

88 - THE DANCE FOR ELDERLY: THE IMPORTANCE FOR QUALITY OF LIFE

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INTRODUCTION

There is a popular saying that the elderly belong to a select social class, because for the time they have lived, they have plenty of experience to guide those who are still emerging to life - young people (ARRIQUELA, 2014).

The Statute of the Elderly, Law No. 10.741/03, defines the spheres of governmental and professional competence, charged with guaranteeing the well-being of these people in the area of culture, sports and leisure, which tend to guarantee a playful activity in the elderly that improves the quality of your life.

Generally speaking, ordinary legislation on the elderly is aimed at protecting them, especially against abandonment, ill-treatment, exploitation and lack of care, giving the family, society and public authorities the obligation to care for the elderly and guarantee the quality of life and leisure, mediated by professionals qualified and qualified to work with this age group.

Dance is part of the multiple intelligences called kinesthetic-bodily intelligence. So, all the people who take care of this art, feel happier and lighter in their daily lives, but also feel less stressed and more confident (GOLEMAN, 2011).

Dance makes one travel in time. Dream of something you have never had contact with. Feel happy, especially when you are with the right partner. According to Fuenza (2012, p. 91) "Dance rejuvenates the person, astonishes his bad mood, activates the blood circulation, promotes real physical exercises in the salon".

METHODOLOGY

This research was characterized as a descriptive study, with a qualitative and quantitative approach, in the first moment was a bibliographical review, in order to analyze some important concepts to support the research. In the second moment, as a data collection instrument, a questionnaire was applied to the sample of the elderly living in the municipality of Maracajú/MS.

The sample consisted of 16 elderly people aged 55-75 years (± 66.78 years), 11 female and 5 male, with weekly dance classes ranging from 1 to 3 times a week, voluntarily signed the Term of Free Consent and Clarification (TCLE), respecting ethical aspects.

To collect data we used a questionnaire prepared by the researchers, to analyze the data obtained, we used descriptive statistics (mean/dp) tabulated in Microsoft Office Excel.

RESULTS AND DISCUSSIONS

Table 1 describes the sample regarding gender and schooling.

TABLE 1: Description of the sample

Variables		N	%
Sex	Male	05	31,25
	Female	11	68,75
Education	Fundamental Incomplete	10	62,5
	Fundamental	04	25
	Medium	02	12,5
Total		16	100

According to Witter et al. (2013) in dance for the elderly, most are female, Rosa (2012) points out that one of the reasons why women are the majority in dance classes comes from sociocultural machismo, behavior that varies from region to region.

TABLE 2: Age

Variables		Middle Ages	Standard deviation
	Male	63	$\pm 9,3$
	Female	67,91	$\pm 6,7$
	Total	66,78	$\pm 7,6$

Correlating this average in table 2 with the researches of Mazo, Silva (2008), Rosa (2012), Silva et al. (2012), we reached an average of 68.75% in all related works.

TABLE 3: Frequency of medical consultation in the last year

Time	%
3 months	62,50%
6 months	18,75%
9 months	6,25%
1 year	12,50%
Others	0%

In table 3, the elderly mostly have medical appointments every three months, Silva et al. (2012) emphasizes that an elderly person should always consult their doctor to start a physical activity program, so that he can perform some tests that indicate the general condition of the organism.

TABLE 4: Recent illness or dysfunction (last year)

Diseases	%
Dizziness	25%
Obesity	18,75%
Arthritis	25%
Arthrosis	6,25%
Hypertension	50%
Hypotension	6,25%
Hyperglycemia	6,25%
Hypoglycemia	0%
Diabetes	12,5%
Insomnia	25%
Heart problem	43,75%
Others	6,25%

In Table 4, chronic diseases are present in the sample, highlighting hypertension, Rosa (2012) indicates that the relationship of the Salon Dance is linked to the prevention and improvement of chronic diseases.

TABLE 5: Improvement in psychological aspects through dance

Aspects	%
Depression	62,5%
Anxiety	37,5%
Stress	68,75%
Environmental Socialization	62,5%
Family Relationship	81,25%
Sexual Relationship	43,75%

Table 5 presents the psychological benefits obtained by dance, Mazo and Silva (2008) perceived that dance provides physical and psychosocial benefits, being more appropriate activity for the elderly population.

Silva et al. (2012) also affirms that the continuous practice of dance provides benefits for the psychological well-being of the elderly, provides the improvement of self-image, self-esteem and interpersonal relationships. Thus decreasing muscle pain, heart problems and helping in controlling blood pressure.

TABLE 6: Other physical activities practiced

Activities	%	Average Practice Time	x week
water aerobics	68,75%	3,73	2
Walking	50%	5,63	2
Fitness	6,25%	6	2
Bodybuilding	6,25%	6	2
Swimming	6,25%	6	2
Adapted Volleyball	62,5%	5,7	2
Table tennis	6,25%	6	2
Bocce	6,25%	4	2
Dance	100%	4	2
Others	*	*	*

In table 6 in addition to the water aerobics, adapted volleyball and walking are the most practiced physical activities. According to Silva et al. (2012) a physical activity practiced in group can bring both physical and psychological benefits. Silva et al. (2012) states that any physical activity has a positive effect on its practitioners, both physical and psychic.

TABLE 7: Reasons why you chose to dance as Physical Activity

Reasons	%
It is the most pleasant	87,5%
Medical recommendation	25%
Recommendation by physical education professional	25%
Influence of the media	25%
Friends' indication	62,5%
I always did when I was young	87,5%
Family Incentive	56,25%
Improves my self-esteem	100%
Increases my friendship group	93,75%

Table 7 shows that 100% of the elderly chose dance to improve their self-esteem, 93% of the sample chose friendship relations. Correlating with Leme's research (2012), the main reasons for the elderly to adhere, is in the friendship. Another important reason cited by Leme (2012) is that they do not have a vision of dance as a physical exercise, but rather a social event, where they can relate and create bonds of friendship.

Although correlating different groups, we can find similar results, in the State of Piauí in the City of Campo Maior, a study was carried out by Silva et al. (2016), where self-esteem is indicated as the main reason for the choice of dance as a physical exercise, positively developing the concept of self-image, being considered a leisure activity very pleasurable by practitioners, in correlation with this study, besides self-esteem, Social interactions provide relationships of affection, respect, and friendship.

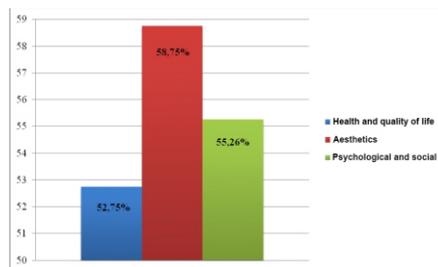
According to Witter et al. (2013) progressive loss of functional skills and social integration is due to aging, and dance is the best physical activity that can contribute to the improvement and / or maintenance of these losses, positively reflecting the quality of life and health of the elderly.

According to Silva et al. (2012), when it comes to health or health improvement, then refers to the word physical activity. Today, society believes that to be healthy you have to practice physical activities, whether for aesthetics, to keep levels of chronic diseases stable or just to get along with friends. Every gain in health in quality of life is reflected in self-esteem and aesthetics.

According to Leal and Haas (2006), the importance of dance for the elderly is to provide physical, psychological and social well-being, according to Rosa (2012), it is very important to keep these elders in dance and to be motivated for this practice,

so they will always have access to the physical, social and psychological benefits.

Graph 1: Motivational factors



The statistical results are all represented in graph 1, which shows that the motivational factors for this sample in dance practice are strongly related to aesthetics.

According to Chiarion (2007) the practice of dance by the elderly allows a motor experience, a new posture in front of the artistic, sports and aesthetic possibilities. For Freitas et al. (2007) the factors related to aesthetics are the most important reasons in the conception of the elderly.

FINAL CONSIDERATIONS

The development of this research allowed an analysis of how dance significantly influences the life of the elderly person, providing benefits and improvements in the psychological, pathological and physical aspects, consequently a positive quality of life.

We note that the psychological benefits obtained by the elderly through dance are evident, showing great improvements in the relationship and family life, stress and sexual intercourse. In pathological aspects the greatest benefits are improvement in muscle pain, hypertension and heart problems.

During the research, it is well known that dance presents positive responses in the lives of these elderly people, bringing both physical, mental and affective benefits, providing pleasure and well-being, softening the problems that are affected by aging.

At the moment they are in activities such as dance, they forget any and every problem they may have, become alive and surpass their own bodily and emotional limits, giving themselves body and soul to dance, thus obtaining the benefits it provides throughout of life.

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THE DANCE FOR ELDERLY: THE IMPORTANCE FOR QUALITY OF LIFE

The elderly population has grown considerably in recent years. In this way it is necessary to create a positive scenario capable of contributing to the autonomy and well-being of these individuals so that they remain active and participatory in society. This study aimed to verify the reasons that cause the elderly to initiate the practice of physical activity in this case the dance. The same is of the descriptive type with a transversal and descriptive approach. Sixteen participants were interviewed being 11 females (68.75%) and 5 males (31.25%) with a mean age of 66.78 ± 7.6 years. The results showed that no elderly have a higher level and that (50%) are hypertensive (81.25%) have muscular pains. The elderly (100%) opted for the practice of dance to improve self-esteem and (68.75%) also participate in water aerobics. The most important motivational factor for health and quality of life is to have a healthy body (81.25%) and the least important is the rehabilitation of diseases and / or injuries (62.5%); For the aesthetic aspect the most important thing is to have a younger appearance (68.75%) and for the psychological and social aspect it is more important to like to dance (87.5%), the least important being the influence of the media (25%). Such findings enable a greater understanding of what motivates people to engage in physical activity.

Keywords: Dance, Motivation, Seniors.

LA DANSE POUR LES PERSONNES ÂGÉES: L'IMPORTANCE POUR LA QUALITÉ DE VIE

La population âgée a considérablement augmenté ces dernières années. De cette manière, il est nécessaire de créer un scénario positif capable de contribuer à l'autonomie et au bien-être de ces individus, afin qu'ils restent actifs et participatifs dans la société. Cette étude visait à vérifier les raisons qui amènent les personnes âgées à initier la pratique de l'activité

physique, en l'occurrence la danse. La même chose est de type descriptif, avec une approche transversale et descriptive. Seize participants ont été interviewés, soit 11 femmes (68,75%) et 5 hommes (31,25%), avec un âge moyen de $66,78 \pm 7,6$ ans. Les résultats ont montré que les personnes âgées n'ont pas un niveau plus élevé et que (50%) sont hypertendus, (81,25%) ont des douleurs musculaires. Les personnes âgées (100%) ont opté pour la pratique de la danse pour améliorer leur estime de soi et (68,75%) ont également participé à des cours d'aquagym. Le facteur de motivation le plus important pour la santé et la qualité de vie est d'avoir un corps sain (81,25%) et le moins important est la réhabilitation des maladies et / ou des blessures (62,5%); pour l'aspect esthétique, le plus important est d'avoir une apparence plus jeune (68,75%) et pour l'aspect psychologique et social, il est plus important d'aimer danser (87,5%), le moins important étant l'influence des médias (25%). Ces résultats permettent de mieux comprendre ce qui motive les gens à faire de l'activité physique.

Mots-clés: Danse, Motivation, Seniors.

LA DANZA PARA AÑOS: LA IMPORTANCIA PARA LA CALIDAD DE VIDA

La población anciana ha crecido considerablemente en los últimos años. De esta forma, es necesario que se cree un escenario positivo capaz de contribuir a la autonomía y bienestar de estos individuos, para que ellos se mantengan activos y participativos en la sociedad. Este estudio objetivó verificar los motivos que hacen que los ancianos inicien la práctica de actividad física, en este caso la danza. El mismo es del tipo descriptivo, con enfoque transversal y descriptivo. Se entrevistó a 16 participantes, siendo 11 del sexo femenino (68,75%) y 5 varones (31,25%), con una media de edad de $66,78 \pm 7,6$ años. Los resultados mostraron que ningún anciano tiene nivel superior y que (50%) son hipertensos, (81,25%) presentan dolores musculares. Los ancianos (100%) optaron por la práctica de la danza para mejorar la autoestima y (68,75%) participan también de la hidroginástica. El factor motivacional más importante para la salud y la calidad de vida es tener un cuerpo sano (81,25%) y lo menos importante es la rehabilitación de enfermedades y / o lesiones (62,5%); para el aspecto estético lo más importante es tener una apariencia más joven (68,75%) y para el aspecto psicológico y social es más importante el gusto de bailar (87,5%), siendo que lo menos importante es la influencia de los medios (25%). Estos hallazgos posibilitan una mayor comprensión acerca de lo que motivan a las personas a practicar actividad física.

Palabras clave: Danza, Motivación, Tercera Edad.

ADANÇA PARA IDOSOS: A IMPORTÂNCIA PARA QUALIDADE DE VIDA

A população idosa cresceu consideravelmente nos últimos anos. Dessa forma, é preciso que se crie um cenário positivo capaz de contribuir para a autonomia e bem estar destes indivíduos, para que eles se mantenham ativos e participativos na sociedade. Este estudo objetivou verificar os motivos que fazem com que os idosos iniciem a prática de atividade física, neste caso a dança. O mesmo é do tipo descritivo, com abordagem transversal e descritiva. Foram entrevistados 16 participantes, sendo 11 do sexo feminino (68,75%) e 5 masculino (31,25%), com média de idade de $66,78 \pm 7,6$ anos. Os resultados mostraram que nenhum idoso tem nível superior e que (50%) são hipertensos, (81,25%) apresentam dores musculares. Os idosos (100%) optaram pela a prática da dança para melhorar a auto estima e (68,75%) participam também da hidroginástica. O fator motivacional mais importante para saúde e qualidade de vida é ter um corpo saudável (81,25%) e o menos importante é a reabilitação de doenças e/ou lesões (62,5%); para o aspecto estético o mais importante é ter uma aparência mais jovem (68,75%) e para o aspecto psicológico e social é mais importante o gostar de dançar (87,5%), sendo que o menos importante é a influência da mídia (25%). Tais achados possibilitam uma maior compreensão acerca do que motivam as pessoas a praticar atividade física.

Palavras-chave: Dança, Motivação, Terceira Idade.