121 - PHYSICAL ACTIVITY AS AN INSTRUMENT TO IMPROVE THE QUALITY OF LIFE OF RECYCLABLE MATERIALS COLLECTORS IN THE CITY OF VIÇOSA - M.G. (BRAZIL)

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INTRODUCTION

With the arrival of the modernization, they appeared some urban problems that, now, they need a larger attention and cares on the part of the government organs and of the own population. One of these problems is the disarray in the discard products originating from of the modern life that, if they don't go concern objects, they will bring harmful consequences for all of the citizens.

Environmentalists in potential, the recyclable materials collectors collect and recover in work that they accomplish daily, that the population discards of form unappointment and that guarantees them the survival: the garbage. Those professionals are people that, for socioeconomic reasons, besides they be forced survive of that garbage, they are discriminated, battered, rejected, unknown and, sometimes, until pursued.

Constantly, the situation of the thousands of collectors of recyclable materials that develop their work in sub-human conditions in the selective collection of urban discards in the streets and "big garbage" of the cities is discussed. It is observed that they accomplish their activities in precarious conditions of safety and they are exposed to several risk situations, so much physics as psychological, condemning them to the one bearable quality of life and risks to the health, besides they be completely vulnerable to the prejudices and racisms created around this activity. It must admit that, there is a long time, that population has been marginalized in the researches and in the public politics of promotion of the health.

This way, as alternative for the improvement of the quality of life and health of this population and looking for the social inclusion, was proposed a program of guided physical activities and a formation and valorization program of the work, with the objective of propitiating the social inclusion of the collectors of recyclable materials of the city of Viçosa-MG and to develop actions to assure the improvement of the work conditions, of the health, safety and quality of life so much in the extent of the work, as in the social and in the familiar.

OBJECTIVE

➢To Implement a program of guided physical activities making possible the elimination/minimization of the complaints of pains and fatigue physics told by the collectors;

➢To Implement a formation program and professional valorization of collectors, in a perspective of conscious and active participation, of defying of their interests and concerns, looking for to give larger visibility to their work and the invigoration of their Association (ACAT).

METHODOLOGY

Sample

➢30 recyclable materials collectors of Viçosa-MG;

Methodological course - It understood three stages:

First Stage: of February to April of 2006

➢Profile diagnostic of the quality of life and of the complaints of pains muscular of the collectors, by questionnaire;

➢Lifting of the needs and interests of the collectors, through FPD (Fast Participative Diagnostic), participant observation and dialogue.

Second Stage: of May to November of 2006

1. Implementation of a program of guided physical activities (Illustration 1) :

➢Objective: to reduce and to lessen the muscular pains, the sensation of fatigue in the end of the work day, to combat and to prevent L. R. E. / D.O.R.T (Lesion for repetitive effort Disturbance osteomuscular related to the work), to benefit the psychological well-being, to develop the corporal conscience, the social relationship and the work in team;

➢4 lecture classes and 61 practical classes; prolongation exercises and flexionamento and posture work; material: sound apparel and mattresses; 3 times a week; class of 30 min. of duration; evaluation with individual reports and discussion groups;



Illustration 1 - Implementation of a program of guided physical activities

2. Implementation of program of formation and professional valorization:

➢ Objective: the community's development, the invigoration of the Association, the professional and human valorization and the rescue of the self-esteem.

➢ Theoretical referential of the community social psychology, that it privileges the work with groups, seeking the formation of the critical conscience and for the construction of a social and individual identity based for presupposed humans ethically.

Third Stage: November of 2006

➢ Evaluation of the impact of the two implemented programs - new application of the pains mapping and the application of a semi-structured interview.

RESULTS

First Stage

➢ Profile Diagnostic of the collectors: age group between 24 and 66 years; 60% (18) women and 40% (12) men; time of study from 1 to 11 years; 26,64% never studied, 16,65% just studied to 1ªsérie of the fundamental teaching, 9,99% studied even to 2ªsérie of the fundamental teaching, 19,98% even to 3ªsérie of the fundamental teaching, 23,33% the complete fundamental teaching and only 3,33% the complete medium teaching; work day among 5 at 12 hours; pay monthly between R$50,00 and R$500,00.

➢ Quality of life Diagnostic: 13,33% of the collectors consider their life quality nor bad, nor good, 83,33%, good, and 3,33% very good;

➢ The muscular pains mapping: complaints of pains in the thighs, calves, articulation of the elbows and shoulders and, with more frequency and intensity, in the spine, stomach area and knees.

➢ Rising of needs and interests (FPD): selective separation of the garbage for the population; increase of the price of the collected material; material increase for collection; more efficient association; improvements in the work hangar.

Second and Third Stages

➢ Program of Guided Physical Activities: (Illustration 2)

The collectors affirmed that the pains in the thighs, calves, articulation of the elbows, shoulders, spine, stomach area and knees were softened with the practice of the physical activity in an average of 30%; they are sleeping better (30%); they finish the day less fatigued physically (40%); that the relationship among them got better a lot (50%); that the practice of the physical activity softened the muscular pains (70%); that if they sit down happier, because the practice of the physical activity is a moment of casualness and pleasure (80%); that got better in the quality of life (100%); that, for they be sleeping better, they are producing more in the work and consequently they improved their quality of life (70%); that has more disposition for the work, influencing positively in the quality of life (60%); it improved the relationship between them and the desire of living;



Illustration 2 - Program of Guided Physical Activities

➢ Program of Formation and Professional Valorization:

The collectors affirmed that the creation of ACAT provided a professional improvement (80%); that ACAT gave visibility to their profession (60%); that through ACAT they are getting to collect materials in places that didn't have access (70%); that today they has pride of the their profession, because they had a strong association (50%); and that the collectors got if it unites, to strengthen and to develop with the creation of ACAT (60%).

CONCLUSION

It was ended that the insert of a program that values the professional formation and the implementation of the regulate practice of a physical activity in the life of the collectors influenced positively in their quality of life and health, it softening muscular pains, avoiding fatigue, improving the humor and to solemnity it esteems, stimulating the relationship among them, increasing the disposition for the work and, mainly, favoring the social inclusion in our society. To conclude, it suits to point out that the physical activity was also an effective instrument for the development and exercise of the citizenship for the collectors of recyclable materials, as well as to the academic of Physical education, to participate in the rescue of the dignity of that social group, applying and evaluating the acquired knowledge and assimilated during her course, it aided in the improving of the pillars of her formation.

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PHYSICAL ACTIVITY AS AN INSTRUMENT TO IMPROVE THE QUALITY OF LIFE OF RECYCLABLE MATERIALS COLLECTORS IN THE CITY OF VIÇOSA - M.G.

ABSTRACT

In Viçosa - MG, the recyclable materials collectors perform their activities in precarious conditions of safety, being exposed to several dangerous situations which lead them to a bad quality of life (QOL) and health. With the intention of transforming that reality, the present work aimed to implement a program of guided physical activities seeking the improvement of the QOL and health of these workers. The work was organized in three stages, with a sample of 30 individuals. In the first stage, a diagnosis of the subjects' profile, quality of life as well as complaints of muscular pain was accomplished. The results were: age between 24 and 66; 60% of women and 40% men; formal education from 1 to 11 years; working day of 5 to 12 hours; monthly wages between R$50,00 and R$500,00; 13.3% consider his/her QOL neither bad nor good; 83.3%, good and 3.3% very good; the collectors had pains in the thighs, calves, articulation of elbows and shoulders, which were more frequent and intense in the spine, stomach area and knees. In the second stage, a program of guided physical activities was implemented to reduce the muscular pains, care for the psychological well-being, improve social relationships and teamwork. In the third stage, we intended assess the impact of the program implemented. We concluded that the regular practice of a physical activity has a positive influence in the life of the collectors, lessening muscular pain and fatigue, improving mood and self esteem, stimulating socialization and increasing disposition for work, thus contributing to the improvement of the QOL and health. And, to the researcher (the Physical Education student), participating in rescuing the dignity of that group and applying and assessing the knowledge acquired during her course aided her in strengthening the pillars of her education.

KEY-WORDS: Physical Activity, Quality of Life, Social Inclusion.

L'ACTIVITÉ PHYSIQUE COMME OUTIL POUR AMÉLIORER LA QUALITÉ DE VIE DES COLLECTEURS DE MATIÈRES RECYCLABLES DE LA VILLE DE VIÇOSA - MG

RESUMÉ

À Viçosa- MG, les collecteurs de matières recyclables accomplissent leurs activités dans des conditions précaires de securité, exposés à plusieurs situations de risque, ce qui les condamne à une penible qualité de vie et de santé. (QDV). Dans l'intention de transformer cette realité, le projet présent a adopté comme but, établir un programme d'activités physiques orientées, en visageant une meilleure qualité de travail pour ces ouvriers. Le projet a été organisé dans trois étapes, avec un échantillon de 30 individus. dans la première. a été accompli un diagnostic du profil, de la qualité de vie et des plaintes de douleurs musculaires qui présentaient ces collecteurs. Les résultats trouvés sont : âge entre 24 et 66 ans, 60 % sont des femmes et 40 % des hommes; temps d'étude de 1 à 11 ans; journée de travail entre 5 à 12 heures, salaire mensuel entre les R$ 50,00 et R$500,00. 13% considerent leurs qualités de vie ni bonnes ni mauvaises , 83.3%, bonne , et 3,3%, très bonne. Ces collecteurs sont touchés par des douleurs aux cuisses, aux jambes, aux coudes et aux épaules. ont aussi des problèmes d'articulation, et plus souvent, des douleurs intenses aux genoux et à l'estomac. Dans la deuxième étape, on a établi un programme d'activités physiques pour combattre et réduire ces douleurs, qui cherchait le bien-être psycologique, améliorer le rapport social et le travail dans l'équipe.

Dans une troisième étape, on a essayé de faire une évaluation de l'impact provoqué par le programme. On est arrivé à la conclusion que, pratiquer une activité physique reglée dans la vie est absolument positif pour les collecteurs, en adoucissant leurs douleurs et leur fatigue, en améliorant l'humour, motivant les relations personelles e augmentant la disposition pour le travail et par conséquence, aidant à créer une meilleure qualité de vie te de santé. L'étudiante d'Education Physique a aidé à reprendre la dignité de ce groupe, en applicant et évaluant les connaissances acquises pendant son cours, pour fortifier les piliers de sa formation.

MOT CLEF: Activité Physique, Qualité De Vie, Inclusion Sociale.

LA ACTIVIDAD FÍSICA COMO EL INSTRUMENTO PARA LA MEJORA DE LA CALIDAD DE VIDA DE COLECCIONISTAS DE MATERIALES RECICLABLES DE LA CIUDAD DE VIÇOSA - MG

RESUMEN

En Viçosa-MG, los recogedores de materiales reciclables ejercen sus actividades en condiciones inciertas de seguridad, expuesto a varias situaciones de riesgo, que los condenan a una precaria calidad de vida (CDV) y salud . Con la intención de transformar esa realidad, este proyecto tuvo como objetivo implementar un programa de actividades físicas guiadas, mientras busca la mejora de la CDV y la salud de estos obreros. El trabajo estaba organizado en tres fases, con una muestra de 30 individuos. En la primera fase se realizaba un diagnóstico del perfil, de la calidad de vida de los individuos y de las quejas de dolores musculares que presentaban. Los resultados eran: envejecimiento entre 24 y 66 años; 60% son mujeres y 40% hombres con tiempo de estudio de 1 a 11 años; día de trabajo entre 5 a 12 horas; pague la publicación mensual entre R$50,00 y R$500,00; 13,3% consideran la CDV de los ni malo, ni bueno, 83,3%, bueno y 3,3%, muy bueno,; los coleccionistas se notan de dolores en los muslos, terneros, la articulación de los codos y hombros, y con más frecuencia e intensidad en la espina, área del estómago y rodillas. En el segundo, un programa de actividades físicas guiadas fue llevado a cabo, mientras buscando reducir los dolores musculares, buscar el bienestar psicológico, mejorar la relación social y el trabajo en el equipo. En el tercio, se buscaba para evaluar el impacto del programa llevado a cabo. Fue acabado que la práctica de una actividad física regule en la vida de los coleccionistas influenció positivamente, mientras ablandando los dolores musculares y fatiga, mientras mejorando el humor y a la solemnidad estima, mientras estimulando la relación entre ellos y aumentando la disposición por el trabajo, contribuyendo a la mejora de la CDV y salud. Y, al académico de educación Física, para participar en el rescate de la dignidad de ese grupo, mientras aplicando y evaluando el conocimiento adquirido durante su curso, ayudó el mejorando de los pilares de su formación.

PALABRAS-CLAVE: Actividad Física, Calidad De Vida, Inclusión Social.

ATIVIDADE FÍSICA COMO INSTRUMENTO PARA MELHORIA DA QUALIDADE DE VIDA DOS CATADORES DE MATERIAIS RECICLÁVEIS DA CIDADE DE VIÇOSA - MG

RESUMO

Em Viçosa-MG, os(as)catadores(as) de materiais recicláveis realizam suas atividades em condições precárias de segurança, expostos às diversas situações de risco, condenando-os a uma sofrível qualidade de vida e saúde. No intuito de transformar essa realidade, o presente projeto teve como objetivo implementar um programa de atividades físicas orientadas, visando à melhoria da qualidade de vida e saúde destes trabalhadores. O trabalho foi organizado em três etapas, com uma amostra de 30 indivíduos. Na primeira, foi realizado um diagnóstico do perfil, da qualidade de vida e das queixas de dores musculares dos catadores. Os resultados foram: idade entre 24 e 66 anos; 60% são mulheres e 40% homens; tempo de estudo de 1 a 11 anos; jornada de trabalho entre 5 a 12 horas; renda mensal entre R$50,00 e R$500,00; 13,3% consideram sua qualidade de vida nem ruim, nem boa, 83,3%, boa e 3,3%, muito boa; os catadores se ressentem de dores nas coxas, panturrilhas, articulação dos cotovelos e ombros, e com mais freqüência e intensidade na coluna vertebral, região estomacal e joelhos. Na segunda, implementou-se um programa de atividades físicas orientadas, visando reduzir as dores musculares, buscar o bem-estar psicológico, melhorar o relacionamento social e o trabalho em equipe. Na terceira, buscou-se avaliar o impacto do programa implementado. Concluiu-se que a prática de uma atividade física regular na vida dos catadores influenciou positivamente, amenizando dores musculares e fadiga, melhorando o humor e a auto estima, estimulando o relacionamento interpessoal e aumentando a disposição para o trabalho, contribuindo para a melhoria da qualidade de vida e saúde. E, à acadêmica de Educação Física, participar no resgate da dignidade desse grupo, aplicando e avaliando os conhecimentos adquiridos durante seu curso, auxiliou no aprimoramento dos pilares de sua formação.

PALAVRAS-CHAVE: Atividade Física, Qualidade de Vida, Inclusão Social.