125 - THE QUALITY OF LIFE OF THE URBAN CLEANING PROFESSIONALS OF THE ITAITUBA/PA MUNICIPALITY

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INTRODUCTION

Garis are professionals who are directly connected to public cleaning services, do the sweeping work, collect urban household waste and hospital garbage, also collect garbage in public places, thus ensuring the cleanliness of public roads and the hygiene of cities, such professionals are of great importance for every society, as they carry out preventative work guaranteed to protect the environment and especially human health.

According to Comlurb, 2009, the gari is the cleaning professional who works exclusively with garbage, ensuring the cleanliness of the public road. He carries out services involving the collection of household and hospital waste, the transfer of garbage from ramps, the loading and unloading of urban garbage trucks, the cleaning and collection of company facilities, garbage collection from public places, garbage collection at fairgrounds and beaches, cleaning and collection of waste and sewage debris, cleaning and collection of garbage in receiving and stationary bins, collection of dead animals, debris, debris and debris, as well as the collection of debris resulting from public calamities (floods, oil leakage and chemical products, fish mortality in rivers, lagoons, etc.), acting in conjunction with government agencies.

According to Velloso et al (1997), the collectors are exposed to heat, cold, rain and sudden temperature variations. Besides these aspects, the collectors are exposed to the constant noise of the compaction system of the wastes in the truck, bad smell caused by the decomposition process of the organic matter, trepidations during the passage in places of difficult access, steep terrain, poorly preserved asphalt and risks of traffic in places where traffic is most intense.

Therefore, it is of fundamental importance that these professionals can have a quality of life, so that they are not seen as invisible beings before society, taking care of the welfare and safety of these individuals generating better working conditions and personal satisfaction . In this context, the objective of this research was to analyze the quality of life of urban cleaning professionals in Itaituba/PA municipality, identifying functional capacity, physical aspects and reporting the general health status of these workers.

MATERIALS AND METHODS

The study consists of a descriptive research, by means of field research, with the form of a quantitative approach to which the main information source will be given through the Short Form Health Survey 36 (SF-36), composed of 8 domains: Functional capacity: evaluates the presence and extent of limitation related to physical capacity; Physical aspects: assess limitations on the type and amount of work, as well as how much these limitations make difficult; Emotional Aspects: assess the impact of psychological aspects such as patient's well-being; Pain: evaluates the presence of pain, its intensity and its interference in the activities of daily life; General health status: assesses how the patient feels in relation to his overall health; Vitality: items that consider the level of energy and fatigue; Social aspects: analyze the integration of the individual into social activities; Mental health: includes questions about anxiety, depression, changes in behavior or emotional unrest and psychological well-being, with the purpose of analyzing the quality of life of these workers. In which they signed the free and informed consent form so that they could carry out this questionnaire. The choice of the participants took place according to the authorization of the municipal government of Itaituba/PA, according to the Municipal Secretariat of Infrastructure (SEMINFRA), of this municipality, professionals participated, as main subjects of the study.

The sample of this research is directly constituted by the urban cleaning professionals of the municipality of Itaituba / PA (garis), male, duly hired by the municipal government of Itaituba / PA, where it is a team of 168 professionals in which our sample was constituted by 16 professionals totaling 76.19% of the total of the collectors, who participated in this research on April 1, 2017. It was determined as a criterion of professional inclusion of urban cleaning of the male gender, aged above 18 years and residing in this municipality. And the application of the Short Form Health Survey 36 (SF-36) questionnaire was carried out at the Municipal Secretariat of Infrastructure (SEMINFRA), located at Km 01, Transamazônica Highway, S / N, owned by the municipal government of Itaituba/PA.

To evaluate the quality of life, the Short Form Health Survey 36 (SF-36) questionnaire was used. This multidimensional quality of life (QOL) instrument was developed in 1992 by Ware and Sherbourne and validated in Brazil by Ciconelli et al 1997, the evaluation was done through the weighting of the data, then the mean of the domains separately and the overall mean of quality of life. According to the graph of the (mean description of the domains) and graph of the (average score functional capacity, physical aspects and general health status and graph of the (General average quality of life).

RESULTS AND DISCUSSION

The urban cleaning policy of the municipality of Itaituba is all coordinated by the public administration, where are collected domestic waste, sweeping weed, services made from Monday to Saturday, seasonally every day in the month, by shifts, 1st shift from 07: 12:00 to 12:00 and 14:00 to 17:00 and 2nd shift from 17:00 to 00:00.

The results obtained by the questionnaire Short Form Health Survey 36 (SF-36) among the urban cleaning professionals of the municipality of Itaituba / PA were the following according to each domain: in relation to the functional capacity the collectors had an average score of 73.43, physical aspects presented a mean of 59.37, pain presented a mean of 50.43, general health state of average 63.06, vitality presented mean of 49.68, social aspects mean of 64.84, emotional aspects mean of 70.56 and average mental health of 71.

The graph presented here gives us an insight into each domain mentioned, for better visualization of the obtained results.

Graph related to the description of the data by means of the domains:

Source: Pereira e Lima, 2017.

The graph presented here gives us an insight into each domain mentioned, for better visualization of the obtained results.

Graph related to the description of the average score functional capacity, physical aspects and general health according to our objectives.

Source: Pereira e Lima, 2017.

According to the results of each domain, we obtained a general average of the quality of life of the urban cleaning professionals of the municipality of Itaituba / PA, in which the average score had the result of 62.79.

Graph related to the description of the general average quality of life:

Source: Pereira e Lima, 2017.

The quality of life encompasses many aspects, from well-being, health, work environment to professional effectiveness. It is one of the indispensable factors for motivation and job satisfaction, where positive working conditions lead to the performance of their tasks (OLIVEIRA et al, 2008).

According to Forattini(1991), quality of life, in its essence, is then translated by the satisfaction of living. According to this author, "the state of satisfaction or dissatisfaction constitutes, in fact, an experience of a personal character and is linked to the purpose of obtaining better living conditions." The degree of adjustment to existing situations, or the desire for change, may serve to assess the presence or absence of satisfaction. "

According to the results obtained through the research, we can detect that the quality of life of the urban cleaning professionals of the municipality of Itaituba /PA, is not in the average considered excellent, but the quality of life of these workers is not totally bad, but it is necessary that improvements happen. Considering that the general level of quality of life, below 70 average points is considered a critical condition, requiring general improvements in the field of health promotion, personal protective equipment (PPE). Therefore, the study conducted in the municipality of Itaituba/PA obtained an average score of 62.79% below the ideal average.

In this same line of reasoning, Gonçalves et al (2013) affirm that the garbage collection process consists of a precarious technology, practically manual, in which the worker's body becomes an instrument of loading garbage. They also guarantee that the concrete experience of this situation, that is to say, the identification with an instrument of transport of waste, implies experience of certain unpleasant conditions of the psychic state, especially in the emotional life of the subjects.

The concept of quality of life, therefore, transcends the concept of standard or level of life, of satisfying the human needs of the TER for the valorization of the human existence of the SER and must be evaluated by the capacity of a given society to provide opportunities for personal fulfillment to their individuals in the psychic, social and spiritual sense while at the same time guaranteeing them a minimally acceptable standard of living. (MCF Pelicioni - Health and society, 1998 - SciELO Brazil) art

Therefore, according to the aforementioned results, physical, pain, general health, vitality and social aspects had an average score below 70 that shows the deficiency in this sector and only the domains functional capacity, emotional aspects and mental health, had average score above 70, being within a good result, in addition to the results obtained from each domain, it can still be verified that the quality of life of the urban cleaning professionals of the municipality of Itaituba/PA is below, but still can improve, because we can not treat these professionals as invisible beings and machines to collect because they are human beings and deserve to be treated equally by public power and society.

CONCLUSION

From the results obtained in the studied population it was possible to perceive that the level of general quality of life among the urban cleaning professionals of the municipality of Itaituba/PA is considerably affected, due to the lack of orientation