

26 - PHYSICAL ACTIVITY AND PERCEPTION OF WELFARE IN THE THIRD AGE

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1. INTRODUCTION

The implementation of physical activity in the elderly is being increasingly valued. The need to maintain a healthy lifestyle during the aging process to increase overall well-being by enhancing quality of life is only one factor contributing to increased life expectancy. In recent decades, both in Brazil and in other countries, whether developed or not, there has been a longer life expectancy of the population and, consequently, a process of population aging (CARVALHO; GARCIA; 2003).

Nahas (2006, p.228) says that old age, old age, advanced age are expressions used to label the phase in which people over 65 in developed countries or 60 years in less developed regions.

For Matsudo (2001), the "elderly" exists because of a chronological classification and the need to identify or describe with a word the human being in different stages of life.

The aging process entails many problems related to the environment, body and psychological health and social, economic and cultural aspects. But for Pires et al (2002, apud KUWANO; SILVEIRA, 2002, p. 2), " a quiet old age is the sum of everything, as much as the body benefits, such as physical exercise, healthy eating, finally, is I need to invest in a quality of life.

Freitas et al. (2007) establishes some reasons that lead the elderly to practice physical activities: improving health; improve physical performance; adopt healthy lifestyle; reduce stress; comply with medical prescription; assist in the recovery of injuries; improve self-image; improve self esteem and relax. For this, some seniors look for alternatives to exercise, aiming to improve their overall health. However, there are still people who do not care about physical activity and feel that the psychological part is not involved in physical exercise. According to Néri (2001), low levels of health in old age are associated with high levels of depression and distress and low levels of life satisfaction and well-being.

The sense of well-being is very broad can be explained as a subjective notion of feeling good. It means being in full condition of satisfaction in social, psychological and physical terms. For Puga Barbosa (2003), well-being derives from the absence of disease, physical fitness, self-confidence, absence of depression.

There are numerous difficulties that the elderly face to perform their activities of daily living caused by the aging process. These difficulties interfere with social relationships, impairing emotional health. Coutinho and Acosta (2009), consider that the elderly gather in groups for the purpose of fun, leisure, to see friends and talk. This consideration makes us understand that the physical activity to be implemented in the life of the elderly without giving them up should be done in groups, preferably groups of the same age group. This does not mean that the elderly cannot perform physical activities with people of other ages, but that it becomes more difficult to relate to them.

Neri (1995) argues that well-being in old age depends on the individual and group condition of physical, mental and social well-being, being linked to the ideals of society, the conditions and values existing in the environment in which the individual ages, also in accordance with your personal history. Physical activity for the elderly represents a way to deny aging, because for the elderly maintaining the capacity for autonomy and independence is essential for positive feelings about self-esteem (DEBERT, 1999).

Siqueira (2002), believes that people in old age should maintain the same levels of activity as previous stages of adulthood, replacing lost social roles with the aging process with new ones, so that well-being in old age would be the result of aging. increment of these activities.

2. JUSTIFICATION AND DELIMITATION OF THE STUDY

Most people when they enter old age have a desire to increase their life expectancy. They believe this is the time to take care of themselves as they previously claimed lack of time to take care of their health. But many do not understand that overall well-being and quality of life have been gradually achieved since the beginning of our lives.

Healthy habits such as physical activity, proper diet, not using drugs, alcohol and tobacco are some of the essential actions to improve health.

Studies indicate that physical activity brings cardiorespiratory benefit, prevents disease, strengthens the muscles, reduces stress, providing anxiety and well-being.

Consequently the quality of life of the elderly population is not the same as that of a young population, over time the body suffers deterioration of functions caused by aging that added to an unhealthy lifestyle causes disease and malaise.

Because of these health problems many seniors are afraid to start exercising thinking about the difficulties they will encounter along the way due to their poor health. In the city of Ponta Grossa in the state of Paraná there are several groups that offer support to the elderly by providing various types of physical activities such as dancing, swimming, games, water aerobics, scavenger hunts, among others. Thus these seniors create bonds of friendship and pleasure by being in an environment where they find so many options to be distracted and take care of health.

Therefore, this study aimed to investigate the difference in the perception of well-being between a group of advanced elderly and another group of elderly beginners in the practice of physical activity. The hypothesis is that the beginner elderly have a lower perception of well-being compared to the advanced elderly group. However, for Physical Education Professionals it is

important to pay attention and motivation so that they maintain the continuous practice.

3. METHODOLOGY

This is a cross-sectional study and obtained data in a non-invasive manner. All participants signed the informed consent form. The sample consisted of twenty people aged 65 and over. These people make up a group that practices various types of physical activity in a support foundation for the elderly in the city of Ponta Grossa in the state of Paraná. These activities are water aerobics, swimming, walking, weight training and stretching. However, twelve people in this group practice physical activity for more than three months (advanced) and the other eight people practice less than three months (beginners). Thus, these people were divided into two groups; Group 1 (advanced) consists of 12 individuals. Group 2 (beginners) consists of 8 individuals).

In group 1, ten women and 2 men participated in the research. In group 2, 5 women and 3 men participated.

To assess the perception of well-being in these groups, the WHOQOL-BREF questionnaire was applied. This instrument was developed by the World Health Organization (WHO) to subjectively evaluate the individual's quality of life. It has 26 items, which are divided into four domains, physical, psychological, social and environmental. Each item has a scale of 1 to 5.

4. RESULTS OBTAINED AND STATISTICAL DISCUSSION

This research is a cross-sectional study on the perception of well-being of a group of elderly people from the city of Ponta Grossa in the state of Paraná, and the WHOQOL-BREF quality of life scale was applied.

Data were tabulated using the Microsoft Excel program. The values were indicated through the arithmetic means (Ma) and determination of the standard deviations (D) and the respective coefficients of variation (Cv).

Of the twenty elderly who agreed to participate in the research, all needed to be helped to answer the questionnaire properly, due to difficulty in understanding, illiteracy and vision problems.

The average age of the volunteers was 68.5 years ($D = \pm 4.30$), ranging from 65 to 80 years.

Among the four domains, the highest score achieved was the psychological score, with an average of 69.16 ($D = \pm 10.51$). Then the social domain averaged 67.90 ($D = \pm 13.32$). Right after the physical domain with a mean of 62.50 ($D = \pm 12.40$). And lastly the environmental domain with an average of 47.20 ($D = \pm 13.45$).

Analyzing the two groups separately, in tables 1 and 2, show the Ma, D and Cv of each group, together with the Ma, D and Cv of each individual.

Table 1: Advanced Individuals (Group 1)

Fonte: Dados coletados pelos pesquisadores (2017)

Tabela 2: Indivíduos Iniciantes (Grupo 2)

Fonte: Dados coletados pelos pesquisadores (2017)

Tabela 3: Percepção de Bem-Estar

Fonte: Dados coletados pelos autores (2017)

Among group 1, the domain with the highest score was the social domain with an average of 75.69 ($D = \pm 4.29$). Followed by the physical domain, average of 70.82 ($D = \pm 4.26$). And the psychological, mean of 69.44 ($D = \pm 4.29$) and environmental domains mean of 66.13 ($D = \pm 6.37$). We can understand that because this group is together longer, the social interaction between them and with other people is more developed compared to group 2 that the average social domain was 50.00 ($D = \pm 10.68$). This group in turn sought not only physical activity, but consequently friendships, attention and contact with people of the same age group.

Yeh and Liu (2003) point out that improving the quality of life is combined with social coexistence. According to Litvoc and Brito (2004), the good quality of life of the elderly can be characterized by the presence of three dynamically interacting situations: the low probability of diseases and associated disabilities, the good functional capacity (physical and cognitive) and the active participation in the community.

In group 2, the highest score was obtained in the psychological domain, average of 59.37 ($D = \pm 9.38$). Followed by the physical domain 50.00 ($D = \pm 9.55$), previously mentioned social domain and environmental domain with an average of 42.19 ($D = \pm 5.79$). Of the full sample, most reside in low-infrastructure locations far from the city center, indicating that they are not happy with their environment.

In both groups the physical domain was second, however, group 1 obtained a significantly higher average compared to group 2 due to the greater experience in the practice of physical activity.

Table 3 shows the general means of the perception of well-being of each group. Group 1 obtained a general average perception of well-being of 72.09 ($D = \pm 4.77$) indicating an excellent quality of life. In group 2, the overall average was 51.95 ($D = \pm 7.00$), which highlights a good quality of life.

5. CONCLUSION

From the analysis of the data obtained we could conclude that the elderly who are practicing the physical activity for the longest have a better perception of well-being in relation to their quality of life compared to the elderly who are beginning this practice.

The study results showed that in order to achieve well-being one should try to get as close as possible to completing the four domains. However for the elderly this becomes increasingly difficult due to the aging process.

For Allsen et al. (2001), it seems that physical activities provide the opportunity for the individual to have a sense of success that, in turn, reinforces self-image and positive self-esteem.

Therefore remaining physically active or engaging in physical activity is the best method to increase well-being and quality of life.

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PHYSICAL ACTIVITY AND PERCEPTION OF WELFARE IN THE THIRDDAGE

Abstract

The aging process brings with it numerous problems related to the fields, the environment in which they live, will bodily health, psychological and social. The ability of the elderly to maintain the quality of life and thus improve their general well-being is becoming increasingly precarious. However the implementation of activities to work these areas is critical to ensure improvement in the welfare of the elderly. For both this study aimed to investigate the difference in perception of well-being among a group of elderly advanced and another group of elderly people starting in physical activity, using the WHOQOL-BREF (1988) the World Health Organization, The overall sample was composed of twenty elderly subjects of both sexes. These twenty participants were divided into two groups: group 1 (advanced) and group 2 (beginner). The average age of the overall sample was 68.5 years. Regarding the perception of well-being (quality of life) to a group average was 72.09, whereas the second group received an average of 51.95. This indicates that the group of starters reached the lowest rate of perception d well-being in relation to the group of advanced physical activity.

Key - words: Third age, physical activity, perception of well-being.

ACTIVITÉ PHYSIQUE ET PERCEPTION DU BIEN-ÊTRE AU TROISIÈME ÂGE

Résumé

Le processus de vieillissement pose de nombreux problèmes liés aux domaines, à l'environnement dans lequel ils vivent, à la santé physique, psychologique et sociale. La capacité des personnes âgées à maintenir leur qualité de vie et à améliorer ainsi leur bien-être général devient de plus en plus précaire. Cependant, la mise en œuvre d'activités qui fonctionnent dans ces domaines est fondamentale pour assurer l'amélioration du bien-être des personnes âgées. L'objectif de cette étude était donc d'étudier la différence de perception du bien-être entre un groupe de personnes âgées avancées et un autre groupe de débutants âgés en activité physique, à l'aide de l'instrument WHOQOL-BREF (1988) de l'Organisation mondiale de la Santé. L'échantillon général était composé de vingt participants âgés des deux sexes. Ces vingt participants ont été divisés en deux groupes: groupe 1 (avancé) et groupe 2 (débutants). L'âge moyen de l'échantillon général était de 68,5 ans. En ce qui concerne la perception du bien-être (qualité de vie), la moyenne du groupe 1 était de 72,09, alors que celle du groupe 2 était de 51,95. Cela indique que le groupe de débutants a atteint un indice de perception du bien-être inférieur à celui du groupe des personnes ayant une activité physique avancée.

Mots-clés: Aînés, activité physique, perception du bien-être.

ACTIVIDAD FÍSICA Y PERCEPCIÓN DEL BIENESTAR EN LA TERCERA EDAD

Resumen

El proceso de envejecimiento trae consigo numerosos problemas relacionados con los dominios, el entorno en el que viven, la salud corporal, psicológica y social. La capacidad de las personas mayores para mantener la calidad de vida y mejorar así su bienestar general se está volviendo cada vez más precaria. Sin embargo, la implementación de actividades que funcionan en estos dominios es fundamental para garantizar la mejora del bienestar de las personas mayores. Por lo tanto, el objetivo de este estudio fue investigar la diferencia en la percepción de bienestar entre un grupo de ancianos avanzados y otro grupo de principiantes mayores en actividad física, utilizando el instrumento WHOQOL-BREF (1988) de la Organización Mundial de la Salud. La muestra general consistió en veinte participantes mayores de ambos sexos. Estos veinte participantes se dividieron en dos grupos: grupo 1 (avanzado) y grupo 2 (principiantes). La edad promedio de la muestra general fue de 68.5 años. En cuanto a la percepción de bienestar (calidad de vida), el promedio del grupo 1 fue de 72.09, mientras que el grupo 2 obtuvo un promedio de 51.95. Esto indica que el grupo de principiantes logró un índice de percepción de bienestar más bajo en comparación con el grupo de avanzados en actividad física.

Palabras clave: Mayores, actividad física, percepción del bienestar.

ATIVIDADE FÍSICA E PERCEPÇÃO DE BEM-ESTAR NA TERCEIRA IDADE

Resumo

O processo de envelhecimento traz consigo inúmeros problemas relacionados aos domínios, meio ambiente em que vivem, à saúde corporal, psicológica e social. A capacidade dos idosos manter a qualidade de vida e assim melhorar seu bem-estar geral vai ficando cada vez mais precária. Porém a implantação de atividades que trabalhe esses domínios é fundamental para garantir melhoria no bem-estar dos idosos. Para tanto neste estudo objetivou-se investigar a diferença na percepção do bem-estar entre um grupo de idosos avançados e outro grupo de idosos iniciantes na prática de atividade física, utilizando o instrumento WHOQOL-BREF (1988) da Organização Mundial da Saúde. A amostra geral foi composta por vinte participantes idosos de ambos os sexos. Esses vinte participantes foram divididos em dois grupos: grupo 1 (avançados) e grupo 2 (iniciantes). A média de idade da amostra geral foi de 68,5 anos. Em relação à percepção de bem-estar (qualidade de vida) a média do grupo 1 foi de 72,09, já o grupo 2 obteve a média de 51,95. Isso indica que o grupo de iniciantes alcançou menor índice de percepção de bem-estar em relação ao grupo de avançados em atividade física.

Palavras – chave: Terceira idade, atividade física, percepção de bem-estar.