

84 - QUALITY OF LIFE OF ELDERLY vs. PRACTICE OF DIFFERENT PHYSICAL ACTIVITIES

ALINE OLIVEIRA DE SOUSA
NALFRANIO DE QUEIROZ SÁTIRO FILHO
DIVANALMI FERREIRA MAIA
MARCOS ANTONIO MEDEIROS NASCIMENTO
CENTRO UNIVERSITÁRIO – UNIFIP
alineoliveirasousa1991@gmail.com

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INTRODUCTION

The increase in the elderly population is a worldwide reaction, so in order to continue an assertive and determinant pattern of longevity, the benefits of safety, social participation and health must be constantly enriched for this growing share of people in the world (BASHKIREVA et al., 2018).

Considering this, the World Health Organization (WHO) has suggested an active aging policy, which indicates resources to maintain and improve the health and quality of life of the elderly population. Practicing any form of exercise is critical to maintaining healthy and independent aging. With the functional performance of the elderly, it can be reestablished and encourage the aging process (BASHKIREVA et al., 2018).

The performance of physical exercise is one of the resources used to promote the health of the elderly and thus ensure a better quality of life and give more autonomy in the performance of activities, and greater independence in their home and society. However, it should be performed according to the needs of the age, obeying the physical limit and biological individuality of each elderly person (BUSQUETS-CORTES et al., 2018).

The general objective that guided this research was to compare the quality of life of elderly practitioners in different types of physical activities. Whose specific objectives were: Describe the perception of the elderly in relation to the quality of life; identify the understanding of elderly physical activity practitioners about the effects of physical activity and correlate the quality of life with the practice of physical activity, such as water exercises, walking and dancing.

However, it is important to analyze whether such training, specifically practiced such as water aerobics, gymnastics and dance, would be able to promote more beneficial effects, immediate or not, and are differently important in the acquisition of results in physical and mental improvement and development in the participating individuals.

METHODOLOGICAL PROCEDURE

This research is characterized as descriptive, with comparative cross-sectional design. The study is a quantitative approach, which comes from the tradition of the natural sciences, where knowledge of phenomena is measured mathematically through numerical scales, ie, there are several methodologies that can address a qualitative modality (SEVERINO, 2016).

The research presented a descriptive type characteristic, with a quantitative approach. The population of approximately 100 practitioners was composed of users of the "Active Life Project" located in the city of Patos - PB, and the sample consisted of 30 elderly aged between 60 and 90 years, of which 10 from each practiced mode: Water aerobics, Gymnastics and Dance, being 2 males and 28 females, with at least 6 months of practice in the referred and only modality practiced.

Contact was made with the coordinator of the "ACTIVE LIFE PROJECT" and the physical education professionals responsible for the activities, to present the project and sign the consent letter. After approval by the ethics committee, the volunteers were explained the research objectives and the requirements for them to participate in the study. Those who were able were asked to sign the informed consent form and then the volunteers answered the SF-36 quality of life questionnaire. The questionnaire was applied to the Active Life Project of the University Center - UNIFIP, on the day the elderly attended to practice their physical activities.

RESULTS

Thirty elderly aged between 60 and 90 years old participated in the sample, average of 70.0 ± 7.1 of which 10 of each type practiced: Water aerobics, Gymnastics and Dance, being 02 males and 28 females, with at least 6 months of practice in the mentioned and only modality practiced. In the Gymnastics were evaluated 10 elderly, one male, aged 69 years and 9 women with a mean age of 67.2 ± 5.4 , while in Gymnastics we had a male aged 88 years and 9 women with a mean age of 70.3 ± 6.3 and finally the Dance modality with all female elderly with a mean age of 70.7 ± 6.7 .

Considering that the SF-36 scores in each domain can vary from zero to 100 and that the higher the value, the better the health-related quality of life, the results show that the domains that presented the three best scores in the domain. gymnastics were: Social Aspects (* 74 ± 35); General Health Status (* 73.1 ± 19.9) and Physical Capacity (* 67.5 ± 25.3) while in Water Aerobics the following domains prevailed: Social Aspects (* 86 ± 16), General Health Status (* 74.7 ± 67.8) and Limitation by Emotional Aspects (* 70 ± 36.7) finalizing the results obtained in the dance modality are: Limitation by Emotional Aspects (* 100 ± 38.7), Social Aspects (* 94 ± 26) and the General State of Health (* 83.5 ± 33). It is verified the total dominance of the practiced mode of dance, where in only the aspect of the physical capacity it did not prevail: social aspects (86,3), mental health (81,6), vitality (74,5) and general state of mind. Health (71.5), and only the level of pain (62) is worrying, since according to the Raw scale, the table is inverted the closer to 100 the worse the domain is.

Table 1. Raw scale of the domains evaluated in the practiced modalities.

It is possible, for a better understanding, the observation of these differences in the Raw Scale of the domains proposed by the referred protocol, considering the practiced modalities, when observed in graph like this one:

Graph 1. Raw scale of the domains evaluated in the practiced modalities.

However, when evaluating these domains proposed by SF 36 through a raw scale, ie a method where raw data is placed on a common scale, to resize or normalize this data so that it can be usefully used as predictors of status commonly used as a variable in calculating quality-adjusted life years to determine the cost-effectiveness of health care.

DISCUSSION

The domain "functional capacity" had a Raw Scale score of 64.5, obtaining larger data than the study by Toscano and Oliveira (2009) where they presented the functional capacity score of 58.9, and slightly below. from the score obtained by Toscano and Oliveira, (2009), which was 66.2, noting the approximation of data from both studies, which is expected to be elderly.

Toscano e Oliveira, (2009) says that it is important to maintain the functional capacity of the elderly for an independent life, so that there is a reduction in the risk of coronary diseases, in the delay of the progression of chronic diseases and in the provision of opportunities. for a social interaction.

The domain "social aspects", which has the highest score (86.3), demonstrates that the practice of physical activity may have helped in the social relations of the studied sample. The score is also significantly higher when compared to the study by Leite et al. (2012) where the value of 56.7 was collected for the same domain. Inadequate social support is associated not only with an increase in mortality, morbidity and psychological problems, but also with a decrease in overall health and well-being.

For Toscano and Oliveira (2009), the removal of children to form their families, the death of relatives and friends and other factors gradually make the social interaction of the elderly decrease, making them more vulnerable to helplessness.

This support occurs in a dynamic and complex process that encompasses the interaction of the individual in society and the exchanges established between them. Through these interactions, the individual can satisfy part of their social needs. Thus, the study showed the importance of social relationships, so that the elderly position themselves positively in order to live with quality.

In the "mental health" domain, a score of 81.6 was found. The term "health" refers to physical, mental and social well-being as defined by the World Health Organization (WHO). Thus, in an active aging project, policies and programs that promote mental health and social relationships are as important as those that improve physical health conditions (WHO, 2005).

Another important aspect observed in the study that had a high score was the "vitality", which reached an average value of 74.5. According to Cavalcante, (2011), among the benefits of physical activity for the elderly, they are also registered in the psychological context, as they help in the improvement of mood states such as depression, anger and confusion, tension, vigor and clarity, besides to make it possible to increase vitality.

For Nakagava and Rabelo (2007), general health means having a well-being condition that includes the proper functioning of the body, experiencing a feeling of psychological well-being and especially a good quality in the relationships that the individual has with the other people and the environment.

The value found in the general state of health domain (71.5) corroborates the aforementioned authors, as it is above the score considered as an intermediate level of quality of life (50), demonstrating that the studied elderly have a good health condition. -being physical, psychological and social, balancing all domains of quality of life.

Regarding the emotional and physical limitation (70) and pain (62) scores, they showed a high result and pain, in turn, a little worrying because it is, in a way, high.

The pain that has a score of (62) is a symptom that can directly interfere with the quality of life of the respondents and is one of the reasons for greater demand worldwide for health services. This issue has been afflicting a significant portion of the Brazilian population (NAKAGAVAAND RABELO, 2007).

There is a compromised quality of life caused by pain, which can be expressed by depression (including a high risk of suicide), anxiety, sleeping difficulties, increased or decreased appetite and weight loss. cognitive impairment and decreased daily tasks. This may also interfere with emotional and physical limitation scores (70) that also showed high values (REYES-GIBBY, 2002).

CONCLUSION

It was concluded that the study demonstrates that physical activity is a determining factor in the healthy aging process, enabling the elderly population to go through this process with better quality of life. From this assumption, it can be suggested that the elderly from the Active Life Project of UNIFIP, Patos - PB had high scores in the domains pain and limitation by emotional and physical aspects, but the other domains, especially social aspects, mental health and vitality, had significant results where it was possible to conclude that the elderly had a good quality of life.

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QUALITY OF LIFE OF ELDERLY vs. PRACTICE OF DIFFERENT PHYSICALACTIVITIES

An active lifestyle provides several health benefits, whether social or psychological, considering that these mechanisms are considered fundamental points for a good quality of life and independence of the elderly. The objective of this study was to investigate the quality of life of elderly people practicing different types of physical activities. The research presented a descriptive characteristic with a quantitative approach. The population of approximately 100 practitioners was composed of users of the "Active Life Project" located in the city of Patos - PB, and the sample consisted of 30 elderly aged 60 to 90 years, average of 70.0 ± 7.1 of them. Which 10 of each modality practiced: Water aerobics, Gymnastics and Dance. To assess the quality of life of the elderly, the SF-36 quality of life questionnaire was used as an instrument. It was a multidimensional questionnaire consisting of 36 items grouped into two components called physical and mental distributed in eight domains: functional capacity, physical aspects, emotional aspects, mental health, social aspects, vitality, pain and general perception of health. The data were analyzed using the Excel for Windows 17 program. The dominance of the practiced mode of dance is verified, where the aspect of physical capacity did not prevail, standing out in the others: social aspects (86.3), mental health (81.6), vitality (74.5) and general health (71.5), and only the pain level (62) is of concern, since according to the Raw scale, the table reverses the closer to 100 worse. the domain presents itself. Physical activity is a determining factor in the healthy aging process, enabling the elderly population to go through this process with better quality of life.

Keywords: Elderly. Life's Quality. Activities Physical.

QUALITÉ DE VIE DES PERSONNES ÂGÉES ET PRATIQUE DE DIFFÉRENTES ACTIVITÉS PHYSIQUES

Un mode de vie actif présente plusieurs avantages pour la santé, qu'ils soient physiques, sociaux ou psychologiques, étant donné que ces mécanismes sont considérés comme des points fondamentaux pour une bonne qualité de vie et l'indépendance des personnes âgées. L'objectif de cette étude était d'étudier la qualité de vie des personnes âgées pratiquant différents types d'activités physiques. La recherche a présenté une caractéristique descriptive avec une approche quantitative. La population d'environ 100 praticiens était composée d'utilisateurs du «Projet de vie active» située dans la ville de Patos-PB. L'échantillon comprenait 30 personnes âgées de 60 à 90 ans, dont $70,0 \pm 7,1$ en moyenne. 10 de chaque modalité pratiquée: aquagym, gymnastique et danse. Pour évaluer la qualité de vie des personnes âgées, le questionnaire sur la qualité de vie SF-36 a été utilisé comme un questionnaire multidimensionnel composé de 36 éléments regroupés en deux composants appelés physique et mental répartis dans huit domaines: capacité fonctionnelle, aspects physiques, aspects émotionnels, santé mentale, aspects sociaux, vitalité, douleur et perception générale de la santé. Les données ont été analysées à l'aide du programme Excel pour Windows 17. La domination du mode de danse pratiqué est vérifiée, là où l'aspect de la capacité physique ne prévalait pas, se démarquant des autres: aspects sociaux (86,3), santé mentale (81,6%), la vitalité (74,5) et l'état de santé général (71,5), et seul le niveau de douleur (62) est préoccupant, car, selon l'échelle de Raw, le tableau renverse le pire. le domaine se présente. L'activité physique est un facteur déterminant dans le processus de vieillissement en bonne santé, permettant aux personnes âgées de traverser ce processus avec une meilleure qualité de vie.

MOTS CLÉS: Personnes âgées. Qualité de vie. Activité physique.

CALIDAD DE VIDA DE ANCIANOS vs. PRÁCTICA DE DIFERENTES ACTIVIDADES FÍSICAS

RESUMEN

Un estilo de vida activo proporciona varios beneficios para la salud, ya sean físicos, sociales o psicológicos, teniendo en cuenta que estos mecanismos se consideran puntos fundamentales para una buena calidad de vida y la independencia de las personas mayores. El objetivo de este estudio fue investigar la calidad de vida de las personas mayores que practican diferentes tipos de actividades físicas. La investigación presentó una característica descriptiva con un enfoque cuantitativo. La población

de aproximadamente 100 practicantes estaba compuesta por usuarios del "Proyecto de vida activa" ubicado en la ciudad de Patos-PB, y la muestra consistió en 30 ancianos de 60 a 90 años, un promedio de 70.0 ± 7.1 de ellos. que practicaron 10 de cada modalidad: aeróbicos acuáticos, gimnasia y danza. Para evaluar la calidad de vida de los ancianos, se utilizó como instrumento el cuestionario de calidad de vida SF-36, un cuestionario multidimensional que consta de 36 ítems agrupados en dos componentes llamados físicos y mentales distribuidos en ocho dominios: capacidad funcional, aspectos físicos, aspectos emocionales, salud mental, aspectos sociales, vitalidad, dolor y percepción general de la salud. Los datos se analizaron utilizando el programa Excel para Windows 17. Se verifica el dominio del modo de baile practicado, donde no prevaleció el aspecto de la capacidad física, destacando en los demás: aspectos sociales (86.3), salud mental (81.6), vitalidad (74.5) y salud general (71.5), y solo el nivel de dolor (62) es preocupante, ya que de acuerdo con la Raw scale, la tabla revierte cuanto más cerca de 100 peor. El dominio se presenta. La actividad física es un factor determinante en el proceso de envejecimiento saludable, permitiendo a la población de edad avanzada pasar por este proceso con una mejor calidad de vida.

PALABRAS CLAVE: Ancianos. Calidad de vida. Actividad física.

QUALIDADE DE VIDA DE IDOSOS vs PRÁTICA DE DIFERENTES ATIVIDADES FÍSICAS

Um estilo de vida ativo proporciona diversos benefícios de saúde seja ela física social ou psicológica, tendo em vista que esses mecanismos são considerados pontos fundamentais para uma boa qualidade de vida e independência do idoso. O objetivo desse trabalho foi averiguar a qualidade de vida dos idosos praticantes de diferentes tipos de atividades físicas. A pesquisa apresentou característica do tipo descritiva, com abordagem quantitativa. A população de aproximadamente 100 praticantes foi composta por usuários do "Projeto Vida Ativa" localizado na cidade de Patos-PB, sendo a amostra constituída por 30 idosos com faixa etária entre 60 e 90 anos, média de $70,0 \pm 7,1$ dos quais 10 de cada modalidade praticada: Hidroginástica, Ginástica e Dança. Para avaliar a qualidade de vida dos idosos foi utilizado como instrumento, o questionário de qualidade de vida SF-36, ele multidimensional formado por 36 itens reunidos em dois componentes denominados físicos e mentais distribuídos em oito domínios: capacidade funcional, aspectos físicos, aspectos emocionais, saúde mental, aspectos sociais, vitalidade, dor e percepção geral de saúde. Os dados foram analisados através do programa Excel for Windows 17. Verifica-se a dominância da modalidade praticada da dança, onde o aspecto da capacidade física não prevaleceu se destacando nos demais: aspectos sociais (86,3), saúde mental (81,6), vitalidade (74,5) e estado geral de saúde (71,5), e é preocupante só o nível de dor (62), já que de acordo com o Raw scale, a tabela se inverte quanto mais próximo de 100 pior o domínio se apresenta. A atividade física é um fator determinante no processo de envelhecimento saudável, possibilitando a população idosa passar por este processo com melhor qualidade de vida.

PALAVRAS CHAVES: Idosos. Qualidade de Vida. Atividade Física.