40 - ELDERLY SPORTING PREFERENCE ON ORGANIZATION OF 3RD AGE EVENTS

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INTRODUCTION

The elderly population occupies an increasingly central role in global demographic structure, attending to a reversal of the age pyramids in most developed countries. The census conducted by the Brazilian Institute of Geography and Statistics (IBGE), in 2010, revealed that the elderly (over 60 years) is the age group that most grew when the data were compared with prior census. According to the United Nations (UN) in 2012, in Brazil, 11% of the population is over 60 years, and in 2050 this percentage will consist of 29% of Brazilians. Considering this, it is not surprising a growing interest by researchers from different branches of knowledge for health and quality of life for seniors. Also noteworthy is the creation of laws and events in support of this group (the Elderly statute, established by law 10.741/2003; Conferences Rights of the Elderly; national and international conferences on aging and other assets).

Given the increased prominence of this population, it is becoming increasingly important to maintain an active life, since aging alone produces alterations in the functional capacity of individuals. These changes cannot be avoided, are the result of a natural process, but can be controlled and mitigated through a regular practice of physical exercises (SPIRDUSO, FRANCIS; MacRAE, 2005). Thus, physical activity has a critical role in promoting health and preventing disease associated with this important population group (LIMA, 2002) and is highlighted as a fundamental aspect in maintaining a healthy lifestyle, which is often associated with a better quality of life for seniors (JONES; ROSE, 2005; PORTO et al., 2012).

Silva and Pereira (2010) conducted a survey on Portuguese elderly and the results indicated that the majority of respondents expressed a strong interest in physical activity and sports, and the most frequently mentioned reasons for its practice were conviviality, pleasure, good being and health. Mota et al. (2006) states that regular physical activity can reduce the risk of several chronic conditions among the elderly, such as heart disease, metabolic disorders, diabetes, hypertension, and various harmful emotional states such as depression. Moraes et al. (2007) suggest that physical activity may act in the prevention and treatment of depression in the elderly.

Since the quality of life is strongly associated with a good locomotor performance, practice regular physical activity is fundamental for this age group. To maintain the quality of life and dealing with everyday activities, then it is important for the elderly to remain in the best possible physical fitness (OAK; SOARES, 2004). Older people understand that physical exercise can contribute positively to their physical and emotional well-being and can maintain their daily living activities at satisfactory levels (SILVA; PEREIRA, 2010).

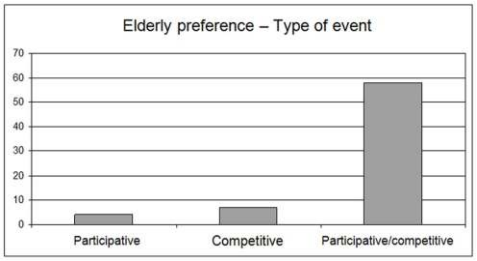
It was clear, therefore, the relationship between physical activity, quality of life and maintaining a healthy lifestyle for the elderly. The increasing number of games and sporting events directed toward this population, we seek to analyze the importance of elderly opinion for success and particularities of an event designed for their age group.

METHOD

The study included 69 seniors, including 35 males and 34 females, from 39 different cities of the State of Santa Catarina. These seniors responded voluntarily to a brief interview that was made by personal identification (sex and the city where they came from) and questions about the idealization of a sporting event for that group (if preferred competitive events, participatory or if it was indifferent, and the modalities who preferred to be present at the games - and this is an open question and limited to a maximum of six responses per individual). These questionnaires were administered on seniors' municipal games, organized by the “Fundação Catarinense de Esporte”. The elderly receive clarification of why these questions. Thus, participants could freely choose to participate. From this, were structured spreadsheets in Microsoft Excel 2007 for Windows ® and the data were analyzed with descriptive statistics, according to the frequency responses of the elderly.

RESULTS

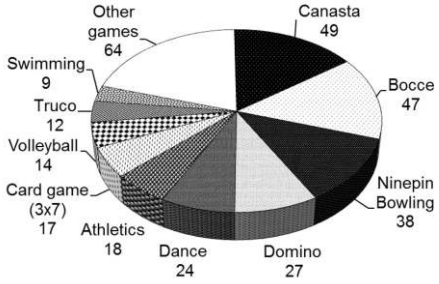
The responses about the event type indicate that these seniors do not have a specific preference between competition or participation, making it clear that the most important for this group is the existence of an sportive event for this age group. The frequency of answer to participative type was 4, for competitive type was 7 and for participative/competitive was 58 as shown in graph 1.



Graph 1 – Elderly preference – Type of event.

After the responses to the type of event, the elderly suggested modalities which should be present in games for that audience. The responses of 69 elderly generated 319 opinions, as each could answer up to six modalities. Thus, the preferred modalities was Canasta, with 49 answers, Bocce with 47, ninepin Bowling with 38, Domino with 27, Dance with 24, Athletics with 18, Card game (3 X 7) with 17, Volleyball with 14, Truco with 12 and Swimming with 9 responses. The other modalities are composed of adapted basketball (game adapted, non-contact), futsal, badminton, competitive exchange / participatory (adapted

volleyball, where you can hold the ball), adapted basketball, handball per zone, basketball, scopa card game, snooker, tennis, chess, badminton, bowling, hiking guide, checkers, game 48 (variation of the game of bocce), lotto (lottery game similar to bingo) and track. These results are shown in Graph 2.



Graph 2 – Elderly preferences – Modalities

DISCUSSION

From the results of this research were structured the JASTI in the State of Santa Catarina, which was established by Law 13.846/06, approved by the Board of Education of this state, and is sponsored by the Foundation for Sport Catarinense (FESPORTE). This event is designed exclusively for seniors (over 60 years), where they represent their respective cities within the state competition. Following the opinions of the elderly, the JASTI debuted in 2008 featuring the arrangements of canasta, bocce, ninepin bowling, domino and dancing, the latter being divided into two categories, up to 69 years and above 70 years. As the initial demand of participants was high, there were regional qualifying stages which involved more than 3200 elderly of 163 cities. Among them were classified to state phase over 1,000 elderly from 93 cities.

In 2009, the event had the same way of the previous edition, but dance won another division, ballroom dancing and choreographic dancing. 113 municipalities and about 1300 elderly participated. In 2010, another mode was included in JASTI, the Truco. The participants were 1,149 seniors and 133 cities were represented.

In the following year and in 2012, the rules remained the same. In these issues involved 144 and 146 cities, respectively, and nearly 1600 athletes. Taking into account the progress demonstrated by the number of cities and seniors involved in each edition of JASTI, is explicit adherence in this population in this kind of event. Porto et al. (2012) emphasize that physical activity is associated with significantly improved perception of quality of life in elderly Brazilians.

Silva and Pereira (2010) conducted a study with Portuguese seniors and reported that physical activity is important for the elderly, not only as a means of providing them with welfare, but also a factor of social integration by providing them unique experiences, fundamental to address the constraints and limitations that normal life span. Thus, it is also necessary to consider factors related to integration and socialization of seniors during the competition.

CONCLUSION

Considering the results, it is evident that sporting events for seniors have a great adherence and are very important for the well-known effects of physical activity on the quality of life for seniors.

An important aspect is the fact that the elderly represent their cities in competition. Thus, we expect a higher level of municipal investment for physical activity for seniors, providing best interests in games and especially creating greater integration and quality of life for seniors.

It must be noted that the views of older people must be respected and is a key factor in the organization and success of subsequent events. Such opinions vary according to cultural characteristics of each group and geographic region, then it suggests that such research is conducted within the municipalities themselves in order to direct public policies for this population.

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ELDERLY SPORTING PREFERENCE ON ORGANIZATION OF 3RD AGE EVENTS

ABSTRACT:

The aim of this work is to evaluate the opinion of elderly to develop an event for people of 3rd age in Santa Catarina state. 69 elderly participate of this research (35 male and 34 female), that came from 39 different cities. The volunteers answered a survey with personal details and sportive preferences. Their opinion was organized on Microsoft Excel 2007 for Windows® sheets and served as a basis to what be developed on “Jogos Abertos da Terceira Idade (JASTI)” that initially counts with canasta, bocce, ninepin bownling, domino and dance modalities. At 3rd edition it was included truco. It is possible to observe along prior editions of this event there was strong participation and at most recently editions it was necessary to realize regional classificatory stages.

Knowing the benefits of physical activity related to quality of life, healthy life style maintenance and sociability aspects of elderlies, it was suggested the realization of sportive events exclusively to this parcel of population and that be made to guide public politics for 3rd age and adequacy of the events for their cultural features.

KEYWORDS: Elderly. Quality of life. Event organization.

PREFERENCE POUR PERSONNES ÂGÉES DANS L'ORGANISATION DES MANIFESTATIONS SPORTIVES POUR LES AÎNÉS

RÉSUMÉ:

Le but de cette étude était d'analyser l'opinion des personnes âgées sur le développement d'un événement destiné à eux dans l'État de Santa Catarina. 69 personnes originaires de 39 villes différentes ont participé de la recherche, 35 hommes et 34 femmes. Ils ont répondu à un bref questionnaire avec l'identification personnelle et questions sur leurs préférences sportives. Les opinions des personnes interrogées ont été organisées dans Microsoft Excel 2007 pour Windows ® et a servi de base pour le développment des "Jogos Abertos da Terceira Idade" (JASTI), qui avaient initialement les modalités de canasta, pétanque, "bolão 23", dominos et de la danse. Depuis la troisième édition a été aussi inclus le "truco". Il est possible noter que tout au long des éditions de cet événement il y avait une forte adhésion des participants, dont il était necessaire dans les éditions les plus récentes la réalization des étapes classificatoires . En conneçant les bienfaits de l'activité physique liée à la qualité de vie et le maintien d'un mode de vie sain, et aussi des aspects de la socialisation des personnes âgées, il est suggéré d'organiser des événements exclusivement pour cette partie de la population, et que soient réalisé études similaires à cet ici pour orienter les politiques publiques dirigées aux personnes âgées et adéquation des événements en conformité avec les caractéristiques culturelles du groupe.

MOTS-CLÉS: Seniors. Qualité de vie. L'organisation de l'événement.

PREFERENCIA POR ANCIANOS EN ORGANIZACIÓN DE EVENTOS DEPORTIVOS PARA LA TERCERA EDAD

RESUMEN:

El objetivo de este estudio fue analizar la opinión de los ancianos para el desarrollo de un evento destinado para la tercera edad en el Estado de Santa Catarina. Participaron de la investigación 69 ancianos, siendo 35 del sexo masculino y 34 del sexo femenino, oriundos de 39 municipios diferentes, que respondían a un breve estudio con identificación personal y sus preferencias deportivas. Las opiniones de las personas entrevistadas se organizaron en Microsoft Excel 2007 para Windows® y sirvieron de base para lo que fue desarrollado los “Jogos Abertos da Terceira Idade” (JASTI), que inicialmente tenía las modalidades de la canasta, bocce, “bolão 23”, dominó y danza . La tercera edición se incluyó el truco. Se puede ver que, a lo largo de las ediciones de este evento, hubo una fuerte adhesión de los participantes y que en las más recientes fue necesario realizar etapas clasificatorias regionalizadas. Conocer los beneficios de la actividad física relacionada con la calidad de vida, mantener un estilo de vida saludable, así como los aspectos de socialización de las personas mayores, se sugiere la realización de eventos exclusivamente para ese sector de la población que se realicen estudios similar a este para orientar las políticas públicas dirigidas a las personas mayores y la adecuación de los acontecimientos de acuerdo con las características culturales de este grupo.

PALABRAS CLAVE: Ancianos. Calidad de vida. Organización de eventos.

PREFERÊNCIA DESPORTIVA DE IDOSOS NA ORGANIZAÇÃO DE EVENTOS PARA A TERCEIRA IDADE

RESUMO:

O objetivo do presente estudo foi analisar a opinião dos idosos para o desenvolvimento de um evento destinado para a terceira idade no Estado de Santa Catarina. Participaram da pesquisa 69 idosos, sendo 35 do sexo masculino e 34 do sexo feminino, oriundos de 39 municípios diferentes, que respondiam a um breve questionário com identificação pessoal e suas preferências esportivas. As opiniões dos indivíduos entrevistados foram organizadas no Microsoft Excel 2007 for Windows® e serviram de base para o que foi desenvolvido nos Jogos Abertos da Terceira Idade (JASTI), que inicialmente contava com as modalidades de canastra, bocha, bolão 23, dominó e dança. Da terceira edição em diante foi incluído o truco. É possível observar que, ao longo das edições desse evento, houve uma forte adesão de participantes e que nas mais recentes foi necessário realizar etapas classificatórias regionalizadas. Conhecendo-se os benefícios da atividade física relacionados à qualidade de vida, à manutenção de um estilo de vida saudável e também a aspectos de socialização dos idosos, sugere-se a realização de eventos destinados exclusivamente para tal parcela da população, que sejam realizados estudos similares a este para guiar as políticas públicas direcionadas para a terceira idade e a adequação dos eventos de acordo com as características culturais desse grupo.

PALAVRAS-CHAVE: Idosos. Qualidade de vida. Organização de eventos.REFERÊNCIA BIBLIOGRÁFICA