

101 - THE MOTIVATION OF ELDERLY PEOPLE PRACTICING PHYSICAL ACTIVITY FOR HEALTH PROMOTIONLUCAS RODRIGUES DE BRITO¹FABIAN DE QUEIROZ²MARCOS ANTONIO MEDEIROS DO NASCIMENTO³ROSILENE MARIA DE LUCENA GUEDES⁴

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INTRODUCTION

More and more human beings have been worrying about their aging, worried about the general decrease in the capabilities of daily life, along with fear of vulnerability and dependence on the family breast; others more optimistic believe that aging is the stage of life of the high wisdom, serenity and common sense. (FECHINE; TROMPIERI, 2012).

Aging is inevitable, coupled with the loss of biological aspects and socio-affective aspects, demanding vulnerability that varies according to gender, race, age, geographical location, social class, among other variables. This fragility has an impact on the quality of life, morbidity, disability and in the mortality of this age group. (BAZZANELA, PICCOLI, QUEVEDO, 2015).

For Juca et al. (2017) chronic degenerative diseases are more frequent in the elderly, can be controlled with the therapeutic drug use and a change of habits of the day to day.

With the increase of the population aging in Brazil there was a significant increase in chronic degenerative diseases, this population tends to present multiple co morbidities, potentiating the geriatric syndromes such as immobilize, dementia, iatrogenic and falls, compromising the autonomy of these individuals, generating fragility, incapacity and even death (GONZZOLA et al., 2006).

The scientific consensus and empirical evidence indicate that the reason for elderly subjects adhering to the practice of exercise is to maintain their psychological well-being, improve or maintain a balanced health and the opportunity for greater social interaction. However, if there is no motivation the individual will not be regular in their physical activities. (VALLERAND, THILL, 1995 apud GUEDES, 2013).

Motivation depends on the interaction of personal factors which are intrinsic; and the environmental factor is extrinsic. In addition to these factors the elderly need interactions that motivate them, be it in the environment with colleagues and where the activities will be developed. In this sense, the importance of physical activity provides the interaction with the social environment, of the motor benefits, reduces the cognitive decline and the sense of uselessness towards others, interfering positively in the increase of the self-esteem (RIBEIRO et al., 2012).

According to Silva et al. (2014), regular physical activity improves functional capacity and physical abilities in elderly individuals, reduces dependence on daily activities, promotes the development of a healthier lifestyle with improvement in physical capacity and quality of life leaving him physically active. Given the gains that physical activity imposes, it is important to see the aspects that motivate the elderly to resort to a healthier lifestyle. It is important to highlight the motivation factors that make the elderly have this behavior change. Based on these considerations, are the elderly motivated to practice physical activities for health promotion?

The research that was performed is of great relevance since it was necessary to understand about what motivated the elderly to practice physical activities and how it interfered in the lives of these elderly people. Thus, it was important to carry out this research in this area in order to contribute to professionals and academics who intend to work in geriatric and deontological care, as well as to better understand their importance for the elderly. The study has academic importance because based on it new studies can be carried out, following the same line of thought.

The objective of the study is to investigate the motivation of elderly practicing physical activity in health promotion. And the specific objectives are: To study the demographic aspects of elderly people practicing physical activity; To identify the pathologies of the elderly practicing physical activity; To verify the factors that motivate the elderly to seek in physical activity the promotion of health.

METHODOLOGY

In order to reach the objectives, a quantitative cross-sectional study of the survey type was chosen. The sample consisted of 40 elderly individuals, 4 male and 36 female, inserted in the Active Life Project: Physical Activity, Health and Longevity, with 60 years or older. The research was carried out at the Faculdades Integradas de Patos - FIP.

The inclusion criteria were: to be participating in the active life project; and is 60 years or older.

For the evaluation of this study, a questionnaire and an interview were applied.

In a succinct way, the instruments that will be used in the research are elucidated:

a) Questionnaire on the motivation of elderly people practicing Physical Activities, Guedes and Serpa (2013);

b) Questionnaire composed of questions with the objective of collecting data related to the sociodemographic profile of the sample, being composed of data related to gender, marital status, sports practice time, level of schooling and type of physical activity practiced, among other variables;

c) Interview to verify the pathologies of the elderly.

The questionnaire module on Motivation of Aging Practitioners of Physical Activities, by Guedes and Serpa (2013), groups a set of questions about the intrinsic and extrinsic motivation of the elderly to practice physical activities. The items represent scales of responses equivalent to the several motivational steps that will be submitted to the elderly, allowing to objectively evaluating the interest for the practice of physical activities.

The seven Dimensions of the questionnaire consist of developing an alternative method to group the 35 questions with objectives defined in the tables as follows: Personal Interest Dimension, Contextual Dimension, Social Interaction Dimension, Dimension of Motor Skill, Health Dimension, Dimension Psychology and Dimension aesthetics.

To evaluate the issues of the five items, the Likert itemized item scale will be used. The five-point Likert-type scale is often employed in questions, and therefore an important tool for the construction of research.

The categories will be assigned as numbers for Likert type scale responses, which vary: "1" Unimportant, "2"

unimportant, "3" important, "4" Very important and "5" extremely important.

In this context, we inform that for our research will be used the Dimension of Health.

The collected data will be analyzed through descriptive statistics through the IBM SPSS statistics, version 21. Minimum and maximum means with standard deviation will be analyzed to describe the population. The instruments will be analyzed and discussed according to the theoretical basis and the results presented in tables.

RESULTS AND DISCUSSION

We can observe in table 1 the sociodemographic qualitative variables. The research was composed of 40 individuals, of which 4 (10.0%) were male and 36 (90.0%) were female. The mean age was 67.43 years and standard deviation (SD) 5.71.

This result is not surprising given that Extension Projects and Government Programs have a larger female chorus. The life expectancy of Brazilian women is 79.4 and that of men is 72.2 (IBGE, 2017).

Therefore, the woman is more ligneous; perhaps this longevity is one of the causes of the presence of women in these programs.

Regarding the marital status of the participants 2 (5.0%) are single, 25 (62.5%) are married, 7 (17.5%) are divorced and 6 (15.0%) are widowed, most of the participants are married.

Regarding the level of schooling 8 (20.0%) completed elementary school, 26 (65.0%) finished high school and 6 (15.0%) had completed higher education. It shows that most of the participants have completed high school. We found that no illiterate subjects were identified in our sample.

In relation to retirees 27 (67.5%) are retired and 13 (32.5%) are not retired. And that only 3 (7.5%) still work today and 37 (92.5%) do not work, considering that the 3 (7.5%) who work, work in the area of commerce, we can verify that the number of retirees is expressive.

The physical activities still practiced by the participants are 15 (18.2) water aerobics, 5 (6.0) bodybuilding, 15 (18.2) walk, 6 (7.3) pilates, 9 (10.9) dance and 32 (39.0%) practiced gymnastics.

It is observed that most of the elderly in the sample practice gymnastics. We can affirm that the elderly sought motives to exercise regularly, because they are aware of the physical and psychological benefits provided by these activities. In this perspective, Ribeiro (2017) reports in his research that the practice of gymnastics by the elderly provided improvements and maintenance of functional skills, such as agility, strength, coordination, balance and aerobic endurance. In addition to strengthening the pelvis muscles, relaxation and postural reeducation.

According to Jacinto (2016) walking is considered one of the most efficient aerobic activities in the elderly and sedentary individuals. With low lesion rates and no cost it is proven that individuals have sought this activity as a good comfort option due to the intolerance of high intensity exercises. This affirmation of the author is consistent with the responses of the elderly who gave a positive endorsement in doing this activity.

The sexagenarian of the last century is not the same as that of the present century, since its health, the means of socializing, and life expectancy have improved considerably. To get older, in this sense, is to overcome limitations and find outlets, or survival strategies, which are often real individual, social, material and even spiritual challenges.

This affirmation of the author we can observe in the variable in the youth practiced physical activity; where 14 (35.0%) affirmed that yes and 26 (65.0%) of the sample answered that they did not practice; they probably did not have access to spoken and written media, where they were focused on the importance of doing some physical activity for their health. Among the activities practiced we verified that 6 subjects (42.8%) did gymnastics, 4 (28.5%) swimming and 4 (28.5%) volleyball.

Table 1 - Sociodemographic qualitative variables

Variables	F	%
Sex	Male	04 10,0
	Female	36 90,0
Marital status	Not married	02 5,0
	Married	25 62,5
	Divorced	07 17,5
	Widower	06 15,0
Education	Complete Fundamental	08 20,0
	Complete Middle	26 65,0
	Higher	06 15,0
Retired	Yes	27 67,5
	Not	13 32,5
Currently working	Yes	03 7,5
	Not	37 92,5
If so, what job?	Merchant	03 100
	Hydrogeology	15 18,2
What physical activity do you still practice?	Bodybuilding	05 6,0
	walking	15 18,2
	Pilates	06 7,3
	Dance	09 10,9
	Fitness	32 39,0
In your youth you practiced physical activity?	Yes	14 35,0
	Not	26 65,0
What physical activity did you practice?	Fitness	06 42,8
	Swimming	04 28,5
	Volleyball	04 28,5

In table 2 we can observe the sociodemographic quantitative variables, where they indicate the mean and standard deviation (SD) related to age, how many years he is retired and how long he has been practicing physical activity.

Table 2 – Socio demographic quantitative variables

Variable	Média	DP
Age	67,43	5,71
How many years are you retired?	8,52	7,52
How long have you been practicing physical activity?	5,08	5,15

It presents the variables of the age that had a mean of 67.43 with a SD of 5.71, How many years that is retired having an average of 8.52 and a DP of 7.52 and in relation to how long has been practicing physical activity was obtained to the mean of 5.08 and SD of 5.15.

Table 3 - Motivational factors for the elderly to seek physical activity.

Variable	Not important		Little important		Important		Very important		Extremely important	
	F	%	F	%	F	%	F	%	F	%
Improve the cardiovascular system	0	0	03	7,5	05	12,5	06	15,0	26	65,0
Improve the respiratory system	03	7,5	02	5,0	06	15,0	05	12,5	24	60,0
Improve the nervous system	05	12,5	06	15,0	06	15,0	07	17,5	16	40,0
Improving the locomotors system	02	5,0	03	7,5	05	12,5	10	25,0	20	50,0
Improve chronic degenerative diseases	0	0	0	0	02	5,0	10	25,0	28	70,0

In the other questions in Table 3, the means of responses point to different pathways, all related to health, such as the cardiovascular, respiratory, nervous and chronic-degenerative diseases. Each medium has its own value, measured by the elderly, and they report to a certain extent, the motivation and desire of these individuals to exercise for their health.

We can observe that in the criterion of the motivational factors, the participants presented extremely important the improvement of the chronic degenerative diseases (question 05), being the most pointed in the questionnaire by 28 subjects (70.0%) of the effective one.

Then there was a good representation of interests and motivations of the elderly in the improvement of the cardiovascular system (question 01); with the second being more marked by the elderly, with 26 (65.0%). In this sense, Reis (2014) assures that the high increase in the percentage of diseases obtained and developed in the elderly is related to the high index of sedentary, in which it reports that the co morbidity is related to the factors that lead to the increase of the chronic degenerative diseases in the elderly.

Turi et al. (2014) corroborates with the author and estimates that obesity and sedentary lifestyle are associated with the increase of chronic diseases, together with the increase of adipose tissue is attributed to abdominal obesity, characterized as one of the important causes in the high number of cases of cardiovascular diseases.

In the variable respiratory system improvement (question 02), we had a score of 24 subjects (60.0%) who emphasized the importance of physical activity to improve lung capacity. In this context, a study by Ide et al. (2017) compared the effects of a respiratory exercise program with the elderly between 60 and 65 years and found that an efficient respiratory system can optimize and prevent diseases very common in this population.

In the improvement of the locomotor system (question 04), the extremely important category was not relevant with 20 (50.0%). This result contradicts the research by Guedes (2013) that found an expressive result in this variable, where the 336 subjects of the sample less than 69 years old affirmed that the locomotor system was extremely important for their physical and psychological autonomy. It can be attributed that the exercises in a certain way contribute to improve the changes in the locomotive apparatus that occurred as a result of aging, which cause, among other evils, loss of balance, bone fragility, and muscle weakness.

The analyzes regarding the improvement of the nervous system (question 03) 16 subjects (40.0%) answered as important extremist and 05 (12,5) without important, the highest one indicated as unimportant.

Results and discussions of the interview conducted in the spaces of the Faculdades Integradas de Patos - FIP, based on the opinions of the participants who were interviewed.

Table 4 - Variables related to the pathologies cited in the interview

Variables	F	%
Arthrosis	06	8,6
Bursitis	03	4,3
Osteoporosis	12	17,3
Hypertension	23	33,3
Diabetes	13	18,8
Glaucoma	01	1,4
Herniated Disc	03	4,3
Cardiology	05	7,2
There is not	03	4,3
Do physical activities contribute to improvement?	Yes	40 100
	Not	0 0
If there was improvement, did you motivate him to continue practicing?	Yes	40 100
	Not	0 0

In decreasing order, hypertension was the most cited with 23 (33.3%), followed by diabetes 13 (18.8%), osteoporosis 12 (17.3%), and we found that these three diseases were the most prevalent.

According to the results of Alves (2007), the most frequent chronic condition among arterial hypertension, arthropathy, heart disease, diabetes mellitus, lung disease, and cancer; arterial hypertension was the most relevant in female elderly individuals ranging from 60 to 96 years.

Among chronic non communicable diseases, diabetes mellitus stands out as an important cause of morbidity and mortality, especially among the elderly. In this perspective Ramos (2017) explains that with the great increase in the proportion of elderly people there is also an increase in the proportion of chronic diseases; one of them diabetes, stands out in the more advanced age groups. Diabetes has great impairment in relation to functional capacity and quality of life, being a high impact disease.

In this context, according to Duarte et al. (2012) the practice of physical activity at least 150 minutes weekly with moderate intensity is recommended for patients with diabetes mellitus.

A third of humanity has inflamed joints, or simply arthritis. And the problem starts early, even before the age of 30. According to Atayde (2016) there are more than 100 types of arthritis cataloged. The elderly in our study focused on two types of Arteria: arthrosis and bursitis (Table 4).

Osteoporosis is common in both sexes and has a major impact on quality of life. The occurrence of fractures increases gradually over time, especially in the elderly. This disease is more frequent in females after the postmenopausal period, thus increasing the loss of bone mass. (Yazbek and Neto, 2008). In this perspective Baptista (2013) points out that physical exercise is preponderant in the treatment and prevention of osteoporosis. The author points out that this mechanism should be used in the best way, it is necessary for the professional to be aware of the effect of this type of activity on the bone composition of the elderly, as they may present fragile bones, which can take depending on the type of exercise, to the risk of fracture.

In relation to these diseases, three questions were asked: Do you have any illnesses? Do you think that physical activities contribute to the improvement of these diseases? If there was improvement, did that motivate you to continue with physical activities?

The answers were expressive in the questions of the interview, we found that 100.0% of the sample showed that physical activities were great allies in the motivation process for health promotion.

CONCLUSION

In the study of the 5 questions of the Dimensions of the QMIPAF, the subjects answered as "Extremely Important" the reasons for exercising: Question 01 = improve the cardiovascular system; Question 02 = improve the respiratory system; Question 03 = improve the nervous system; Question 04 = improve the locomotors apparatus; Question 05 = improve chronic degenerative diseases.

It is concluded that, our study shows that all the elderly in our sample focused predominantly on the factors, which are motivated to practice physical activities and mainly, to promote and improve their health, as well as to continue with physical activities, as a way to prevent and improve their pathologies, in the search for a better quality of life, for a Successful Old Age. We emphasize in the interview an extremely expressive data where 100.0% of our sample frantically pointed out the importance of physical activity to improve the pathologies.

Finally, the results of our research will be useful for the elderly, gerontologists, students, health professionals, and interested in the study of motivation with subjects of this age group.

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THE MOTIVATION OF ELDERLY PEOPLE PRACTICING PHYSICALACTIVITY FOR HEALTH PROMOTION

The motivation in the elderly for the practice of physical activities has been growing more and more over the years, they are motivated by medical indication, friends or family; either for reasons of health or improvement in the quality of life due to the pathologies that occur with the advancement of age. The research had as objective to investigate the motivation of elderly practicing physical activity in health promotion. Is a quantitative research, the procedure method is the descriptive of the survey type. The subjects investigated were elderly individuals aged 60 years and over, participants in the Active Life Project: Physical Activity, Health and Longevity of the Integrated Faculties of Patos – (FIP), in the city of Patos - PB. The Questionnaire is about the Motivation of Physical Activity Seniors (QMIPAF), constructed and validated by Lucena & Serpa (2013), and an interview to verify the pathologies of the elderly were used as instrument. The questionnaire is composed of two distinct parts, the first of which aims to know the sociodemographic and physical activity characteristics of the elderly, and the second to investigate the motivation of elderly practicing physical activity in health promotion. The collected data were analyzed through the descriptive statistics of IBM SPSS statistics, version 21. The results of our study showed that the elderly investigated focused strongly on factors that are motivated to practice physical activities to promote and improve their health in the search for a better quality of life for a Successful Old Age.

Keywords: Motivation, Aging, Physical activity, Health.

LA MOTIVATION DES PERSONNES PRÉDICTIVES D'ACTIVITÉ PHYSIQUE POUR LA PROMOTION DE LA SANTÉ

Les personnes âgées sont de plus en plus motivées à pratiquer des activités physiques au fil des ans. Elles sont motivées par des indications médicales, des amis ou des membres de leur famille. soit pour des raisons de santé ou d'amélioration de la qualité de vie en raison des pathologies qui surviennent avec l'âge. La recherche avait pour objectif d'enquêter sur la motivation des personnes âgées pratiquant une activité physique dans le domaine de la promotion de la santé. Il s'agit d'une recherche quantitative, la méthode de la procédure est descriptive du type d'enquête. Les sujets étudiés étaient âgés de 60 ans et plus, et participaient au projet Vie active: Activité physique, santé et longévité des facultés intégrées de Patos - FIP, dans la ville de Patos - PB. Le questionnaire sur la motivation des personnes âgées pratiquant des activités physiques (QMIPAF), construit et validé par Lucena & Serpa (2013), ainsi qu'un entretien pour vérifier les pathologies des personnes âgées ont été utilisés comme instrument. Le questionnaire est composé de deux parties distinctes. La première vise à connaître les caractéristiques sociodémographiques et l'activité physique des personnes âgées et la seconde à rechercher la motivation des personnes âgées pratiquant l'activité physique dans le domaine de la promotion de la santé. Les données recueillies ont été analysées à l'aide des statistiques descriptives des statistiques IBM SPSS, version 21. Les résultats de notre étude ont montré que les personnes âgées enquêtées se concentraient fortement sur les facteurs qui les poussent à pratiquer des activités physiques pour promouvoir et améliorer leur santé, à la recherche d'une meilleure qualité de vie pour une vieillesse réussie.

Mots-clés: Motivation. Vieillesse Activité physique. La santé.

LA MOTIVACIÓN DE IDOSOS PRACTICANTES DE ACTIVIDAD FÍSICA PARA LA PROMOCIÓN DE LA SALUD

La motivación en ancianos para la práctica de actividades físicas viene creciendo cada vez más con el paso de los años, ellos son motivados por indicación médica, amigos o familiares; ya sea por motivos de salud o mejora en la calidad de vida debido a las patologías que vienen a ocurrir con el avance de la edad. La investigación tuvo como objetivo averiguar la motivación de ancianos practicantes de actividad física en la promoción de la salud. Se trata de una investigación cuantitativa, el método de procedimiento es el descriptivo del tipo survey. Los sujetos investigados fueron ancianos con edad igual o superior a 60 años, participantes del Proyecto Vida Activa: Actividad Física, Salud y Longevidad de las Facultades Integradas de Patos - FIP, en la ciudad de Patos - PB. Se utilizó como instrumento, el Cuestionario de Motivación de Ancianos Practicantes de Actividades Físicas (QMIPAF), construido y validado por Lucena & Serpa (2013), y una entrevista para verificar las patologías de los ancianos. El cuestionario se compone de dos partes distintas, siendo que la primera tiene como meta conocer las características socio demográficas y de actividades físicas de los ancianos y la segunda investigar la motivación de ancianos practicantes de actividad física en la promoción de la salud. Los datos recogidos se analizaron a través de la estadística descriptiva del IBM SPSS estadística, versión 21. Los resultados de nuestro estudio mostró que los ancianos investigados se enfocaron vehementemente en los factores que son motivados para practicar actividades físicas para promover y mejorar su salud en la búsqueda de una mejor calidad de vida para una vejez bien sucedida.

Palabras clave: Motivación. Envejecimiento. Actividad física. Salud.

AMOTIVAÇÃO DE IDOSOS PRATICANTES DE ATIVIDADE FÍSICA PARA A PROMOÇÃO DA SAÚDE

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RESUMO

A motivação em idosos para a prática de atividades físicas vem crescendo cada vez mais com o passar dos anos, eles são motivados por indicação médica, amigos ou familiares; seja por motivos de saúde ou melhora na qualidade de vida devido às patologias que vem a ocorrer com o avanço da idade. A pesquisa teve como objetivo averiguar a motivação de idosos praticantes de atividade física na promoção da saúde. Trata-se de uma pesquisa quantitativa, o método de procedimento é o descritivo do tipo survey. Os sujeitos investigados foram idosos com idade igual ou superior a 60 anos, participantes do Projeto Vida Ativa: Atividade Física, Saúde e Longevidade das Faculdades Integradas de Patos – FIP, na cidade de Patos – PB. Foi utilizado como instrumento, o Questionário de Motivação de Idosos Praticantes de Atividades Físicas (QMIPAF), construído e validado por Lucena & Serpa (2013), e uma entrevista para verificar as patologias dos idosos. O questionário é composto de duas partes distintas, sendo que a primeira tem como meta conhecer as características sociodemográficas e de atividades físicas dos idosos e a segunda investigar a motivação de idosos praticantes de atividade física na promoção da saúde. Os dados coletados foram analisados através da estatística descritiva do IBM SPSS statistics, versão 21. Os resultados do nosso estudo mostrou que os idosos investigados enfocaram veemente nos fatores que são motivados para praticarem atividades físicas para promoverem e melhorarem sua saúde, na busca de uma melhor qualidade de vida para uma Velhice Bem Sucedida.

Palavras-chave: Motivação. Envelhecimento. Atividade Física. Saúde.