

105 - NCDs AND QUALITY OF LIFE OF UNIVERSITY PROFESSORS

POLIANA PIOVEZANA DOS SANTOS
INSTITUTO DE ENSINO SUPERIOR DA GRANDE FLORIANÓPOLIS (IESF), SÃO JOSÉ/SC/BRASIL
LOURDES DA SILVA GIL
UNIVERSIDADE LUTERANA DO BRASIL

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INTRODUCTION

Non-communicable chronic diseases (NCDs) have been studied in the last 20 years because they are part of the biggest global health problem. Malta et al. (2014) pointed out the high number of premature deaths, loss of quality of life, with a high degree of limitation and disability. Such characteristics generate economic impacts for families and communities, and for the general society. University professors have presented cardiovascular diseases, diabetes, cancer and chronic respiratory disease, which compose the main NCDs (MALTA et al., 2017a). In the Strategic Action Plan for Coping with NCDs in Brazil there are actions to control smoking, physical inactivity, inadequate feeding and harmful alcohol use (MALTA et al., 2017b). In this context, there is an inversely proportional association between NCDs and quality of life (SARAIVA et al., 2015; SANTANA; BIDINOTTO; SIMONETTI; BOCCHI, 2016). Cardiovascular diseases are aggravated by sedentary routines, little time to feed themselves, excessive consumption of coffee. These are also some of the day-to-day characteristics of the university professor. The university professor in Brazil works an average of 40h / week within the Institution of Higher Education (IES), due to the traffic in the larger cities, he finishes his meals inside the institution, since there are small intervals between the classes, and even between the periods. He often goes to the teachers' room at these intervals, and only drinks coffee and water. The work routine runs late and night or morning and afternoon. Some of them come to work a few days a week in three periods (SARAIVA et al., 2015, MALTA et al., 2017c). Type II diabetes can be developed by adapting the body to high glycemic indexes, caused by eating habits and sedentary lifestyle. At the end of the work day within the HEI, it would be necessary to seek motivation to prepare their meals, perform physical activity and relax, as performed by professionals of different professions. In general, the teacher finishes his / her work at HEI and at home, works on class preparation, preparation and proofreading, project preparation, research review and orientation, scientific summaries, course completion work, and others. It often opts for feeding in front of the computer and / or reading a text (SANTANA, 2017; BIDINOTTO; SIMONETTI; BOCCHI, 2016; PEIXOTO, 2017; MALTA et al., 2017c). NCDs are lifestyle-related complications. It is in this relationship that we begin the next topic of this review. The concept of quality of life is different from one person to another and tends to change over the years. There are factors that determine the quality of life of people or communities. The combination of these factors makes the quality of life so individual because it results from a network of phenomena and situations. There are factors associated with health status, longevity, job satisfaction, salary, leisure, family relations, disposition, pleasure and spirituality (NAHAS, 2013). The state of health and longevity of university teachers is affected by NCDs, in the same percentage of the population in general, associated with Burnout Syndrome. Burnout syndrome is characterized by some symptoms: physical and emotional exhaustion that is reflected in negative attitudes, such as absences from work, aggression, isolation, abrupt mood changes, irritability, difficulty concentrating, memory lapses, anxiety, depression, pessimism, low self-esteem. Some physical manifestations may be associated with the syndrome: headache, migraine, tiredness, sweating, palpitation, high blood pressure, muscle aches, insomnia, asthma attacks, gastrointestinal disorders. This relationship between work and disease occurs because human beings are linked to each other and to organizations. And all these feelings and sensations when ignored can affect not only the mind, but the body. The labor relations are no longer only in face-to-face contact, currently also in the very characteristic virtual environment. Providing virtually, expectations, values, ideas. The function is to satisfy demands and needs of personal, social and organizational order, which can be a determining factor of psychic suffering and subsequent illness (SAMPAIO; CALDAS; CATRIB, 2015). Following this line of thinking, it is still possible to highlight the satisfaction with the work and its relation with the salary. Although quality of life at work and overall quality of life are distinct, they influence each other. The first is through sensations in relation to the physical environment, as well as interpersonal interactions at work, while the second involves all aspects of the individual's life (food, physical activity, preventive behavior, relationships, stress control, spirituality, among others). Thus, job dissatisfaction may result in imbalances in family life and in social relationships outside working contexts, while dissatisfaction outside these contexts can play a protracted role in work (DE ARAÚJO, P. et al, 2016). Moments intended for leisure, family relationships are directly related to well-being. Failure to have these moments in your daily life will directly affect your lifestyle, reducing the quality of life. Finding disposition and pleasure have been related by the world health organization as giving a time in their life to spirituality. (NAHAS, 2013). In this study, the university professor is investigated about his quality of life and the relationship with chronic noncommunicable diseases (NCDs). To address this theme, the quality of life in the teaching work leads us to know parameters that can better align the quality of life management programs at work. Taking into account possible hereditary and / or acquired disorders such as chronic noncommunicable diseases. Chronic noncommunicable diseases grow in line with psychosomatic illnesses and affect the working society in general. Teachers may have the same profile described in other workers, know better this reality, describing it can help in awareness and quality of life. This knowledge will enable us to understand and create better actions that contribute to the maintenance of teachers' health in their work environment. The article seeks to detect and describe the relationship between teacher quality of life and chronic noncommunicable diseases. To establish, based on the analysis and presentation of the parameters of quality of life stipulated by the UN and its relation with the teacher and to investigate the NCDs that more affect teachers. The motivation for the research is to understand if the quality of life of the university professor contributes to obtain positive results in the teaching and learning process of the students. Based on this questioning, we seek to investigate how the management of higher education teaching, which compose a University can interfere in obtaining better and higher quality, both in the life of the teacher and in the learning process of the students involved. It is proposed to investigate the following problem: Can chronic noncommunicable diseases interfere with the quality of life of higher education teachers?

Aiming to detect and describe the relationship between teacher quality of life and chronic noncommunicable diseases.

METHODOLOGY

This is a systematic review of national studies on chronic noncommunicable diseases and quality of life of teachers in higher education. The systematic review is a robust evaluation and synthesis technique applied in different fields of knowledge (ZOLTOWSKI, COSTA, TEIXEIRA & KOLLER, 2014), as it seeks to group all the empirical evidence that fits into a pre-specified eligibility criterion in order to answer a specific research question (ANTMAN 1992, OXMAN 1993). That is, a systematic review requires a clear question, the definition of a search strategy, the establishment of criteria for inclusion and exclusion of articles and, above all, a careful analysis of the quality of the selected literature. The development process of this type of review study includes characterizing each selected study, evaluating their quality, identifying important concepts, comparing the statistical analyzes presented, and concluding about what the literature reports in relation to a particular intervention, pointing out problems / issues that need new studies (SAMPAIO and MANCINI, 2007). Therefore, the searches were carried out from the platforms Scielo, Pub Med, Periodicals of Capes. The research of the articles was carried out in the period of March and April of 2018, restricting to the articles published in the last five years. The descriptors used for the searches in the databases were: "university professors" and "NCDs". The criterion of inclusion of articles that they used in their methodology: clinical trials, observational and / or mixed studies. And as an exclusion criterion articles that used bibliographical revisions in their methodology. (Population, Intervention, Comparison, Results, Design) for a careful analysis of the quality of the selected literature (DIAS et al., 2018).

RESULTS

Following the proposed methodology, four articles were found that met all the criteria established for this work, observable in the following table:

Author	Population *	Results	Year
Daniela Cristina Felix Santana	Professors, 19-50 years.	The study presented professionals with low quality of life, having as the largest item: 66% have a habit of practicing physical activity; 7% Cardiovascular disease.	2017
Kerilyn Trindade Coimbra Patricia Arantes de Queiroz	Professors, 44 ± 10 years.	The study presented professionals with low quality of life, with the highest item: 30.7% sedentary; 24.5% negative health evaluation	2016
Luciana Eduardo Fernandes Saraiva e colaboradores	Professors, 58 ± 8 years.	It was observed that the higher the number of chronic conditions, the lower the values of the domains of the quality of life scale, where the domains most affected were the physical and emotional aspects.	2015
Jaqueline de Oliveira Santana	Professors, 44 ± 10 years.	The study presented professionals with low quality of life, having as its largest item: 30.7% inactive physically, 24.5% NCDs.	2017

* mean ± standard deviation

The studies presented above corroborate, in one item, the physical inactivity associated with chronic noncommunicable diseases (NCDs). Santana (2017a) in his dissertation, presents data from the professors of the Federal University of Goiás, with the main objective of ascertaining the quality of life at work (QVT). It describes that the best perception of QWL satisfaction is directed towards integration (75%), followed by working conditions (66%), in third the participation (60%), the fourth perception related to work organization (54%), the fifth with communication (46%), in sixth and seventh, the compensation and image of the organization (38%) and in eighth to health (17%). Therefore, they concluded that the greatest dissatisfaction with QWL in the referred institution is related to health criteria, which makes it worrying and necessary evaluation with prevention of workers' health. For Coimbra and Queiroz (2016), who studied the association between health perception and risk factors, among university professors, in a cross-sectional study with 163 higher education teachers of both sexes. They concluded that negative self-assessment of health showed a higher prevalence among those with lower levels of physical activity (sedentary). When observing the findings of Saraiva and collaborators (2015), carried out in the Server Assistance Department of the Federal University of Rio Grande do Norte with 215 servers, during the period from March to May 2011 Among the chronic health conditions studied, it was found a significant relationship between NCDs and quality of life scores (QoL). The QoL of the servers is negatively influenced by the chronic health conditions, generally compromising their daily activities of life and work. Finally, Santana (2017), in a cross-sectional study, with a probabilistic sample, including 163 workers In addition to physical inactivity, they evaluated age, sex, marital status, smoking, excessive alcohol consumption, health and stress perception, diabetes, hypertension, low back pain, depression, heart disease and consumption of fruits and vegetables, unhealthy fat, soda and salt. Physically inactive participants had lower consumption of fruits / vegetables / vegetables, excessive consumption of alcohol and worse perception of health. It is suggested that physical inactivity is associated with a higher health risk profile, and the simultaneous occurrence of these factors should be considered in planning health actions for groups of workers and the general population.

FINAL CONSIDERATIONS

Taking into account all the parameters evaluated in the four articles, it is possible to observe that the quality of life of university professors is deficient because it presents as a significant item the high rate of physical inactivity, in a direct increase with the greater propensity to develop NCDs. In favor of stimulating and supporting the practice of physical activities and strategies to combat sedentarism. Helping to understand how teachers feel physically, emotionally and socially, helping to improve the health condition in this population group.

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NCDs AND QUALITY OF LIFE OF UNIVERSITY PROFESSORS

The quality of life of the university professor is being sought, for this reason, is imperative to research, to understand and to obtain positive results, both in the personal aspect and in the teaching and learning process of the students, considering the growth of institutions in the current context. Regard this aspect, an important issue that emerges is that concerning chronic diseases (NCDs) is noncommunicable, the disease can disrupt or incapacitate a professional. The objective of this study was to detect and describe the relationship between teacher quality of life and nontransmissible chronic diseases. For this, a systematic review was used, considering articles presenting as clinical trials methodology and/or observational studies. Taking into account all the parameters evaluated in the four articles, it is possible to observe that the quality of life of university professors is deficient because it presents a significant high percentage of physical inactivity, in a direct increase with the great propensity to develop NCDs

Keywords: university professors, quality of life, noncommunicable chronic diseases

MCNT ET LA QUALITÉ DE VIE DE L'ENSEIGNANT DE L'ÉCOLE SECONDAIRE

La qualité de vie du professeur d'université est maintenant recherchée, il est donc impératif de rechercher dans la recherche pour comprendre et obtenir des résultats positifs, tant sur le plan personnel que dans le processus d'enseignement et d'apprentissage des étudiants, compte tenu de la croissance de institutions dans le contexte actuel. À cet égard, un problème important qui se pose est celui des maladies chroniques (MCNT) qui ne sont pas transmissibles, mais qui perturbent ou empêchent un professionnel. L'objectif de cette étude était de détecter et de décrire la relation entre la qualité de vie des enseignants et les maladies chroniques non transmissibles. Pour cela, une revue systématique a été réalisée, en considérant des articles présentant comme une méthodologie d'essais cliniques et / ou des études d'observation. Compte tenu de tous les paramètres évalués dans les quatre articles, il est possible de constater que la qualité de vie des professeurs d'université est déficiente car elle présente un taux élevé d'inactivité physique, en augmentation directe avec la plus grande propension à développer le MCNT.

Mots-clés: professeurs d'université, qualité de vie, maladies chroniques non transmissibles.

ECNT Y CALIDAD DE VIDA DEL DOCENTE DE LA ENSEÑANZA SUPERIOR

Se busca hoy la calidad de vida del profesor universitario, por lo que se vuelve imperiosa la investigación en la búsqueda de entender y de obtener resultados positivos, tanto en el aspecto personal como en el proceso de enseñanza y aprendizaje de los alumnos, considerando el crecimiento de instituciones en el contexto actual. En este aspecto un tema importante que emerge es el relativo a las enfermedades crónicas no transmisibles (ECNT), pero que perturban o incapacitan a un profesional. El objetivo de este estudio fue detectar y describir la relación entre la calidad de vida docente y las enfermedades crónicas no transmisibles. Para ello se utilizó una revisión sistemática, considerando artículos que presentaran como metodología ensayos clínicos y / o estudios observacionales. En la mayoría de los casos, la calidad de vida de los profesores universitarios es deficitaria por presentar como elemento más significativo el alto índice de inactividad física, en un creciente directo con la mayor propensión al desarrollo de ECNT.

Palabras clave: profesores universitarios, calidad de vida, enfermedades crónicas no transmisibles.

DCNT E QUALIDADE DE VIDA DO DOCENTE DO ENSINO SUPERIOR

Procura-se hoje a qualidade de vida do professor universitário, por isso torna-se imperiosa a pesquisa na procura de entender e de obter resultados positivos, tanto no aspecto pessoal como no processo de ensino e aprendizagem dos alunos, considerando-se o crescimento de instituições no atual contexto. Sob este aspecto um tema importante que emerge é o relativo às doenças crônicas (DCNT) não transmissíveis, mas que perturbam ou incapacitam um profissional. O objetivo deste estudo foi detectar e descrever a relação entre a qualidade de vida docente e as doenças crônicas não transmissíveis. Para tanto utilizou-se uma revisão sistemática, considerando artigos que apresentassem como metodologia ensaios clínicos e/ou estudos observacionais. Levando em conta todos os parâmetros avaliados nos quatro artigos é possível observar que a qualidade de vida dos professores universitários é deficitária por apresentar como item mais significativo o alto índice de inatividade física, num crescente direto com a maior propensão ao desenvolvimento de DCNT.

Palavras-chave: professores universitários, qualidade de vida, doenças crônicas não transmissíveis.