

92 - MOTIVATIONAL ASPECTS OF ELDERLY PEOPLE TO PRACTICE PHYSICAL EXERCISES IN CAICÓ-RN MUSCULATION ACADEMIESBRENO ASSIS BRITO¹DIVANALMI FERREIRA MAIA²MARCOS ANTÔNIO MEDEIROS DO NASCIMENTO³

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INTRODUCTION

Brazil has been experiencing a very rapid population aging process, calculations show that, in coming centuries, Brazil will be among the five countries with the highest number of elderly. The results presented by the World Health Organization (WHO) show that there will be a considerable increase in the population over 60 years of age for the coming decades. (FECHINE, TROMPIERI, 2015).

The aging process is a sum of several factors that surround the biopsychosocial aspects, and, admittedly, being active has shown a higher life expectancy in the elderly, where the harmful consequences of aging can be modified with the necessary care, which always includes physical activity as the main point in preventing these changes caused over time. (1988).

The media has been contributing to the sheer volume of people in gyms where news of perfect bodies and health promotions are spread in magazines, newspapers and television. Understanding the importance of physical exercise, the population increasingly worries and seeks its practice, significantly increasing the audience in the academies. (VASCONCELOS, 2016).

Physical activity offers several beneficial effects, emphasizing that these benefits from middle age can be ascertained from the individual or society perspective as a whole. It can highlight the control of glycemic levels, better flexibility and balance, greater aerobic capacity, relaxation, reduction of anxiety and improvement in health and decrease in the risk of depression, greater integration with society and preserved social functions and prevention of diseases (cardiorespiratory, hypertension, diabetes and others). (FONSECA et al., 2014).

Bodybuilding is one of the most recommended physical activities for the elderly, improving muscle strength, minimizing the effects of sarcopenia and osteopenia, and increasing the mobility of daily movements. (CÂMARA; SANTARÉM; JACOB FILHO, 2016).

The motivation depends on personal (intrinsic) and environmental (extrinsic) factors, it is able to lead the elderly to practice their activity, conditioning it to satisfy their own needs or a request and / or indication of third parties. This motivation, which derives from several orders, leads the elderly to the search for programs of physical activities, however, after this adhesion, this motivation induces them to stay or not in the activity. This evasion of the elderly in programs of physical activities is the object of studies, where the focus of the research is directed to the reasons for this search, given the number of studies that we find on the two themes. (JUNIOR, 2016).

The motivation for sports practice is still something to be discussed, has a very extensive area and with several concepts and elucidations shown by researchers in the area, as well as the motivational factors that lead to the students' adherence and permanence in academies (GONÇALVES; ALCHIERI, 2010).

Therefore, any discussion of motivational factors presupposes investigating the motives that lead to a particular behavior. In view of the above, this research has as objective, what motivational aspects that lead the elderly to practice physical exercises in the city of Caicó - RN?

MATERIALS AND METHODS

It is an applied research, of descriptive character, since the facts and phenomena were observed exactly as it happens in the real one, basically it was realized through direct observation of the activities of the studied group and of interview with informants to capture the explanations and interpretations that occur in that reality, involving standardized techniques of data collection, questionnaire and systematic observation. It assumes, in general, the form of Survey and of quantitative approach by the possibility of its results being quantified, the samples generally large and representative of the population. (SEVERINO, 2016).

The population was composed of elderly people of both sexes, with a sample number of 30 elderly people enrolled in the academies of the city of Caicó-RN. Being 10 students from Studium Personal Life, 10 students from the Physical Center, 10 students from the Training Center. It was used as an inclusion criterion to be a bodybuilder, to be enrolled in accredited gymnasiums to CREF and to be of both sexes, to be 60 years of age or older, to sign the ICF.

A semi-structured questionnaire was used with six objective questions, seeking to verify the motivational aspects in the elderly in the practice of physical exercises in academies. This instrument was built by the researchers.

The data were analyzed quantitatively for data tabulation using the Microsoft Excel spreadsheet for the description of the mean and standard deviation for characterization of the sample. The results were presented in the form of graphs, percentages and absolute numbers.

RESULTS

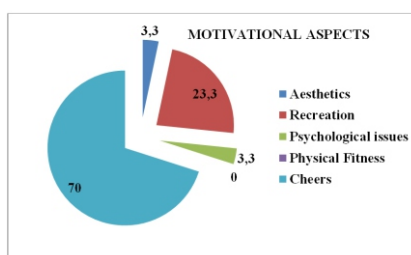
The sample consisted of 30 individuals, of whom 14 (46.7%) were female and 16 (53.3%) were male.

As shown in table 1, the highest motivation presented by the elderly was the pursuit of health (70%), followed by the pursuit of leisure (24%), representing 94% of the motivation to practice physical exercises in the academies, followed by improvement psychological issues and the question of aesthetics (3%). Factor that draws attention is that none of them was motivated by physical conditioning.

Table 1 - Weekly attendance, motivational aspect, permanence in the academy, cause of withdrawal.

VARIABLES	ANSWERS	F	%
Do you exercise more than twice a week?	YES	30	100
	NOT	00	00
What was the main aspect that motivated the practice of Physical Exercises in academia?	Aesthetics	01	3,3
	Recreation	07	23,3
	Psychological issues	01	3,3
	Physical Fitness	00	00
	Cheers	21	70
Do you feel motivated?	YES	30	100
	NOT	00	00
What makes you continue at the Academy?	Attendance	01	3,3
	Teacher / Personal	16	53,3
	Environment / Structure	04	13,3
	Myself	01	3,3
	Events / Aulões	02	6,7
	Bodybuilding	06	20
	Special Offers	00	00
	Lack of time	03	10
	Other practices	01	3,3
	Other reasons	03	10
What is the biggest reason for dropping out?	Teacher / Personal	01	3,3
	Demotivation	00	00
	Delay in results	00	00
	Other reasons	03	10
	I never gave up	22	73,3

Graph 1 - Aspects that motivate the elderly in the practice of physical activity.



DISCUSSION

At present it is very common practice of physical exercise among the senior class. Several studies bring this growing data. Among the most frequent are: gymnastics, water aerobics, Pilates, dance and bodybuilding. That said, it can be verified that on average 100% of the elderly in the present study practice some type of physical activity more than twice a week, most of them (70%) due to health issues. This corroborates the research done by Costa, Cabral and Santos (2017), where they report on the physiological aspects that are the main reasons for the elderly to seek some type of physical activity, whether these are prescribed by doctors or only warned by family members and / or more next.

An important variable studied here is whether the elderly feel motivated or not to participate in these activities, regardless of their motivation. Where 100% of the elderly responded that they feel motivated yes. Subsequently, associated with motivation, the elders mostly reported the main influencers of this persistence in practice is the teacher and \ or instructor. Dantas, Paz, Streetman and Lima (2015) report on this factor, where they express the importance of qualified professionals to attend these elderly people, since these can become a reference and motivation factor in the practice of physical activity.

Another important aspect is leisure (23.3%), as this is an important point, especially at this stage of development. Due to the aging, many elderly people feel useless for many activities, at the same time, many of them are removed from their routine activities by the relatives themselves with the intention of giving a better quality of life, in this, ends up generating idle or unemployed elderly. In this way, the practice of physical activity associated with leisure becomes an excellent option for both health and socialization. This aspect gains space in the research of Costa, Cabral and Santos (2017). These report the importance of being together during this process of aging, a process that is affected by social, psychological and physiological conditions.

The last question shows why the elderly give up, in the present study, 73.3% of the elderly answered that they never gave up. It is very common at this stage of development that they are always very engaged in everything they do and end up by actually sticking to each activity performed, this creates routine. In summary, the study done by Junior (2016) reports another important aspect for non-quitting, it is about family members, they also need to be attentive to the activities that instigate the elderly, to encourage them to look for them, thus creating an occupation, for it is of the utmost importance to keep the body and mind active.

CONCLUSION

The practice of physical activity is an important factor for a healthy aging as well as an aspect to generate an active lifestyle. The elderly of the present research cited as main motivational factors leisure, health and the teacher or personal. It can also be noted that the dropout rate is considerably low. These elderly people believe that physical activity contributes to overall health as well as to their mental health and socialization.

Some measures can be adopted by the public power and other institutions so that a more active lifestyle is more present in the daily life of the elderly, mainly so that they are not forgotten, being even a priority in the implementation of public policies related to the health of the population in general .

Finally, it is suggested that other studies, with larger samples, be performed to aggregate data and knowledge to an area that is increasingly gaining space among health professionals, which is the health of the elderly, their aging processes, and as well as its implications in the physical, psychic and social spheres.

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MOTIVATIONAL ASPECTS OF ELDERLY PEOPLE TO PRACTICE PHYSICAL EXERCISES IN CAICÓ-RN MUSCULATION ACADEMIES

Brazil has been undergoing an aging process and the search for physical exercise in programs for health promotion has been increasing. The general objective of the present research was to verify the aspects that motivate the elderly to practice physical exercises in gymnasiums in the city of Caicó - RN. The sample consisted of 30 elderly people, who answered a semi-structured questionnaire. Descriptive research with standardized techniques of data collection, questionnaire and systematic observation, Survey and quantitative approach. The data obtained were quantitatively analyzed for data tabulation using the Microsoft Excel spreadsheet, the results indicate that the greatest motivation was the pursuit of health (70%), followed by the pursuit of leisure (24%), followed by the improvement of psychological issues and by the question of aesthetics (3%). Factor that draws attention is that none of them was motivated by physical conditioning. Considering that the practice of physical activity is an important factor for a healthy aging, it is suggested that some measures be adopted by the public power and other institutions so that a more active lifestyle is more present in the daily life of the elderly and that studies with greater number are performed.

Keywords: Elderly. Academies. Motivation.

ASPECTS MOTIVATIONNELS DES PERSONNES ÂGÉES POUR LA PRATIQUE DES EXERCICES PHYSIQUES DANS LES ACADEMIES DE MUSCULATION CAICÓ-RN.

Le Brésil connaît un processus de vieillissement et la recherche de l'exercice physique dans les programmes de promotion de la santé s'intensifie. L'objectif général de la présente recherche était de vérifier les aspects qui motivent les personnes âgées à pratiquer des exercices physiques dans les gymnases de la ville de Caicó - RN. L'échantillon était composé de 30 personnes âgées ayant répondu à un questionnaire semi-structuré. Recherche descriptive avec des techniques standardisées de collecte de données, questionnaire et observation systématique, Enquête et approche quantitative. Les données obtenues ont été analysées quantitativement pour la tabulation des données à l'aide du tableur Microsoft Excel. Les résultats indiquent que la principale motivation était la recherche de la santé (70%), suivie de la recherche du loisir (24%), suivie de par l'amélioration des problèmes psychologiques et par la question de l'esthétique (3%). Le facteur qui attire l'attention est qu'aucun d'entre eux n'était motivé par le conditionnement physique. Considérant que la pratique de l'activité physique est un facteur important pour un vieillissement en bonne santé, il est suggéré que certaines mesures soient adoptées par le pouvoir public et d'autres institutions afin qu'un mode de vie plus actif soit plus présent dans la vie quotidienne des personnes âgées et que des études plus approfondies soient menées. nombre est effectué.

Mots-clés: Personnes âgées. Académies. La motivation.

ASPECTOS MOTIVACIONALES EN IDOSOS PARA PRÁCTICA DE EJERCICIOS FÍSICOS EN ACADEMIAS DE MUSCULACIÓN DE CAICÓ-RN

Brasil viene pasando por un proceso de envejecimiento y la búsqueda por la práctica de ejercicios físicos en programas para promoción de salud viene creciendo. El objetivo general de la presente investigación fue verificar los aspectos que motivan a los ancianos a practicar ejercicios físicos en gimnasios de musculación en la ciudad de Caicó - RN. La muestra fue compuesta por 30 ancianos, los cuales respondieron a un cuestionario semiestructurado. Investigación de cuño descriptivo con técnicas estandarizadas de recolección de datos, cuestionario y observación sistemática, de Levantamiento y de abordaje cuantitativo. Los datos obtenidos fueron analizados de forma cuantitativa, para la tabulación de los datos siendo utilizada la hoja de cálculo de Microsoft Excel, los resultados apuntan que la mayor motivación fue por la búsqueda de la salud (70%), seguidos por la búsqueda del ocio (24%), seguida por la mejora de las cuestiones psicológicas y por la cuestión de la estética (3%). El factor que llama la atención es que ninguna de ellas tuvo como motivación el condicionamiento físico. Considerando que la práctica de actividad física es un factor importante para un envejecimiento saludable, se sugiere que algunas medidas sean adoptadas por el poder público y otras instituciones para que un estilo de vida más activo esté más presente en el cotidiano de los ancianos y que estudios con mayor el número de muestras se realiza.

Palabras clave: Ancianos. Académias. Motivación.

ASPECTOS MOTIVACIONAIS EM IDOSOS PARA PRÁTICA DE EXERCÍCIOS FÍSICOS EM ACADEMIAS DE MUSCULAÇÃO DE CAICÓ-RN

O Brasil vem passando por um processo de envelhecimento e a busca pela prática de exercícios físicos em programas para promoção de saúde vem crescendo. O objetivo geral da presente pesquisa foi verificar os aspectos que motivam os idosos a praticarem exercícios físicos em academias de musculação na cidade de Caicó - RN. A amostra foi composta por 30 idosos, os quais responderam a um questionário semiestructurado. Pesquisa de cuño descritivo com técnicas padronizadas de coleta de dados, questionário e observação sistemática, de Levantamento e de abordagem quantitativa. Os dados obtidos foram analisados de forma quantitativa, para tabulação dos dados sendo utilizada a planilha de cálculo Microsoft Excel, os resultados apontam que a maior motivação foi pela busca da saúde (70%), seguidos pela busca do lazer (24%), seguida pela melhora das questões psicológicas e pela questão da estética (3%). Fator que chama atenção é que nenhuma delas teve como motivação o condicionamento físico. Considerando que a prática de atividade física é um importante fator para um envelhecimento saudável, sugere-se que algumas medidas sejam adotadas pelo poder público e outras instituições para que um estilo de vida mais ativo esteja mais presente no cotidiano dos idosos e que estudos com maior número amostral sejam realizados.

Palavras-chave: Idosos. Académias. Motivação.