

105 - PERCEPTIONS OF QUALITY OF LIFE OF SWIMMING PARALYMPIC DISABLED ATHLETES OF THE BEIJING GAMES.

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INTRODUCTION

The first Paralympics were held in 1960. It is currently the second largest sporting event in the world (CASTRO, 2005). The Paralympic movement, which started with the objective of improving the rehabilitation and social reintegration of persons with disabilities. It has recently achieved the recognition of society as an elite sport, with increasing participation of the media, sponsors and audience, and thus increasing the attention of professionals from various fields related to sports.

Among the sports of swimming athletes provides numerous benefits such as rehabilitation and stimulation of paralyzed muscles, strengthening the muscles which helps posture, pain relief, strength work without worrying about friction, perceptual motor intervention, independent mobility, and sense of well being, self-esteem and joy.

The water activities also contribute as a facilitator to teach and enhance basic and fundamental movements needed for other activities of life (CASTRO, 2005).

According Levandoski and Cardoso (2007), practice a physical activity and foster social inclusion of individuals, eases some health problems, and serves as a strategy to overcome barriers that have occurred by physical accidents.

The Paralympic sport is a mean of social inclusion of people with special needs and thus implies a form of people to obtain better quality of life.

It was noted with the growth of the sport in the daily life of people with disabilities that these individuals obtain the same physical and emotional benefits for athletes without disabilities and can achieve improvements in the context of rehabilitation.

This study aimed to understand the perception of quality of life of the athletes of the Brazilian Swimming, on the physical, occupational, psychological, social and health, providing necessary support to prepare a plan of nursing care focused on improvements quality of life for them.

METHODOLOGY

A descriptive exploratory study with a quantitative approach, the sample population was composed of 14 disabled athletes of the Brazilian Paralympic, the mode of swimming.

The inventory data used was a structured questionnaire satisfaction of multiple choice questions, with socio-demographic information such as age, sex, race, marital status, place of residence, birth and labor and data on the perceived quality of life.

Information relevant to the factors determining the disability as a form of locomotion, the basic pathology, involvement of members of partial or complete, were also collected during the questionnaire.

The questionnaire also addressed issues relating to physical pain relating to the inability to perform the actions of everyday life, as well as physical activity, and finally questions concerning the degree of satisfaction, as self-acceptance, fun, and fatigue.

Data collection took place after approval by the Research Ethics Committee University of Rio Grande do Norte, being held during the Paralympic Games in Beijing in 2008, by signing the consent form - IC, according to Resolution no. 196/1996 of the National Health Council, following the precepts of the research.

The data were released into a spreadsheet in Microsoft Office Excel 2003, and crossed the SPSS 15.0, data were presented in absolute and relative frequency, average and median standard deviation in the population studied constitute a small group.

RESULTS AND DISCUSSION

The team of disabled athletes of the Brazilian Swimming Paralympic is composed of 24 athletes, however for this study consider the entire study population of 14 persons, representing 58.3% of the group, due to the difficulty of getting the completed questionnaire back to the participants of the Beijing Games, reducing the number of people.

§Socio-demographic data

By distributing the disabled athletes by age, we observed that they were distributed between 21 and 48 years. We decided therefore to calculate the median age and create two variables with a range of similar age, to identify more clearly the predominance of the group studied. So the median found was equal to 34.5 years, based on this value, we divided age into two age categories of 21 and 34, and another of 35 to 48 years.

We observed a predominance of the age group between 21 to 34 years 10 (71.4%), males with a prevalence of 12 (85.7%), unmarried 10 (71.4%), white people 08 (57.1%), naturally in Natal/RN 05 (35.7%), education level above 07 (50%), residents in the capital 10 (71.4%) and minority work 05 (35.7%). Information similar to the study by Vital (2002), in a group of disabled athletes in the Paralympics in Sydney.

The health care to the majority of disabled athletes to give the private network through additional health plan 09 (64.2%), and only 05 (35.7%) use the public services of the Unified Health System (SUS). Differs from reality placed by Conill (2006), where only 25% of the Brazilian population has health insurance.

§Determinants of disability factors

About the type of disability, we note the prevalence of physical-type engine with 12 (85.7%) disabled athletes, followed by visual with 02 (14.3%), the majority of the athletes 10 (71, 4%) still walks, 04 of these uses the help of prosthesis, and 02 guide or a cane.

Regarding the causes of disability, we can see that the primarily congenital diseases 06 (42.8%), tied for second place with acquired diseases and external causes in 04 (28.6%) cases, however, worth point out that the main etiology for this last restriction was the spinal cord trauma and polio, both of them could be prevented but wasn't and affected people during their productive life, and was responsible for part of public health problem in the country.

Most diseases determinants of disability of disabled athletes are associated with lesion compromising the central

neurological system or peripheral, affecting most frequently the lower limbs. Situation again consistent with the study by Vital (2002).

§Quality of life

The term quality of life encompasses a broader concept than just being healthy and each individual has a peculiar way of evaluation and comcebe. Thus, we concluded that 09 (64.2%) swimmers evaluated as good quality of life. We can see that 07 (50%) disabled athletes were satisfied in relation to their health.

Even though there are many components of social life, contributing to a quality life. It's necessary more than access to health services, we must confront the external determinants in all its amplitude, which requires good public politics and an effective inter-sectorial coordination of public and mobilizing the population (MENRIQUES, 2004).

§Physical Pain

About physical pain, we can observe that 10 (71.4%) disabled athletes said the pain does not hind the performance in the practice of sport and everyday life. However, the care of patients with special needs, require monitoring of absolute pain.

We showed the prevalence of drug use in 11 (78.6%) cases, most of these 72.7% as dietary supplements, only one makes use of neuroleptic substances, and the other bronchodilators because of asthma. It was not mentioned at any time, the use of specific medications for pain, as muscle relaxants or NSAID.

Physical fitness is important and positive qualities that are closely related to the prevention of many degenerative diseases. Physical pain is a limiting factor for the performance of daily tasks and participates in recreational activities. Physical fitness, according to Castro (2005), is relatively changeable, and thus can be improved and extended as personal interests.

§Satisfaction

Evaluate positively the satisfaction of the daily life of disabled athletes. For 11 (78.6%) said they did not need medical attention to take your life on, we therefore consider that the disabled can lead a normal life, despite the limitations. And 13 (92.8%) swimmers responded that leverage a lot and very life. It proves that having disabilities does not mean impossibility of living a good life with quality.

Duarte (2001), believes that for the disabled person can maintain a positive emotional balance is necessary a constant process of adjustment of capacity to solve problems, meeting the demands required for everyday life, that can collaborate to build their self - image, where we showed that 09 (64.2%) responded that they are fully able to accept their physical appearance, and 07 (50%) say they have a lot of energy to face day-by-day.

§Fatigue

The state of physical fatigue, we observed that 07 (50%) swimmers reported no problem with fatigue, however 08 (57.1%) reported no need to rest during the day.

We note that disabled athletes have a high degree of willingness to daily activities, where 08 (57.1%) reported not feeling sleepy or unwell, and 10 (71.4%) reported no difficulties in performing some type of physical activity.

Regarding the emotional state of fatigue observed that 12 (85.7%) swimmers reported to have good ability in concentration and thinking.

Fatigue can be initially defined as the set of events produced by labor, or prolonged exercise, and help reduce the functional capacity to maintain or continue the expected outcome (CARVALHO; DAMASCENO, 2003).

Based on the information obtained can be said that fatigue did not affect the performance of disabled athletes in swimming sport, as to practice this form of sport you need a lot of effort of the athlete.

CONCLUSION

Given the above, we conclude that the disabled athletes of the Brazilian Paralympic Swimming perceive their quality of life satisfactory, and are aware of the importance of the practice of physical activities to improve the quality of life, wellness and health, regardless of the difficulties encountered and the discrete discrimination by society.

The disabled athletes have increasingly sought to improve sport in their relations with society and health, showing that there can be no obstacle when attempting to improve living conditions.

However, health can not be treated as a purely biological variable. Social, political, cultural and economic factors are involved in this discussion and must be considered in any case.

Nursing, as well as providing the well-being of patients with special needs, especially disabled athletes from swimming, should consider improving the quality of care and have as main objective the inclusion of the same.

Therefore, knowing the socio-demographic profile of disabled athletes of the swimming sport and the concept of quality of life positively assessed, to verify areas where changes are needed in order to improve the quality of life of people with disabilities.

Therefore, highlights the need to deepen the knowledge in various areas of functioning such as physical, occupational, psychological, social and health to intervene politically and transform reality.

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PERCEPTIONS OF QUALITY OF LIFE OF SWIMMING PARALYMPIC DISABLED ATHLETES OF THE BEIJING GAMES.

ABSTRACT

This is a descriptive exploratory study with a quantitative approach, which studies about perceptions of quality of life of disabled athletes of the Brazilian Paralympic Swimming. The study was carried out during the Paralympic Games in Beijing in 2008. 14 disabled athletes were surveyed; the collection of data was collected by the using of a structured instrument. Most of the disabled athletes are male, single, aged between 21 and 34 years, white color, borned in Natal, with higher education level, residing in the capital of the states, has health insurance, and minority work. The predominant physical-motor disability, which was the main cause of congenital disease, mostly occurring lesion of the central or peripheral neurological, affecting the lower limbs, most of them walks with or without help. The athletes were evaluated as people with good quality of life, showed their satisfaction with the state of health and said that the pain does not hind the practice of sport, in plus, they said not to have any problem in accept their physical appearance. About the fatigue, they did not complain about it, they are willing, or not have difficulty in physical activity and have good ability in concentration and reasoning. In this sense, we can conclude that disabled athletes have a socio-demographic profile distinctive, as well as consider their quality of life as satisfactory. So we know that the perception of the swimmers put in evidence the importance of practice of physical activities to improve the quality of life, welfare and health of disabled people.

KEY WORDS: quality of life, disabled athletes, swimming.

PERCEPTION DE LA QUALITE DE VIE DE NATATION ATHLÈTES PARALYMPIQUES DES JEUX DE PÉKIN.

RÉSUMÉ

Il s'agit d'une étude exploratoire descriptive avec une approche quantitative, qui examine les perceptions de la qualité de vie des athlètes handicapés de la natation brésilienne. L'étude a été menée durant les Jeux paralympiques de Pékin en 2008. 14 athlètes handicapés ont été interrogés, la collecte de données ont été recueillies au moyen d'un instrument structuré. La plupart des athlètes handicapés sont des hommes, célibataires, âgés entre 21 et 34 ans, Palettes de couleurs, né dans le Natal, avec l'enseignement supérieur, résidant dans la capitale des Etats, avoir une assurance santé, et travailler en situation minoritaire. La principale déficience physique-moteur, qui était la principale cause des maladies congénitales, survenant principalement lésion de la centrale ou périphérique neurologiques, touchant les membres inférieurs, la plupart sont en cours avec ou sans aide. Les athlètes, évalué en bonne qualité de vie, a montré sa satisfaction quant à l'état de santé a dit que la douleur ne fasse pas obstacle à la pratique du sport et dans la vie quotidienne et d'accepter leur apparence physique. La fatigue ne s'est pas plaint de fatigue, ils sont prêts, ou ont de la difficulté de l'activité physique et avoir une bonne capacité de concentration et de raisonnement. En ce sens, nous pouvons conclure que les athlètes handicapés ont un profil socio-démographique distinctif, ainsi que de considérer leur qualité de vie satisfaisante. Nous savons donc la perception des nageurs mis en évidence l'importance de la pratique d'activités physiques pour améliorer la qualité de vie, le bien-être et la santé des personnes handicapées.

MOTS-CLÉS: qualité de vie, paraatleta, natation.

LA PERCEPCIÓN DE LA CALIDAD DE VIDA DE LOS DEPORTISTAS PARALÍMPICOS, DE LA NATACIÓN DE LOS JUEGOS DE PEKIM.

RESUMEN

Este es uno estudio descriptivo exploratorio con uno enfoque cuantitativo, que tiene como objetivo conocer la percepción de la calidad de la vida de los deportistas paralímpicos de la selección brasileña de natación. El estudio fue realizado durante los juegos paralímpicos de Pekim en 2008. Fueron hecho búsqueda de 14 atletas paralímpicos la coleta de los datos se logró a través de los instrumentos estructurados. La mayor parte de los atletas paralímpicos son varones, solteros, con edad comprendida entre 21 y 34 años, de color blanca, nacido en natal. Con el nivel de educación superior, con el domicilio en la capital de los estados, tiene seguro salud y son pocos los que trabajan, lo que predomino fue la discapacidad físico motora, que fue la principal causa de enfermedades congénitas, en la mayoría de los casos la lesión fue del sistema neurológico central o periférico, afectando los miembros inferiores, la mayoría camina con o sin ayuda, los atletas evaluaran como de buena su calidad de vida mostró su satisfacción con el estado de salud, declaró que el dolor no impide la práctica del deporte y en la vida diaria y que aceptan su apariencia física. No se quejó de fatiga, son dispuestos y no tienen dificultades en la actividad física y tiene buena capacidad de concentración y razonamiento. En este sentido, podríamos concluir que los atletas con discapacidad tienen un perfil socio-demográfico distinto, así como consideraram su calidad de vida satisfactoria. Por lo tanto, conocermos la percepción de los nadadores ponen en evidencia la importancia de la práctica de actividades físicas para mejorar la calidad de vida, el bienestar y la salud de las personas con discapacidad.

PALABRAS CLAVE: calidad de vida, atletas paralímpicos, natación.

A PERCEÇÃO DA QUALIDADE DE VIDA DOS ATLETAS PARAOLÍMPICOS DA NATAÇÃO DOS JOGOS DE PEQUIM.

RESUMO

Trata-se de um estudo descritivo exploratório, com abordagem quantitativa, que objetivou conhecer a percepção de qualidade de vida dos paratletas da Seleção Brasileira de Natação. O estudo foi realizado durante os Jogos Paraolímpicos de Pequim em 2008. Foram pesquisados 14 paratletas, a coleta de dados se deu através de instrumento estruturado. As maiorias dos paratletas foram do sexo masculino, solteiro, com faixa etária entre 21 a 34 anos, de cor branca, natural de Natal, com nível superior de escolaridade, residente na capital dos estados, possuem plano de saúde, e a minoria trabalha. Predominou a deficiência físico-motor, cuja principal causa foi à doença congênita, na maioria ocorrendo lesão do sistema neurológico central ou periférico, afetando os membros inferiores, a maioria é andante com ou sem auxílio. Os paratletas avaliaram como boa sua qualidade de vida; mostraram-se satisfeitos com o estado de saúde; afirmaram que a dor não atrapalha na prática de esporte e na vida cotidiana e que aceitam a sua aparência física. Quanto à fadiga, não se queixaram de cansaço; são dispostos; nem têm dificuldade em praticar atividade física e possuem boa capacidade em concentração e raciocínio. Neste sentido, podemos concluir que os paratletas apresentam um perfil sócio-demográfico distintos, assim como concebem sua qualidade de vida como satisfatória. Portanto, conhecermos a percepção dos nadadores coloca em evidencia a importância da prática das atividades físicas para a melhoria da qualidade de vida, bem estar e da saúde dos deficientes físicos.

PALAVRAS-CHAVE: qualidade de vida, paraatleta, natação.