS AND PROFESSIONALS

Abstract: This article aims to analyze self - perception in relation to health, habits and physical preparation of ballroom dance practitioners of an elderly club located in Paraná, Brazil, and the perception of physical educators and health professionals about the advantages and disadvantages of this practice. The research was carried out with 70 elderly people, representing 58% of the population and the meeting of a focal group with eight professionals who work with the elderly. The results point out several

benefits to the physical, social and psychological health of practitioners, such as improvement in self-esteem, social interaction, quality of life, improvement of muscle mass, among others. The disadvantages deserve attention, but are easy to manage, concluding that the advantages outweigh the disadvantages in the dance activity for the elderly

Keywords: Ballroom dancing; physical activities; elderly

ANALYSE DES AVANTAGES ET INCONVÉNIENTS DE LA SALLE À LA PRATIQUE DE DANSE TROISIEME AGE: LA PERCEPTION ET DE PRATICIENS ZONE PROFESSIONNELLE

Résumé: Cet article vise à analyser la perception en ce qui concerne la santé, les habitudes et de remise en forme des professionnels de la danse de salon d'un club de personnes âgées située à Parana, au Brésil et la perception des professionnels de la santé et les enseignants d'éducation physique que les avantages et les inconvénients de cette pratique. L'enquête a été menée auprès de 70 personnes âgées, ce qui représente 58% de la population et la réunion d'un groupe de discussion avec huit professionnels qui travaillent avec les personnes âgées. Les résultats indiquent plusieurs avantages aux praticiens physiques, sociaux et psychologiques, comme l'amélioration de l'estime de soi, l'interaction sociale, la qualité de vie, l'amélioration de la masse musculaire, la masse osseuse entre autres. Inconvénients soins méritent d'être réduits au minimum, mais sont faciles à gérer, en concluant que les avantages l'emportent sur les inconvénients de l'activité salle de bal de danse pour les personnes âgées.

Mots clés: Danse de salon, activités physiques, vieillesse

ANÁLISIS DE LAS VENTAJAS Y DESVENTAJAS DE LA PRÁCTICA DE DANZA DE SALÓN EN LA TERCERA EDAD: PERCEPCIÓN DE LOS PRACTICANTES Y PROFESIONALES DEL ÁREA

Resumen: El presente artículo tiene como objetivo analizar la autopercepción en relación a la salud, hábitos y preparación física de los practicantes de danza de salón de un club de ancianos ubicado en Paraná, Brasil y la percepción de profesionales de la salud y educadores físicos como las ventajas y desventajas de esta práctica. La encuesta fue realizada con 70 ancianos, representando el 58% de la población y con la reunión de un grupo focal con ocho profesionales que actúan con la tercera edad. Los resultados apuntan diversos beneficios a la salud física, social y psicológica de los practicantes, como mejora en la autoestima, interacción social, calidad de vida, mejora de masa muscular, masa ósea entre otros. Las desventajas merecen atención para ser minimizadas, pero son de fácil gestión, concluyendo que las ventajas son mayores que las desventajas en la actividad de baile de salón para ancianos.

Palabras clave: Danza de salón, actividades físicas, tercera edad

ANÁLISE DAS VANTAGENS E DESVANTAGENS DA PRÁTICA DE DANÇA DE SALÃO NA TERCEIRA IDADE: PERCEPÇÃO DOS PRATICANTES E PROFISSIONAIS DA ÁREA

Resumo: O presente artigo tem como objetivo analisar a autopercepção em relação a saúde, hábitos e preparação física dos praticantes de dança de salão de um clube de idosos localizado no Paraná, Brasil e a percepção de profissionais da saúde e educadores físicos quanto as vantagens e desvantagens desta prática. A pesquisa foi realizada com 70 idosos, representando 58% da população e com a reunião de um grupo focal com oito profissionais que atuam com a terceira idade. Os resultados apontam diversos benefícios a saúde física, social e psicológica dos praticantes, como melhoria na autoestima, interação social, qualidade de vida, melhoria de massa muscular, massa óssea entre outros. As desvantagens merecem cuidados para serem minimizados, mas são de fácil gerenciamento, concluindo que as vantagens são maiores que as desvantagens na atividade de dança de salão para idosos.

Palavras-chave: Dança de salão, atividades físicas, terceira idade