

15 - PROFILE OF EMPLOYEES UNIVERSIDADE VEIGA DE ALMEIDA – CABO FRIO/RJ IN THE IMPLEMENTATION OF LABOR GYMNASTICS - PROJECT QUALI-UVA

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INTRODUCTION

According to the modern man's lifestyle, especially in the biggest modern cities, is turned around to facing, survivor critic situations, like security, food, housing, transportation, learning, health and the own maintenance of the work, all of them, we know, physical stressed and psychological situations. The administration of these stresses show the vital subsidize in the individuals quality of life, however, not every for several reasons, achieve to do successfully the physical or psychological stresses.

Based on shown critic situations, we can verify the importance of the set the gymnastics in the companies, objectifying the improving of the health and the workers quality of life.

Inside this, the labor gymnastic has gained the feature in Brazil in the last years, being availed to prevent the appearance to the injuries in the muscle-skeleton related to activities in this environment.

In relation of the man passed, part of this active life involving the job, it's necessary to develop some acts to minimize the effects caused by the work environment. So, we elaborated the project of the labor gymnastic in the physical education of the University Veiga de Almeida, in the city of Cabo Frio, objectifying to draw up the employees profile to implant the most adequate labor gymnastic for that group.

THE OBJECTIVE

This study has the intention to indentify through the assessment, the postural disjunctions and the problems of functional and psychological orders caused by the environment and the type of work measure of ergonomic organization aimed to prevent injuries, applying relaxing activities and to direct strategies to been applying during the work with the finality of diminish the tensions during the working day.

THEORETICAL REFERENCES - STRUCTURE, CLASSIFICATION AND LABOR GYMNASTIC BENEFITS

According to Lima (2008), the structure of a labor gymnastic program could be initiated researching the adequate type of gymnastic to be improved, considering the necessities and available of the groups. It's fundamental to obtain a company profile, risk areas, causes of removal, type of employees function, anamnesis, time of classes, to draw the stages to set this, like: diagnosis, company agreement, to publicize the event, the assessment, class planning, execution and adjusts, reevaluation, maintenance of the project and the updates of the basic program activities. Usually, the offered activities in the labor gymnastic perform were the lengthen practices, muscular resistances, relax techniques, techniques of massage and relaxing, ludic activities and cooperating plays. Lima (2008) classifies the labor gymnastic as: warm up gymnastic – realized before the working day starts, objectifying of preparing the muscle groups requested in that activity, promoting a real enthusiasm. The compensatory gymnastic or paused one – is realized during the working day, whit the objective to make up the physical and psychological structures overloaded during a working day and so we have the relax gymnastic of the final job – that is applied in the end of a work aimed to relax all the structures of the body. Some improves were observed – the improvement of the flexibility, postural balance, increase of the producing sociabilization, the decrease of a eager and stress reduce of fatigue and the work accidents.

THE OCCUPATIONAL DISEASES

According to Miranda (1998) the work disease is that the employees acquire or develop because of the work conditions offered by the companies. The first literature to approach this problem arose in 1555 with Georgius Agricola, were it has been studied different problems related to intoxication. Dejours (1992) describes the relationship to the man with the organization of the work executed and psychological overloaded. The author explains that the pleasure job promotes emotional well being and the work in a negative environment and environmental, added up unbearable people and low salaries promote the higher level of stress and anxiety and even the depression, fact described for Baptista (2002). In the journal of Rede Record de Televisão (14/10/2009) were been showed the higher levels of stress and psychological problems elapsed by the violence, work conditions and low teachers payment of the fundamental and high school in public school in the city of Rio de Janeiro, being professionals away from health problems and the high numbers of exonerated in this position.

Real (2001) relates that the term LER (repeated strain injury) only were utilized in Brazil in the 80's. this disease was known in Brazil, since them like occupational tenosivitis, occupational cramp or washers disease. Legally known like diseases in 06.08.87 for the law 4062 to INSS – Instituto Nacional de Seguridade Social.

THE PREVENTION

According to Polito e Bergamaschi (2003) as LER e DORT could be caused by biomechanical factors, psychosocial and administrative. In the administrative, the authors point to an absence of ergonomy application in the work of the companies, that can cause serious physical problems, however, Reis (2001) affirms that the labor gymnastics could be preventive, compensative and efficient in diseases caused by a bad ergonomic function inside the work. The well planned and applied labor gymnastic could be a big instrument in prevention in several problems caused by the environment, functions executed inside the works (BAPTISTA, 2008)

RELATIONS BETWEEN LIFESTYLE AND HEALTH

To OMS (World Health Organization), health is a complete condition of physic, emotional and social well being and not only the absence of diseases or illness. Dejours (1992), health for the human being is the meaning to draw a personal and original way, going directly to physical, social and emotional well being, where health is a behavior attitude that includes some factors like culture, food, lifestyle and financial factors. The lifestyle, in that case, is the forms of each people get their daily activities that will reflect directly in physic and mental health. So, the lifestyle involves the work, family, leisure, in short, all the things that surround the people in their everyday life.

THE PROMOTION OF LIFESTYLE PROGRAM INSIDE THE COMPANIES.

The implementation of quality of life programs inside the companies has a considerably growing in the last years. According to Alvarez (2000), the society interests more and more about quality of life, specially in company sectors because to obtain de Total Quality Certification, they need to promote comfort, well being, security and a right level of satisfaction in the work, requires published on the Norma Reguladora 17 (NR 17), published on 1978 and updated in 1990. The Associação brasileira de Qualidade de Vida (ABQV, 1995), verified that how better is the well being, major conditions the individuals have to prove and realize the potentialities (ALMEIDA, 1997). Nahas (2001), affirms that it's easy to understand the quality of life, but it's difficult to define it objectively, 'cause the quality of life concept is differentiated from person to person and tends to modify during all the each one life because of some factors and values.

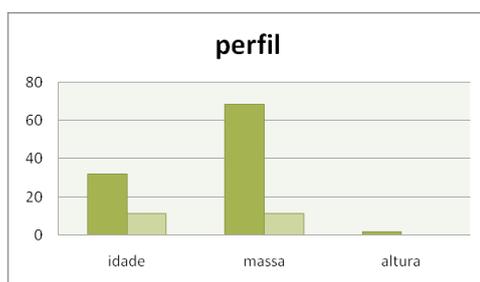
The agreement of these factors and values mold and differentiate to human everyday, resulting in a group of phenomenon and situations that could be called quality of life, in general, associated on this expression some factors lie: health condition, longevity, satisfaction of the work, salary, leisure, affective relations, physical disposition, pleasure and spirituality, that contributes in quality of life because they belong to the human dignity.

METHODOLOGY

The group applied a questionnaire, valued for three doctors, with closed questions about the physical and psychological troublesome that the people feel during and after the labor journey.

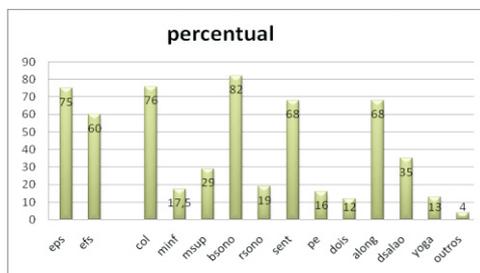
RESULTS

According to the research realized in July, 2009, with the finality to collect information and basic informations to verify an individual profile of each employee to obtain results that could be collaborated in planning and implementation of the labor activities in the Universidade Veiga de Almeida (Cabo Frio) in July, 2009, on Tuesday and Thursdays mornings and afternoons. We could present the results according to the graphics below.



Graphic 1. sample profile

Were considered seventy individuals on both sexes, that presented, on average, the age = $31,86 \pm 11,39$ years, average on corporal mass = $68,59 \pm 11,19$ Kg and stature between $1,68 \pm 0,09$ m. The least age founded was 18 years and the major is 60 years, only eight individuals presented the age between 50 to 60 years.



Graphic 2. Percentual research results

ACCORDING TO GRAPHICS 2, THE INFORMATION POINTS TO.

Stress: 75% presented emotional stress and 60% present physical stress, 76% reported discomfort in the spine, 17.5% in upper limbs and 29% in the lower limbs, 82% had a good sleep quality and 68% work more seats, 16% standing and 12% in both positions. Extra labor physical activity: 68% opted by stretching practices, 35% dances, 13% yoga and 4% other activities.

PARTIAL CONCLUSIONS

According to obtained results and the number of employees for working areas, we can suggest some actions to this implementation: laborative classes with fifteen minutes, the group training in the gymnastic room of UVA, with basic stretching exercises, to fortify and physical relaxation, it will be worked, indirectly the employees social affective aspect, that can be classified like compensatory labor gymnastic or the pause on and the relaxing gymnastic. The extra labor physical activities will be proposed according to the founded results after three months of practice, when the group will realize the evaluation to comparing to the first on. This research didn't present serious illness, only some people related hypertension and diabetes, facts that don't present risks for this proposed practice. According to this research were implanted the Quali-Uva project (labor gymnastic) in the Universidade Veiga de Almeida (Cabo Frio) and after three months of practice will be realized the re-evaluation of the present individuals and through these results will be a review to analysis of the comparative results.

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PROFILE OF EMPLOYEES UNIVERSIÁDE VEIGA DE ALMEIDA – CABO FRIO IN THE IMPLEMENTATION OF LABOR GYMNASICS - PROJECT QUALI-UVA RESUME

This study aimed to profile the employees of the University Veiga de Almeida in Cabo Frio-RJ, aiming to deploy the project Quali-UVA, a project of this type of gymnastics or compensatory pause aimed at improving the health and quality of life These officials. A questionnaire was developed with closed questions about what they feel physically and psychologically during and after the workday. It was found that 75% had an emotional stress and 60% of physical stress, 76% reported discomfort in the spine, 17.5% in upper limbs and 29% in the lower limbs, 82% had a good sleep quality and 68% work more seats, 16% standing and 12% in both positions. Through this profile has been deployed to gymnastics, with excellent acceptance and attendance of officials, so after three months of this practice will be a re-evaluation and through these results will be a review, and for this analysis may occur adjustments or innovations in design Quali-rays, whose purpose is to improve health and quality of life of these workers. . **KEYWORDS:** Physical fitness, health and quality of life

PROFIL DES SALARIES UNIVERSIÁDE VEIGA DE ALMEIDA - LE FROID DANS LE DÉPLOIEMENT DE GYMNASIQUE DU TRAVAIL - PROJET QUALI-UVA SOMMAIRE

Cette étude visait à profil des employés de la DSO Almeida Université de Veiga à Cabo Frio, RJ, visant à déployer le projet Quali-UVA, un projet de ce type de gymnastique ou de pause de rattrapage destinés à améliorer la santé et la qualité de vie ces fonctionnaires. Un questionnaire a été élaboré avec des questions fermées sur ce qu'ils se sentent physiquement et psychologiquement pendant et après la journée de travail. Il a été constaté que 75% avaient un stress émotionnel et 60% de stress physique, 76% ont rapporté une gêne dans la colonne vertébrale, de 17,5% dans les membres supérieurs et 29% dans les membres inférieurs, 82% avaient une bonne qualité du sommeil et 68% travailler plus de sièges, 16% debout et 12% dans les deux positions. Grâce à ce profil a été déployé à la gymnastique, avec l'acceptation excellente et en présence de fonctionnaires, de sorte qu'après trois mois de cette pratique sera une réévaluation et à travers ces résultats seront une revue, et pour cette analyse mai surviennent des ajustements ou des innovations dans la conception Quali-rayons, dont le but est d'améliorer la santé et la qualité de vie de ces travailleurs. . **MOTS-CLÉS:** condition physique, santé et qualité de vie

PERFIL DE LOS EMPLEADOS UNIVERSIÁDE VEIGA DE ALMEIDA/RJ - EL FRÍO EN EL DESPLIEGUE DE GIMNASIA LABORAL - PROYECTO QUALI-UVA RESUMEN

El objetivo del estudio al perfil de los empleados DSO de la Universidad Veiga de Almeida en Cabo Frio, RJ, con el objetivo de implementar el proyecto de Quali-UVA, un proyecto de este tipo de gimnasia o pausa compensatoria destinada a mejorar la salud y la calidad de vida Estos funcionarios. Se elaboró un cuestionario con preguntas cerradas sobre lo que siente física y psicológicamente durante y después de la jornada laboral. Se encontró que el 75% tenía un estrés emocional y el 60% de estrés físico, el 76% informó de las molestias en la columna vertebral, el 17,5% en las extremidades superiores y el 29% en las extremidades inferiores, 82% tenían una buena calidad de sueño y el 68% más puestos de trabajo, el 16% de pie y 12% en ambas posiciones. A través de este perfil se ha desplegado para la gimnasia, con excelente aceptación y asistencia de los funcionarios, por lo que después de tres meses a partir de esta práctica será una re-evaluación y a través de estos resultados será un examen, y para este análisis se puede producir ajustes o las innovaciones en el diseño de Quali-rayos, cuyo propósito es mejorar la salud y la calidad de vida de estos trabajadores. . **PALABRAS CLAVE:** aptitud física, la salud y la calidad de vida

PERFIL DE FUNCIONÁRIOS DA UNIVERSIÁDE VEIGA DE ALMEIDA – CABO FRIO NA IMPLANTAÇÃO DA GINASTICA LABORAL – PROJETO QUALI-UVA RESUMO

O presente estudo teve como objetivo traçar o perfil dos funcionários da Universidade Veiga de Almeida em Cabo Frio –RJ, objetivando implantar o projeto Quali-UVA, projeto este de ginástica laboral do tipo compensatória ou de pausa visando a melhora da saúde e qualidade de vida destes funcionários. Foi elaborado um questionário fechado com perguntas referentes o que sentem fisicamente e psicologicamente durante e após a jornada de trabalho. Foi verificado que 75% apresentaram estresse de ordem emocional e 60% de estresse físico, 76% relataram desconforto na coluna vertebral, 17,5% nos membros superiores e 29% nos membros inferiores; 82% apresentaram uma boa qualidade de sono e 68% trabalham mais sentados, 16% em pé e 12% em ambas as posições. Através deste perfil foi implantada a ginástica laboral, com excelente aceitação e assiduidade dos funcionários, sendo assim, após três meses desta pratica será realizada uma re-avaliação e através destes resultados haverá uma análise, e, por esta análise poderá ocorrer ajustes e/ou inovações no projeto Quali-UVA, cuja proposta é a melhora da saúde e qualidade de vida destes trabalhadores.

PALAVRAS-CHAVE: Ginástica laboral, saúde e qualidade de vida

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