157 - SOCIAL REPRESENTATIONS OF PHYSICAL ACTIVITY IN THE AGING PROCESS

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INTRODUCTION

Studies epidemiologists evidence that the physically active populations have minor incidence of some chronic illnesses (Pitanga, 2001). Between the healthful behaviors, the practical of physical activity has been widely stimulated for the world-wide programs of promotion of the health in view of its physical and psicossocial benefits (Néri, 1988-1995; Okuma, 1998; Teixeira & Okuma, 2004; Veras, 1995; Matsudo & Matsudo, 1992).

It is known that questions of the aging present currently, a great social phenomenon of meaning in the context of the societies in the whole world. According to Brazilian Institute of Geography and Statistics (IBGE) (Santana et al., 2000), in Brazil, for the second decade of this century, a population of 32 million aged is esteem.

Ahead of such reality, the critical reflection on the benefits of the physical activities in the third age can contribute in such a way to face the current trends of homogenization of the oldness as to attempt against the functional capacity of these aged ones. Of the point of view of public health, the functional capacity appears as a new concept of health, more adjusted to instrument and to operate a modern and innovator politics of attention to the health of the aged one (Zimerman, 2000).

The Social Representation, for if constituting in a conceptual landmark of analyses to the interpersonal and intergrupal level become useful in research, in the measure where it allows to the researcher the identification of the shared aspects of a representation of determined corporate object (Moscovici, 1978).

Thus, to studying the representations of such object, it is intended to direct a bigger approach of the process for which its direction if becomes concrete for the man made possible in the interaction enters knowing of the common sense and enclosed scientific knowing in the group relations. Therefore, the objective of this study is to analyze the social representation concerning the physical activity in the third age.

METHODOLOGY

The present study it is of descriptive nature with qualitative boarding. The not-probabilist, tax sample and by convenience was constituted by 70 individuals of both sex, resident in the city of Natal, state of Rio Grande do Norte (RN), Brazil, pupils of the program "Health and Citizenship in the third age", with headquarters in the Center of Federal and Technological Education of the Rio Grande do Norte (CEFET), in Natal, (RN), whose objective is the auto-care through the physical activity from 50 years of age. The participants had been enclosed considering the following criteria: signature of the Term of Assent Free and Clarified and to be regular pupil of the program. The project of this research was inquired and approved for the Committee of Ethics of the Federal University of the Rio Grande do Norte - UFRN.

The followed methodology steps for the identification of the representations of the physical activity for the studied group, meet supported in the Theory of the Social Representations of Moscovici (1978). It is important to point out that the social representations are produced by the interactions and communications in the interior of the social groups, reflecting the situation of the individuals in what it says respect to the subjects that are objects of its daily one.

The data had been collected through a question opened in an inquiry regarding the auto-care for the physical activity in the process of the aging and for the social characterization of the sample, being searched the variable sex, age, education level and civil state. The analysis was made by Alceste software, 4.5 (*Analyse Lexicale par Contexte d'un Esemble de Segments de Texte),* that it carries through the léxica analysis of a literal data set (Reinert, 1990) with the objective to distinguish classrooms from words that complementarily represent different forms of speech regarding the topic of interest (Bauer, Gaskell, 2002) and for the Analysis of Content (Bardin, 1979). The Alceste groups the semantic roots inside defining them for classrooms, leading in consideration the function of the word of data context. Each classroom is composed of some Units of Elementar Context (UCE). As it reports Kronberger & Wagner (2002), the Alceste processes for each class a line of words that are characteristic of the same one where the force of the association between each word and its class is express for a value of Qui-Square (Qui2). How much bigger the value of the Qui2, more important is the word for the construction statistics of the class. The list of words is the basic source for interpretation of the class.

RESULTS

The participants of the sample had age varying enter 50 78 years (X = 60,5 and DP = 7,65), 7% of masculine sex and feminine 93% of, with educational level varying of basic, average and superior education.

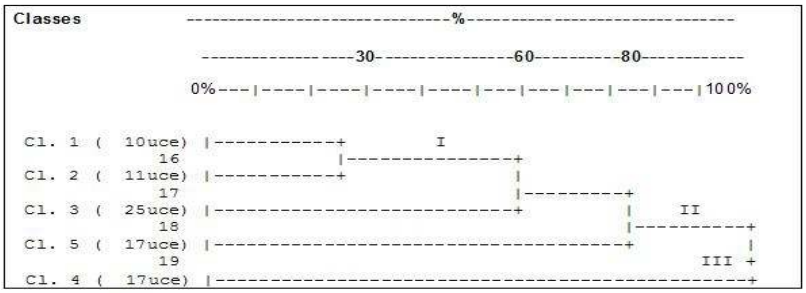
In accordance with the standard established for the program Alceste 4,5 (Camargo, 2005), the corpus was composed of 70 units of initial context - UCIs - or answers the open question (Stage A). The calculation of the dictionary presented 735 distinct forms or words and number of occurrence of 2.268. After the reduction of the words to its roots (Stage B), the Descending Hierarchic Analysis - in the first phase of analysis -, considered 102 analyzable words (equal or frequently superior to 3), 14 changeable words instrument and 88 words (with asterisk).

TABLE 1 - Reduced report of the operational stages of the Alceste with the data of the research

STAGE_A	STAGE_B	STAGE_C	STAGE_D
A1. Makes the reading of the corpus. ► *Corpus:* 70 UCIs (or answers to the open question.). **A2. Makes the production of the dictionary of the reduced forms based on the radicals of the words (roots)** ►number of diferent words: 735 ► number of occurrences of these words: 2,268 times. **A3. Create the dictionary** ► number of analyzable words: 669 ► number of instrumental words.: 22 ► number of analyzable words frequently bigger that 3: 1.030.	**B1. Makes the calculation of the matrices of the data and election of the UCEs:** ►number of selected UCEs: 112 **B3. Makes the Descending Hierarchic Analysis (CDH) of the data first analysis.** After reduction of the words its roots, frequently = or > 4, got 102 analyzable words (being 14 instruments and 88 0 variable or with asterisk). These 102 words had occurred 1,030 times in the corpus. From now on, the program selected 112 UCEs.	**C1. Defines the classs of UCEs.** ► The corpus was divided in 112 UCEs and the Hierarchic Descending Classification - in one second analysis it led in 80 account UCEs, that is, 71.43% of the total of the UCEs. ► The UCEs had been distributed in 5 steady classs. ► It presents the Dendrogram of the steady classs (from the B3 Stage). **C2. Description and distribution of the UCEs for class and its contexts** (n° of frequency in the class and the corpus; percentage; Qui2 and identification of the reduced form of the word) ►Cl. 1 (10 UCEs, 12,50%) ►Cl. 2 (11 UCEs, 13,75%) ►Cl. 3 (25 UCEs, 31,25%) ►Cl. 4 (17 UCEs, 21,25%) ►Cl. 5 (17 UCEs, 21,25%) **C3. Factorial analysis of Correspondence.** It's another one form of presentation of the results allowed by the Alceste, and: ►De to the representation of the relations between the classs in an factorial plan. ►Inform Inertia	**D1. Faz os cálculos complementares.** It is a prolongation of Stage C. It supplies the UCEs most characteristic for class, and: ►A election of the words and the UCEs for class with its forms associates (through the radicals). ►Distribution of the UCEs most significant of each class. **D2.** ►Supply the calculation of the repeated segments in general. ►Research of the repeated segments (groupings, pairs and segments) for class. **D3. Hierarchic Descending Classification** ► Allow the study of the relations of the elements (forms) intra-classs. The CAH of the lexical context of the class

These 102 analyzable words had occurred 1030 times in the corpus. In the second phase of this analysis, the description of the class occurs (Stage C), where, of the 112 UCEs selected by the Descending Hierarchic Classification, 80 UCEs had been classified, originating five (5) class of UCEs of different texts between itself, that is, 71.43% of the total of the UCEs.

The descriptive report of this corpus with the operational stages of the Alceste follows in Table 1, below.The Descending Hierarchic Analysis demonstrated that class 1, 2, 3 and 5 are opposing to class 4. Class 4 was with greater to be able discriminatory for the discriminated physical activity following of the too much class since class 1, demonstrated in Graph 1, under the dendrogram form.



GRAPH 1 - Dendrogram of the Descending Hierarchic Classification.

In Table 2, to follow, we can observe the profile of each one of the class through the content of each one and by which it is determined. For the interpretation of the specific vocabulary of the thematic and its respective class, the words had been considered equal or frequently bigger (=) that 3 and Qui2 = 3,84 (gl = 1). Each class is described for the words most frequent and its respective associations with the class (Qui-square), whose meanings of these words provide to the interconnection level interclass.

TABLE 2 - Distribution of the profile of the five lexical class of the social representations of the physical activity.

Class 1: Change of attitude

10 u.c.e = 12,50% of the total of Descriptive variable
Feminine sex
Age band: the 50 to 69 years
Civil state: married
Education level: average education

Terms of bigger association

Words	Fr.	Qui²
Problem	2	8,4
Estou	6	20,5
Today	3	6,4
Very	6	5,1
Why	7	24,2

Classe 2: Autonomy

11 u.c.e = 13,75% of the total of Descritiptive Variable Masculine sex
Age bande: 60 to 69 years
Civil state: single
Education level: superior education

Terms of bigger association

Words	Fr.	Qui²
Friendship	3	9,6
Good	2	7,4
knowledge	3	19,6
To make	3	7,2
physical activity	2	7,4
Health	3	5,5
Also	4	12,1

Classe 3: Happiness

25 u.c.e = 31,25% of the total of Descritiptive Variable Feminine sex
Age band: 70 to 79 years
Civil state: widower
Education level: average education

Terms of bigger association

Words	Fr.	Qui²
I am	6	10,6
Here	12	31,1
Happy	3	6,9
I like	3	6,9
This	8	15,7
People	5	11,8
Nothing	4	9,3
Project	8	8,2
Go out	5	5,8
I feel	5	11,7
I have	5	11,7

Classe 5: Change of the life style

17 u.c.e = 21,25% of the total of Descritiptive Variable Feminine sex
Age band: 70 to 79 years
Civil state: divorced
Escolaridade: average education

Terms of bigger association

Words	Fr.	Qui²
Social	7	28,4
Foi	5	9,0
Tempo	4	15,6
Casa	4	15,6
Sentir	4	11,0
Important	3	11,6
Solidão	3	7,3

Classe 4: To improve the quality of life

17 u.c.e = 21,25% of the total of Descritiptive Variable: Feminine sex
Estado Civil: married

Terms of bigger association

Words	Fr.	Qui²
Life	15	28,7
Improve	10	42,4
Quality	11	29,9

From the localization of these radicals in the UCEs it was possible to identify the main corresponding tematic context to each class or characteristic lexical traces as its similarities for the context of the words (slight knowledge). We can, then, observe, that Class 1, was presented with 10 UCE (Units of Elementary Context), being composed for 12,50% of the analyzed material, whose main subject mentions change to it of attitude, represented for the feminine sex in the age band of 50 to 69 years, married and average education.

Class 2 was presented with 11 UCE, composed for 13,75% of the analyzed material, whose main subject mentions the physical activity to it as an element that allows more autonomy, represented for the masculine sex with age varying of 60 to 69 years, bachelors and with superior education. Already Class 3, with 25 UCE, composed for 31,25% of the analyzed material, had as main subject the happiness, represented for women in the age band of 70 to 79 years, widowers and with average education incomplete.

Class 4, with 17 UCE, composed for 21,25% of the analyzed material, having the quality of life as main subject. It was represented by feminine sex and married civil state. And finally, Class 5, with 17 UCE, composed for 21,25% of the analyzed material, whose main subject mentions the change of the life style, was represented by women in the age band of 70 to 79 years, separate and with average education incomplete.

DISCUSSION

The diversity of the described information for the common sense on the physical activities in the group "Health and Citizenship in the Third Age" points with respect to social representations in relation its experiences with the same ones, touches in aspects particularly next to the existence to each citizen in the search of this experience, showing distinct forms to process the thematic one.

SOCIAL REPRESENTATIONS OF THE PHYSICAL ACTIVITY

The physical activity (AF) as escape of the general problems caused by the aging

Although the gradual limitations that can occur in this phase of the development, the people of this class glimpse to discover possibilities of living the proper life with the maximum possible quality in the measure where they are not restricted to its personal experiences. As it can be identified in the speeches: "... and what it is taken of the life, to know to live, to use the good moments that in remains them, to be sad and gotten depressed, alone, already was". (Feminine, 78 years). Or, "… to leave alcoholism, I retired and wanted to leave laziness, of the deep one of the well where it had fallen". (Masculine, 61 years).

Carneiro and Falcone (2004), emphasize that the practical of physical activity in group raises auto-esteem of the aged one, contribute for the implementation of the social relations and for the emotional balance.

Some studies tell the benefits of the practical of regular physical activity, mainly, in what it says respect to an improvement in mental health (Curiati, Alencar, 2000; Stiles, 2000). Borges and Rauchbach (2004), also, had observed that aged that they do not have the habit of the practical of physical activity they present a bigger trend to the depressive state. As we see in the example of the deposition: "... I like very, but very much is to dance, already I arrive here in the project dancing and all the pain goes away". (Feminine, 67 years).

The socialization is a sufficiently important characteristic of this practical in the combat to the solitude, a time that makes possible the integration of the individual in the group, favors and extends the communication potential enters its integrant ones through a

connection that if form in the desire to dance together.

The physical activity as an element that allows more confident, independence

The recovery of the domain of the mental possibilities and the body provides aged to a feeling of courage to conquer a world previously forbidden by them, stimulating them for a new relation of ability experiences, self valuation and personal satisfaction, as it is seen in the depositions: "Already I come here by myself, I have more confidence and independence" (Feminine, 63 years). And, "Here I can release myself, I'm free, laughing and listening with attention the colloquies of my friends and this already distracts me sufficiently, I think I am renewed" (Feminine, 56 years).

The physical activity as an element that allows autonomy

It is observed that the aged ones that they practice physical activity the depressive states have a low trend and a better perception of its functional capacity, that is bigger autonomy in the activities of the daily life. As in the stories: "... I always had much fear, also to leave alone, panic. It was difficult at the beginning to come here, therefore it depended on other people to bring me, until I was winning the fear with very effort and today I am here and I feel myself well". (Feminine, 56 years). Or, "…to any place that he needed to go, even to the corner of the street I had fear to lose me, now, after these activities, lost the fear, make my obligations and my strolls without disturbing nobody, I cry when I remember this time that passed, was horrible. Today, my family has that set appointments to find me in house" (Feminine, 74 years). It is perceived in the depositions, a feeling of satisfaction for the reached objectives, to win the fear, the panic and the dependence, implies a happiness idea, that is, absence of negative aspects.

The rescue was observed that in the biopsicossocial dimension, the physical activity occupies a place of importance for the people of the third age (Guimarães et al., 2006), therefore express through the autonomy of auto-esteem, beyond being entailed to an idea of recovery of the joy and personal well-being.

The results of the present study are compatible with the Theory of the Social Representations and are possible to glimpse that, for the studied group science or scientific conception is used as legislator of its actions and thoughts, at the same time where in its new adopted actions, these same knowledge are broken up and articulated to the values, rules, looks of world, previously known, familiar to all and to each one of the involved social actors in the study.

CONCLUSIONS

This study on the physical activity in the perspective of the third age, it is armed with importance because in it allows them to reflect that the social representations are indispensable for the understanding of the social dynamics for its informative and clarifying character of nature of the social relations.

It is consensus, that the physical activity is one of the basic elements to modify the upheavals caused for a sedentarysm installed throughout the life. For many researchers, the question of the health and of the physical aptitude is the prevalecents elements to be considered as resulted of the programs of physical activity, but, for who of them it participates, living deeply its effect, its results exceed these aspects.

Thus, in the identification of these representations of the physical activity actions of education in health could be prioritized systematic and creative permanent, and of multiprofessional and intersetorial nature.

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SOCIAL REPRESENTATIONS OF PHYSICAL ACTIVITY IN THE AGING PROCESS
ABSTRACT:

Between the healthful behaviors, the practical one of physical activity has been widely stimulated for the world-wide programs of promotion of the health in view of its physical and psicossociais benefits. The objective of this study was to analyze as the necessities and social value of the physical activities, in the perception of the aged one, if they place for the practical ones of the health in general way and where bases these if define when taking the aged one as its object from the Theory of the Social Representations. 70 individuals had been investigated, of both the sexes, with age varying of 50 the 78 years, inhabitants of the city of Natal (RN), Brazil. The collection of data carried through an open question was inquired by the Analysis of Content of Bardin and by software Alceste 4,5. The analysis of the data made possible the construction of the categories: Change of Attitude; Autonomy; Happiness; Style of Life; Quality of Life, in allowing to conclude that a dichotomy exists physical activity and health in the aging process. Thus, to have better physical and motor aptitude, more corporal health and more efficient answers meant much more of what not having illnesses, or more disposal to make the activities.

KEYWORDS: Aging, Physical Activity, Social Representations.

REPRÉSENTATIONS SOCIALES DE L'ACTIVITÉ PHYSIQUE DANS LE PROCESSUS DE VIEILLISSEMENT
RÉSUMÉ:

Entre les comportements sains, la pratique d'activité physique a été suffisantement stimulée par les programmes mondiaux de promotion de la santé en vue de leurs bénéfices physiques et psicossociais. L'objectif de cette étude a été analyser comme les nécessités et valeur sociale des activités physiques, dans la perception de la personne âgée, se placent pour les pratiques de la santé de manière générale et où des bases celles-ci se définissent à la prise la personne âgée comme leur objet à partir de la Théorie des Représentations Sociales. Ont été enquêtées 70 personnes, des tous les deux les sexes, avec âge en variant de 50 à 78 ans, habitants de la ville de Natal (RN), Brésil. L'analyse des données a rendu possible la construction des catégories : Changement d'Attitude; Autonomie; Bonheur; Style de Vie; Qualité de Vie, nous en permettant de conclure lesquels existe une dichotomie activité physique et santé dans le processus de vieillissement. Ainsi, avoir mieux aptitude physique et motrice, plus santé et réponses corporelles dont plus efficaces a signifié il n'aura de maladies, ou plus disposition pour ne pas faire les activités.

MOTS CLES: Vieillissement, Activité Physique, Représentations Sociales.

REPRESENTACIONES SOCIALES DE LA ACTIVIDAD FÍSICA EN EL PROCESO DE ENVEJECIMIENTO
RESUMEN:

Entre los comportamientos saludables, el práctico de actividad física se ha estimulado extensamente para los programas mundiales de la promoción de la salud debido a su comprobación y ventajas de los psicossociais. El objetivo de este estudio era analizar como las necesidades y el valor social de las actividades físicas, en la opinión de envejecida, si colocan para las prácticas de la manera de la salud en general y donde las bases éstos si defina al tomar envejecido como su objeto de la Teoría de las Representaciones Sociales. Habían investigado a 70 individuos, ambos los sexos, con variar de la edad de 50 los 78 años, habitantes de la ciudad de Natal (RN), el Brasil. La recogida de datos llevada a través con una pregunta abierta fue investigada por el análisis del contenido de Bardin y por el software Alceste 4.5. El análisis de los datos hizo posible la construcción de las categorías: Cambio de la actitud; Autonomía; Felicidad; Estilo de la vida; Calidad de la vida, en permitir para concluir que existe una dicotomía actividad y salud físicas en el proceso del envejecimiento. Así, para tener aptitud mejor de la comprobación y del motor, una salud más corporal y respuestas más eficientes significaron mucho más de lo que que no tiene enfermedades, o de más disposición para hacer las actividades.

PALABRAS-CLAVE: Envejeciendo, Actividad Física, Representaciones Sociales.

REPRESENTAÇÕES SOCIAIS DA ATIVIDADE FÍSICA NO PROCESSO DE ENVELHECIMENTO
RESUMO:

Entre os comportamentos saudáveis, a prática de atividade física tem sido amplamente incentivada pelos programas mundiais de promoção da saúde tendo em vista seus benefícios físicos e psicossociais. O objetivo deste estudo foi analisar como as necessidades e valor social das atividades físicas, na percepção do idoso, se colocam para as práticas da saúde de modo geral e em que bases estas se definem ao tomar o idoso como seu objeto, a partir da Teoria das Representações Sociais. Foram investigados 70 indivíduos, de ambos os sexos, com idade variando de 50 a 78 anos, moradores do município de Natal (RN), Brasil. A coleta de dados realizada através de uma questão aberta foi averiguada pela Análise de Conteúdo de Bardin e pelo software Alceste 4,5. A análise dos dados possibilitou a construção das categorias: Mudança de Atitude; Autonomia; Felicidade; Estilo de Vida; Qualidade de Vida, nos permitindo concluir que existe uma dicotomia atividade física e saúde no processo de envelhecimento. Assim, ter melhor aptidão física e motora, mais saúde e respostas corporais mais eficazes significou muito mais do que não ter doenças, ou mais disposição para fazer as atividades.

PALAVRAS-CHAVE: Envelhecimento, Atividade Física, Representações Sociais.