

## 118 - PROFILE OF PRACTITIONERS OF PHYSICAL ACTIVITIES OF THE ACADEMY OF THE CITY OF SQUARE MACAPÁ

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### INTRODUCTION

Physical inactivity is currently considered as the number one health enemy, with the goal of preventing this injury and therefore the diseases associated with it and believe that the fundamental requirement for improving the quality of life is the constant practice of physical activity. With that incentive programs to physical activity become a key to the pursuit of maintaining and / or improving a healthy lifestyle component (POZENA; CUNHA, 2009).

As Cousins (1997 apud SANTOS; KNIJNIK, 2006, p 25), says that this way "a style of life physically active reduces the risk of chronic diseases including hypertension, stroke, cancer, type 2 diabetes, osteoarthritis and depression."

In this sense public policy have appeared in health, particularly in the instance of health promotion, such as the academies of squares, incorporating traditional practices of physical activity for the population, providing a better quality of life.

According to Thomas et al (2010, p 895), "physical activity is a complex behavior influenced by several factors, such as age, socioeconomic status, education and gender."

Thus, the benefits provided by physical activity to its practitioners and the proliferation of gyms located in public squares have led many individuals to practice physical activities regularly. But what is not evident yet, is the profile of these practitioners. Who are they? Are young or old? What is the socioeconomic profile of this audience?

Therefore, this study aimed to clarify these unknowns, and thus obtain informative data regarding physical activity practitioners seeking the squares outline the profile of these individuals, leading better conduct by professionals as well as a shift to public policies sport and recreation.

### MATERIALS AND METHODS

The population for this study consisted of 46 individuals practicing physical activity, of both sexes, 38 female and 8 male public gym, Bairro Jardim Felicidade, Macapa-AP. The research is characterized as a descriptive and as a tool for data collection, a questionnaire with closed questions, in which the main concerns were related to sex, age, motivation and socioeconomic profile was used.

### RESULTS

The study included 46 subjects with a mean age of 39.27 years. Of these, 38 were females and 8 males with a mean age of 37.19 and 48.88 years of age, respectively.

About the naturalness of practitioners, most people interviewed who practice physical activities in the gym naturally has the state of Amapá (63%), and fewer are those from other states (37%).

With regard to family income assessed, the majority (78%) have household incomes 1-3 minimum wages, 18% have 4-6, and 4% have income above the minimum wage 6 (Table 1).

The results related to education showed that most fitness enthusiasts with 43% have completed high school (Table 1).

Regarding the marital status of the individuals, 61% are married, 20% single, 15% for separated and 4% for those who are widowed (Table 1).

Regarding the work of these practitioners, the highest percentage was the people who work at 54%, those who do not work the percentage was 46%. The working, the working hours of these people is 4% for those who meet a journey of up to 20 hours per week, 76% meet workday 20-40 hours per week and 20% work over 40 hours per week (Table 1).

Analyzing the perception of color or race of people, the results show us that the brown color is the majority with 54% among the other colors, then 22% are white, 20% black, 2% yellow, and 2% not reported.

Through the information quoted by fitness enthusiasts of public academy, the 46 people interviewed, 50% reported practicing these physical activities elsewhere before the creation of the academy, and the other 50% would not do any kind of physical activity in other spaces and their onset occurred after the creation of the Public Academia.

Analyzing men and women who practiced or not physical activity before the Academy Square, 63% of men and 37% did not perform performed. Among women who were not physical activity, the percentage was 47% and the results show that 53% of women did physical activities before the creation of the Public Academia.

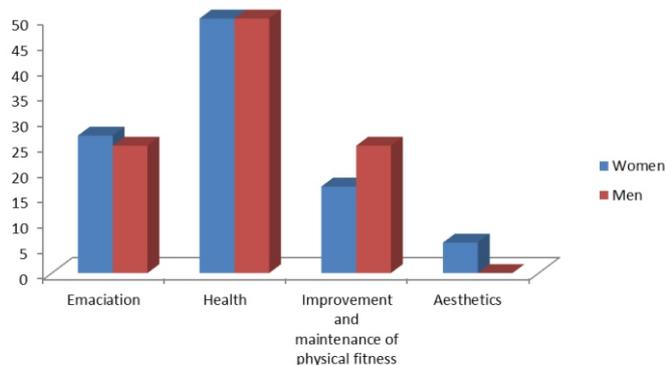
Table 1. Characteristics and socioeconomic profile of fitness enthusiasts Academy's square.

Variable	N	%
<b>Sex</b>		
Men's	8	17%
Female	38	83%
<b>Naturalness</b>		
State of Amapá	29	63%
Other states	17	37%
<b>Marital Status</b>		
Married	28	61%
Singles	9	20%
Separate	7	15%
Widowers	2	4%
<b>Schooling</b>		
Incomplete Elementary School	7	15%
Elementary School Complete	5	11%
Secondary Incomplete	3	7%
Complete High School	20	43%
Incomplete University	4	9%
Complete Higher	7	15%
<b>Job</b>		
Employees	25	54%
Not employed	21	46%
<b>Hours of Work</b>		
Up to 20 hours	1	4%
20 to 40 hours	19	76%
Over 40 hours per week	5	20%
<b>Family Income</b>		
1 to 3 minimum wages	36	78%
Of 4-6 minimum wages	8	18%
Above 6 minimum wages	2	4%

In relation to physical activity in the square, 52% of people make their practices accompanied by someone, be with friends (as) or with a relative, and 48% are without any company. Analyzing the data concerning the number of days per week, ie, the frequency with which these individuals engage in activities and also its duration, we found that the frequency of the practice of physical activities of these individuals reached the amount averaged 4.85 times per week and reached an average duration of 93 minutes per session.

As for goals, they have been described by individuals in the following ways: weight loss, health, and aesthetic improvement / maintenance of physical fitness. Some individuals reported more than one goal, so these are in addition to others. Below are exposed to the objectives with which individuals engage in physical activities (Figure 1).

Figure 1. Objectives of physical activity in both sexes.



In percentage figures, health comes first with 48%, second weight loss is 28%, third is the improvement / maintenance of physical fitness with 19%, and finally, 5% is the aesthetics. Analyzing men and women (men: women and 8: 38), regarding the goals for physical activity was observed that 50% seek health, primary goal in both sexes (Figure 1).

## DISCUSSION

With respect to physical activity, the 46 individuals, the results showed that women have higher participation than men. Similar to the study by Santos and Knijnik (2006), which was conducted with 30 subjects, so the results showed that women seem to be more concerned with the practice of regular physical activity, and seem to have more free time to practice. Furthermore, Andreotti and Okuma (2003) in a study of elderly entrants into Autonomy Program for Physical Activity (PAAF) observed higher prevalence of female gender.

Family income was another factor associated with physical activity. Individuals with lower income were those who had a higher number of practitioners in the public gym, since people with higher incomes attend vastly outnumbered. In the population study done by Salles-Costa et al (2003) on the association between sociodemographic factors and physical activity in leisure pro-health study involving 4,614 subjects showed opposite results, where men and women with higher family income per capita practiced more physical activities. The distinction of the results may be associated with fewer conditions than many people not able to afford a private academy, so they resort to public gyms as a way to practice your physical activities. Accordingly, we suggest a more effective implementation of public policies to encourage physical activity, especially for a low-income population, thus making projects aimed at creating programs for this practice.

Regarding the education of practitioners completed high school was the most prevalent. Confirming our data, the study Ferreira; Sousa and Araújo (2012) conducted with 100 people, found that the education level of the regulars of the gyms was more evident among those with a high school education (70%).

On the work situation, the number of employed people who practice physical activity was higher. In agreement with the results Ferreira; Sousa and Araújo (2012), in a study conducted with practitioners of physical activities at a fitness center on-Pi peaks, where it was noticed that among the respondents, the number of practitioners who had a profession was most significant.

In relation to working hours, most practitioners have a journey 20-40 hours per week. In contrast, Miller et al (1998) in a study of military police in Bauru, São Paulo, on socioeconomic and occupational factors and the practice of regular physical activity, we found that individuals who had a day of high work presented higher level of physical inactivity when compared with those who had less workday.

Was observed in our study that the frequency of weekly physical activity of respondents were on average 4.85 times per week and 93 minutes per session. A different result on Aging and physical activity in public parks goes in the city of Presidente Prudente, conducted by Castoldi et al (2011), where 258 individuals of both sexes, aged between 18 and 76 years participated was possible to see that these individuals perform their exercises at least 3 times per week, lasting 30-60 minutes per session. It is noteworthy that this study was done with individuals in a process of aging and physical activity, both young and old, and our study was performed with an audience, whose average age was 37.19 years old for sex females and 48.88 years for females. In a study of hikers from Marechal Cândido Rondon, made by Junior et al (s / d, p. 84), it was found that the majority of individuals, with 30.4%, perform physical activity every day. The difference in frequency of physical activity may be related to the place or the type of activity of the practitioners.

Regarding the form of physical activity, it was found that individuals, mostly accompanied conduct their practices. Also the results of Gonçalves and Alchieri (2010) in a study on the motivation for physical activity practitioners with non-athletes, which was attended by 309 practitioners of physical activity, the results showed that those who practiced physical activities together, made their best practices for social reasons compared with those who engaged in physical activity alone.

The practice of physical activities done by these people is linked to several objectives, among these, stands out health as the primary goal of these practitioners. The result of this research corroborates the result of Gonçalves and Alchieri (2010) which concluded that the main goal for physical activities was a health concern. In agreement with the result obtained in a study by Rocha; Peito and Zaza (2011) on the reasons for physical activity in exclusively female academies, observed that the higher frequencies associated with reasons to practice, was to improve or maintain health. In another study, Rodrigues et al (2010), to conduct a study on bodybuilders, observed different results on motivation, noting that the main goal of these practitioners were the aesthetic benefits.

The results shown on the marital status of practitioners, it was revealed that the largest amount was married

individuals (61%). Similarly, the study by Andreotti and Okuma (2003) conducted with 44 elderly entrants into Autonomy Program for Physical Activity (PAAF), suggested that these individuals may have higher levels of social support for physical activity from the family than single individuals. A similar result was obtained by Thomas et al (2010) in a study on factors associated with physical activity in adults, Brasília, DF, conducted with a sample of 469 individuals, where we found that 57% of them were married.

### CONCLUSION

From these results, where the main objective was to outline the profile of practicing physical activities of the academies of Happiness Square Garden the City of Macapá, this study can infer relevant and compelling questions about the profile of these individuals. We found that of the 46 individuals members of the public gym, had a fairly high number female practitioners, with a total of 38 practitioners, and only eight men. The frequency with which these practitioners perform their physical activities in public gym is on average 4.85 times per week and with a duration of 93 minutes per session. Because there are fewer males attending the academy square, we see the need to (re)formulation of programs that can encourage these individuals.

Through some characteristics of the profile of these practitioners such as frequency, duration of physical activity, family income, as well as the objectives of these practitioners, who mostly aimed at health as its main objective, it becomes a target to more for public policy, in relation to physical activity in health promotion. Furthermore, the socioeconomic issue, such as low family income may significantly interfere lifestyle of these individuals.

Thus, starting from data about the profile of practitioners from academia to the square, it is possible to suggest more effective public policies for health prevention programs, based on physical activity, as well as encouraging the practice and as a way of meet the need for a population with low income.

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### PROFILE OF PRACTITIONERS OF PHYSICAL ACTIVITIES OF THE ACADEMY OF THE CITY OF SQUARE

#### MACAPÁ

#### ABSTRACT

The present study aimed to profile the fitness enthusiasts of Academy Square Garden Happiness Macapá- AP. For this, we used a questionnaire with close to getting information on gender, age, motivation and socioeconomic profile of practicing questions. 46 individuals, 38 females and 8 males with a mean age of 37.19 and 48.88 years, respectively, were evaluated. The results showed that 63% were born in the state of Amapá and 61% are married. Regarding educational level, 43% have completed high school. As for work, 54% are employed. Among the 76% who work have a journey 20-40 hours weekly. On family income, 78% receive 1-3 times the minimum wage. Regarding the time of physical activities, they practiced on average 37.3 months and accompanied his majority, with 52% of respondents. The frequency of physical activity is on average 4.85 times per week and 93 minutes per session. Regarding objectives, 48% is intended to improve health. From the data on the profile of practitioners from academia to the square, it is possible to suggest more effective public policies for health prevention programs, based on physical activity, as well as encouraging the practice and as a way to meet the need a population with low income.

**KEYWORDS:** Profile - physical activity - square.

### PROFIL DES PRATICIENS DES ACTIVITES PHYSIQUES DE L'ACADEMIE DE LA VILLE DE SQUARE MACAPÁ RÉSUMÉ

La présente étude vise à dresser le profil des amateurs de fitness de l'Académie Square Garden Bonheur Macapá- AP. Pour cela, nous avons utilisé un questionnaire avec près d'obtenir des informations sur le sexe, l'âge, la motivation et le profil socio-économique de la pratique des questions. 46 personnes, 38 femmes et 8 hommes avec un âge moyen de 37,19 et 48,88 années, respectivement, ont été évalués. Les résultats ont montré que 63% sont nés dans l'État d'Amapá et 61% sont mariés. En ce qui concerne le niveau d'instruction, 43% ont terminé leurs études secondaires. Quant au travail, 54% ont un emploi. Parmi les

76% qui travaillent ont un parcours de 20-40 heures par semaine. Le revenu familial, 78% bénéficient de 1-3 fois le salaire minimum. En ce qui concerne le temps d'activités physiques, ils ont pratiqué en moyenne 37,3 mois et accompagnées de sa majorité, avec 52% des répondants. La fréquence de l'activité physique est en moyenne de 4,85 fois par semaine et 93 minutes par session. En ce qui concerne les objectifs, 48% est destiné à améliorer la santé. D'après les données sur le profil des praticiens du monde universitaire à la place, il est possible de proposer des politiques publiques plus efficaces pour les programmes de prévention de la santé, basée sur l'activité physique, ainsi que d'encourager la pratique et comme un moyen de répondre aux besoins une population à faible revenu.

**MOTS-CLÉS:** Profil - activité physique - carré.

#### **PERFIL DE LOS PROFESIONALES DE ACTIVIDADES FÍSICAS DE LA ACADEMIA DE LA CIUDAD DE PLAZA**

##### **MACAPÁ**

###### **RESUMEN**

El presente estudio tuvo como objetivo perfilar los entusiastas del fitness de la Academia Square Garden Felicidad Macapá- AP. Para ello, se utilizó un cuestionario con cerca de obtener información sobre el género, la edad, la motivación y el perfil socioeconómico de la práctica de preguntas. 46 personas, 38 mujeres y 8 varones, con una edad media de 37,19 y 48,88 años, respectivamente, fueron evaluados. Los resultados mostraron que el 63% nacieron en el estado de Amapá y el 61% están casados. En cuanto a nivel educativo, el 43% han terminado la escuela secundaria. En cuanto al trabajo, el 54% están empleados. Entre el 76% que trabajan tienen un viaje de 20-40 horas semanales. El ingreso de la familia, el 78% recibe 3.1 veces el salario mínimo. En cuanto al tiempo de las actividades físicas, practicaban un promedio de 37,3 meses y acompañaron su mayoría, con un 52% de los encuestados. La frecuencia de la actividad física es en promedio 4.85 veces por semana y 93 minutos por sesión. En cuanto a los objetivos, el 48% se destina a mejorar la salud. A partir de los datos sobre el perfil de los profesionales del mundo académico a la plaza, es posible sugerir políticas públicas más eficaces para los programas de prevención de la salud, sobre la base de la actividad física, así como el fomento de la práctica y como una forma de satisfacer la necesidad una población con bajos ingresos.

**PALABRAS-CLAVE:** Perfil - actividad física - cuadrado.

#### **PERFIL DOS PRATICANTES DE ATIVIDADES FÍSICAS DA ACADEMIA DA PRAÇA DO MUNICÍPIO DE**

##### **MACAPÁ**

###### **RESUMO**

O presente estudo teve como objetivo traçar o perfil dos praticantes de atividades físicas da academia da Praça Jardim Felicidade, Macapá-AP. Para isso, foi utilizado questionário com perguntas fechadas para a obtenção de informações de gênero, idade, motivação e perfil socioeconômico dos praticantes. Foram avaliados 46 indivíduos, 38 do sexo feminino e 8 do sexo masculino, com idade média de 37,19 e 48,88 anos, respectivamente. Os resultados mostraram que 63% são natural do Estado do Amapá e 61% são casados. Em relação ao grau de escolaridade, 43% possuem ensino médio completo. Quanto ao trabalho, 54% são empregados. Entre os que trabalham 76% têm uma jornada de 20 a 40 horas semanal. Sobre a renda familiar, 78% recebem de 1 a 3 salários mínimos. Em relação ao tempo de realização de atividades físicas, os mesmos praticavam em média 37,3 meses e em sua maioria acompanhada, com 52% dos pesquisados. A frequência da prática de atividades físicas é em média 4,85 vezes por semana e 93 minutos por sessão. Em relação aos objetivos, 48% tem por finalidade melhorar a saúde. A partir dos dados acerca do perfil dos praticantes da academia da praça, é possível sugerir políticas públicas mais efetivas de programas de prevenção da saúde, a partir da prática de atividades físicas, bem como o incentivo a essa prática e como forma de satisfazer a necessidade de uma população com baixa renda.

**PALAVRAS-CHAVE:** Perfil – atividade física – praça.