

39 - THE INFLUENCE OF THE PHYSICAL ACTIVITY IN THE QUALITY OF LIFE OF THE AGED ONES THROUGH ADAPTED CORPORAL MOVEMENTS FOR THIS AGE GROUP.

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INTRODUCTION

In accordance with the World Health Organization (WHO) it is considered aged in developed countries the individual with age equal or superior to 65 years old; and in-developing countries, 60 years old or more. This difference is explained because of life expectancy that is still low in the developing countries when compared with the developed countries. According to data of the Brazilian Institute of Geography and Statistics of 25 of July of 2002, the aged population in Brazil represents 8.6% of the total population, of which about 15 million people are 60 years old or more. One esteems that this number will double the next 20 years, when the aged ones will represent 13% of the population.

For Gobbi (1997, p.46) aging is associated with the declines in the multiple and interdependent dimensions of human beings, but that the active participation attenuates significantly all the dimensions of this decline. Aging causes alterations in functional, motor, psychological and social aspects. Such alterations vary from individual to individual and are influenced mainly by genetic factors and the style of life. The reduction of the functional capacity is one of the most important modifications due to aging and, according to Nieman (1999), it is caused by physical and mental disuse.

The functional capacity can be defined as the capacity of the individual to carry out daily life activities in an independent way, which includes recreational activities, displacement and auto occupational care (WENGER et al., 1984). With the advance of the chronological age, it is common to have a reduction in activities and, together with this reduction, a fall in the functional capacity. Moreover, after 75 years old, there is a great incidence of chronic illnesses that contribute to the degenerative process, harming the capacity of the aged ones to have an independent life (ROSENBERG; MOORE, 1998). Scientific evidences have already been clarified in relation to the importance of the physical activity for the health and quality of life of the aged ones. Currently we have many resources that collaborate essentially to widen the time and the quality of life of the aged ones. The practice of regular physical exercises in the old age groups, is being more and more accepted as a strategy for the progress of the quality of life and the welfare of the population. Its importance is unquestionable, since it presents benefits in short, medium and long term.

Montti (2005) defines physical activity as being a set of actions that an individual or group of people practice involving consumption of energy and alterations in the organism, by means of exercises that involve corporal movements, with application of one or more physical aptitudes, besides mental and social activities in a way that the person will have as a result the benefits to the health.

According to Géis (2003), the aged one starting, continuing or strengthening a physical activity, will be able to try a respectable change in his life. Such change will contribute to improve his personal balance, his state of mind, his health, stimulating his reflexes and mobility; thus improving, his quality of life.

This perspective leads us to the question: Which benefit? With this question in guideline, this research has the relevance to become evident which benefits that the physical activity provides to the aged one.

The Health, Firemen and Society project, developed by the Body of Firemen of Ceará, has been on since 2003 and currently attends to more than 60 thousand people in 317 headquarters throughout the state, providing physical-occupational and social-cultural activities, and clarifying regarding health and well-being.

The choice of the project for the accomplishment of this research was possible because it is a pioneering project aiming at a bigger integration of the Military Body of Firemen of the state with the population, especially the aged population. The activities were carried out in the gymnasium of the Headquarter of the General Command, located on Rua Oto de Alencar, 215, in Jacarecanga neighborhood in Fortaleza - Ceará, lectured by a group of firemen graduated in Physical Education. The physical activities offered in the project include the dance, gymnastics and playful activities, occurring 3 times a week, in the morning period.

The central objective of this study was to understand the influence of the physical activity in the quality of life of aged through the gymnastics and the adapted corporal movements for this age group. This research has a quantitative character, being applied through a questionnaire where are approached questions of social, emotional and physical characters and through the observation of the active participants of the Firemen, Health and Society project.

MATERIAL AND METHODS

The present study was carried out in the Headquarter of the General Command of the Military Body of Firemen, located in the Jacarecanga neighborhood in Fortaleza - CE in November, with aged registered and active in the project.

The data were obtained by means of a research of quantitative character in a questionnaire (appendix A) consisting of twelve objective questions related to the perception of the importance and improvements acquired through the practice of physical activity, and analyzed in a computer program: Microsoft Office Excel 2003. It's important to add that in questions 4, 5, 6, 7, 9 and 11 of the cited questionnaire, the participants were allowed to choose more than an item.

The sample was composed of eighteen aged participants of the project that were present at the day of the research and had agreed on participating voluntarily in the research and had signed an agreement on free and clarified consent (appendix B), according to resolution 196/96 for research with human beings of the National Advice of Health (BRAZIL, 2008).

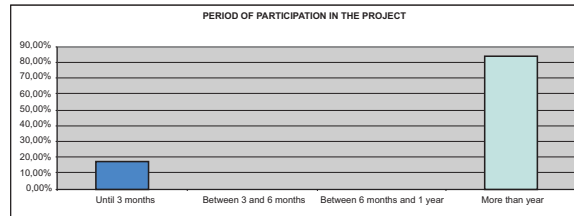
RESULTS AND DISCUSSIONS

The graphs from 1 to 11, which will be described below, show an analysis made from data obtained from a questionnaire. It's important to point out that in questions 4, 5, 6, 7, 9 and 11, the aged ones could mark more than one item.

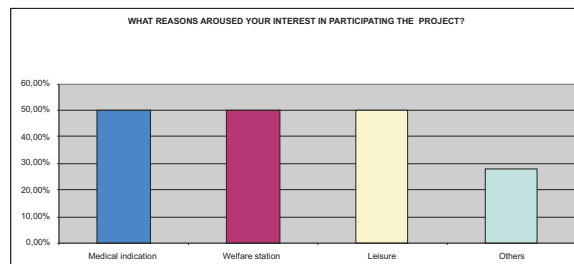
The average age of the participants in the research is 64,27 years old. The second question of the questionnaire shows that all the interviewees belong to the feminine sex. This makes evident the biggest concern of the aged women with health:



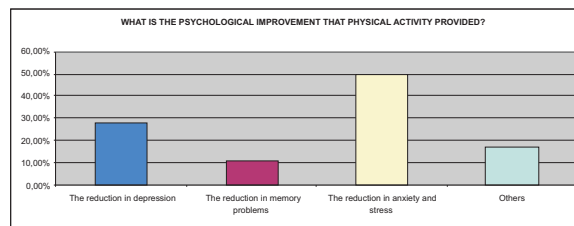
The great majority of the interviewees participates the project for more than a year. We can conclude from the answers obtained in question three, that the aged one feel well by doing regular physical activities.



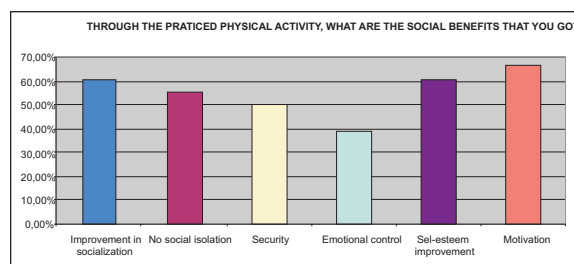
The fourth question of the research dealt with the reasons for the search of the practice of physical activities, demonstrating a balance between the reasons that aroused such an interest: Leisure (50%), Welfare state (50%) and Medical Indication (50%). Showing that, besides medical indication, the aged ones look for physical activity as a way of leisure and an a good social acquaintanceship. Other reasons include: Indication of friends and own initiative.



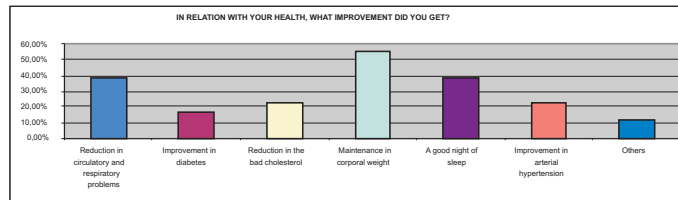
Another point to be defined is the topic related to the psychological improvement that the aged ones had perceived by doing regular physical activity. The reduction in anxiety, stress and the reduction in depression, 50% and 28%, respectively, were the ones that presented greater percentage of improvement. The reduction in memory problems and others, such as the improvement or maintenance in the good mood had had, respectively, 11% and 17%. The answers reflect an improvement in relation to isolation, as much physical as social related to old age.



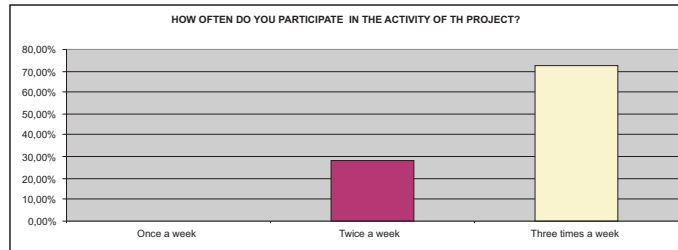
The graph to follow, related to the sixth question, refers to the social gains that the physical activity provided the aged one. The aged ones, when practicing regular physical activity feel included in society, with bigger easiness in socialization, more security to carry out actions and more motivated to participate in other activities:



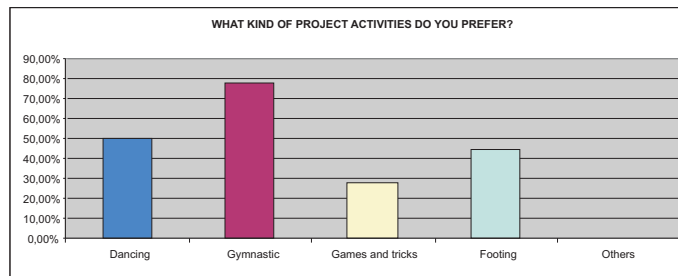
As regards health and control of chronic illnesses already existing, the interviewees mentioned significant improvements associated with exercise. Observing the graph, it becomes evident the many contributions that physical activity provides health, such as: improvement in diabetes, the arterial hypertension, reduction in the bad cholesterol, reduction in circulatory problems, favors a good night of sleep, the maintenance of the corporal weight and other benefits such as improvement in the flexibility and reduction in articular pains.



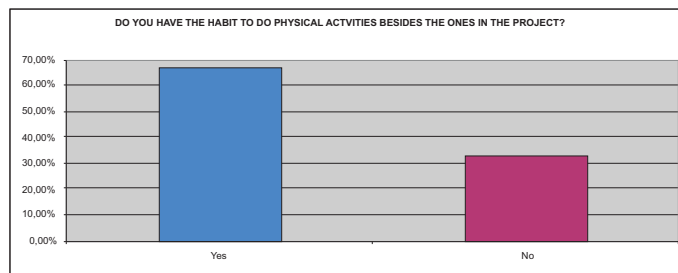
It was also requested the frequency with which the participant attend the activities elaborated for the project. The great majority answered that they participate in the project 3 times a week.



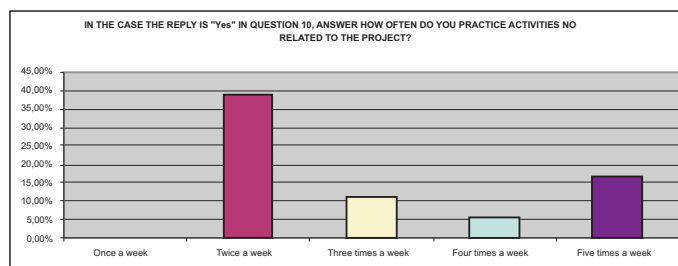
In question 9 we asked about the preference of the aged one as regards the physical activities practiced in the project. The gymnastics (78%) has the preference of the great majority, followed by footing (45%), dancing (50%) and games and tricks (28%). The reason for that is in the repetition of gestures taught by teachers, as well as the presence of music and for being an activity with greater movement.



Another important point is to obtain data in relation to the participation in other projects or regular physical activities. Question 10 is related to the habit that the aged ones have to practice physical activities not associated with the project. More than half of the interviewees answered that they practice other activities besides the proposed ones in the project. Thus, we can evaluate that the Aged one really realizes the need to always do physical activity, for the improvement or physical maintenance of their health, physical capacities, social interaction and leisure.



In the case of positive reply in the previous question, it was asked the frequency with which they participate in such activities. The majority participates twice a week in another regular activity, which reflects the participants' wish for a greater frequency of physical activities besides the ones carried out three times a week in the project.



The degree of satisfaction of the participants in the project was emphasized in the last question in the applied questionnaire. The interviewees ones were unanimous in defining as "excellent" their degree of satisfaction with the project and the activities proposed in the same, demonstrating the high level of acceptance and success of the project.



CONCLUSION

From the analysis of the present study, it was evident the perception of physical and psychological improvements on the part of the Aged one with regular practice physical activities. It was noticed a distinct improvement in the social familiarity, no social isolation, and certain physiological complications that appear as age elapses such as: increase of the bad cholesterol, arterial hypertension, respiratory and circulatory complications, diabetes and problems of memory.

The aged one is more aware that to keep himself healthful he must practice regular physical activities with professional accompaniment. As a consequence, it occurs an improvement in his quality of life and well-being.

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THE INFLUENCE OF THE PHYSICAL ACTIVITY IN THE QUALITY OF LIFE OF THE AGED ONES THROUGH ADAPTED CORPORAL MOVEMENTS FOR THIS AGE GROUP.

ABSTRACT

Objectifying to verify the influence of the physical activity in the health and well-being of the aged ones, this research of quantitative matrix has the intention to analyze the data caught through a closed questionnaire, with 12 questions that aim to perceive the physical, social and psychological changes in the life of the aged ones. The sample possesses 18 participants with average age superior to 60 years old. The research was done in the Society, Firemen and Health Project, located in Jacarecanga neighborhood Fortaleza, Ceará, inside the headquarters of General Command of the Military Body of Firemen. The activities in the project happens 3 times a week in the morning and are headed by firemen graduated in Physical Education. It was evidenced with this research the perception of physical and psychological improvements on the part of the Aged one with regular practice of physical activities.

KEYWORDS: Aged, Physical Activity, Welfare.

L'INFLUENCE DE L'ACTIVITÉ PHYSIQUE EN LA CAPACITÉ DE VIE DES PERSONNES ÂGÉES À TRAVERS DES MOUVEMENTS CORPORELS ADAPTÉS POUR CETTE BANDE ÉTAIRE.

RESUMÉ

Avec l'objectif de vérifier l'influence de l'activité physique dans la santé et bien-être des personnes âgées, cette recherche quantitatif a l'incombrance d'analyser les données captées à travers d'un questionnaire fermé de douze questions, qui ont l'intention de comprendre les changements physiques, sociaux et psychologiques dans la vie des cetttes personnes. L'échantillon a dix-huit participantes avec l'âge de plus de soixante années. La recherche a été effectuée dans le « Projet Santé, Pompiers et Société », situé dans Jacarecanga, Fortaleza, Ceará, à l'intérieur de la « Caserne de Commande Général du Corps de Pompiers Militaire ». Les activités du project ont lieu trois fois par semaine, au matin, et sont commandés par pompiers diplômés en Educacion Physique. A été constaté l'améliorement physique et psychologique des personnes âgées qui pratiquent relgulierment des activités physiques.

MOTS-CLÉS : Personnes âgées, Activité Physique, Bien-être.

LA INFLUENCIA DE LA ATIVIDAD FÍSICA EM LA CUALIDAD DE VIDA DE LOS ANCIANOS A TRAVÉS DE MOVIMIENTOS CORPORALES ADAPTADOS PARA ESTE GRUPO DE EDAD.

RESUMEN

Con el objeto de averiguar la influencia de la actividad física en la salud y bienestar de los ancianos, esa investigación cuantitativa tiene por objetivo analizar los datos a través de un cuestionario cerrado, con 12 cuestiones para percibir las mudanzas físicas, sociales y psicológicas en la vida del anciano. La muestra posee 18 participantes con media de edad superior

a los 60 años. La encuesta fue realizada en el proyecto Salud, Bomberos y Sociedad, ubicado en el barrio Jacarecanga, Fortaleza, Ceará, dentro del Cuartel del Comando General del Cuerpo de Bomberos Militar. Las actividades del proyecto ocurrieron 3 veces en la semana, por la mañana y son comandadas por bomberos licenciados en educación física. Se constató con esa encuesta la percepción de mejoras físicas y psicológicas por parte del anciano, con la práctica regular de actividades físicas.

PALABRAS CLAVE: Anciano, Actividad Física, Bienestar.

A INFLUÊNCIA DA ATIVIDADE FÍSICA NA QUALIDADE DE VIDA DOS IDOSOS ATRAVÉS DE MOVIMENTOS CORPORAIS ADAPTADOS PARA ESTA FAIXA ETÁRIA.

RESUMO

Objetivando verificar a influência da atividade física na saúde e bem-estar dos idosos, essa pesquisa de cunho quantitativo têm a incumbência de analisar os dados captados através de um questionário fechado, com 12 questões que visam perceber as mudanças físicas, sociais e psicológicas na vida do idoso. A amostra possui 18 participantes com média de idade superior a 60 anos. A pesquisa foi efetuada no Projeto Saúde, Bombeiros e Sociedade, localizado no bairro Jacarecanga, Fortaleza, Ceará, dentro do Quartel de Comando Geral do Corpo de Bombeiros Militar. As atividades no projeto acontecem 3 vezes na semana, no período da manhã e são comandadas por bombeiros graduados em Educação Física. Ficou constatada com essa pesquisa a percepção de melhoras físicas e psicológicas por parte do Idoso com a prática regular de atividades físicas.

PALAVRAS-CHAVE: Idoso, Atividade Física, Bem estar.

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