17 - EXPECTATIVE OF PROFESSORS IN PHYSICAL EDUCATION COURSE RELATED TO PERSONAL AGING PROCESS

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1 INTRODUCTION

Currently, it has known that the elderly will be a period of life lived for many people. The human aging is influenced by the life style and by genetics factors (NIEMAN, 1999).

According to D' Alencar (2002) the education should prepare the individual for the life, and through this, the elders should be also prepared to live positively this stage of life. With the speed up of the aging process in our population, there is a concern based on the professional performance in superior education, and the professor to be prepared to observe the changes that have occurred in the whole country very quickly, renewing it in a continuity way(WANDERLEY, 1992).

As exposed, the study had as objective to investigate the expectations related to the personal aging of professors in Physical Education Course and to identify the existence or not of gerontology subject in Physical Education Course.

2 MATERIAL AND METHODS

The sample was not intentional probabilistic and it was composed for 44 professors with average of age 40,6 years old, masculine gender, married, graduated in Physical Education and with master degree in Physical Education Course of the Center of Physical Education, Physiotherapy and Sports- CEFID, from the University of Santa Catarina State- UDESC, who were teaching in the second semester of 2005.

It was used an half-structuralized interview , composed for 13 questions destined to the characterization of the sample and expectations related to the physical, psychological and social aging.

After approval of Committee of Ethics in Research in Human beings of UDESC in 04/05 of 2005, it was performed the data collects at the University, during the period of August to November of 2005. The statistics analysis used was descriptive (absolute frequencies and measures of central trend) and inferential (test qui-square, with p = 0,05).

3 RESULTS AND DISCUSSION

3.1 EXPECTATIONS OF THE PERSONAL AGING

When questioned about their point of view of elderly, they put more than one question for this moment of life. The majority (32 professors), sees the elderly as a natural process in life. However some considered the elderly as a period of losses and limitations (6 professors), others 7 professors considered as life experience, 5 see the elderly with expectation, 1 does not think about the subject and 1 did not answer the question. Few are the professors who see the elderly negatively, the majority shows to have a hope that their elderly will be a satisfactory life stage. The professors were questioned if they already imagined themselves in old age, and only 10 had never thought about this issue. This is because must of them has 35 years old or higher than that, of which they probably have on family someone in a old age, what makes they think about how will be when get on the same age as their parents are.

This positive view of the elderly can be related with the professional training, because they have knowledge that qualify to understand the human development better, to get older is faced in a natural way, and also as a phase of the life with its proper challenges and opportunities (PAPÁLIA and OLDS, 2000). However Duarte, Santos and Gonçalves (2002) affirm that most of people do not imagine themselves in a old age, what can be explained with the saying of Papália and Olds (2000) that everybody wants to live long, nobody wants to be old, because the elderly is associated to negative points.

TABLE 1 - Distribution of the expectation regarding the own elderly

Yes. How?	F	%
More than one alternatively	25	73,53
Healthy	**24**	**70,59**
Active Professional life	11	32,35
By doing the same things	10	29,41
Family	10	29,41
Physical Changes	7	20,59
Negative Characteristics	6	17,65
Retired	6	17,65

We can observe the professors who imagine themselves in old age on the table 1, and the majority imagines themselves healthy, and few are the ones that imagine themselves retired and with negative characteristics.

For Ohlweiler, Pires and Wietzke (1997) the concern with the aging process can be correlated with previous experiences. Duarte, Santos and Gonçalves (2002), still tell us that the majority of the people who imagine themselves old see wrinkles and physical difficulties, which emphasize the sentence that elderly is a physical stress, devaluating the aging process, what did not happen on this research, because the professors imagine themselves healthful and active and just a few ones comment about wrinkles, physical difficulties, and other negative characteristics as a view of the future.

It has considered that the answers were not related to negative factors because the sample was composed by professors and most of them graduated in physical Education, which is a health area.

The professors who not imagine themselves old/aged, 5 affirm to do not think about it for being still far from the elderly, 3 think that they must live each phase in life, and 2 did not answer because they do not think about this issue. These answers can be entailed to negative thoughts related to the aging process, which makes they think about elderly only when only it arrives.

In a research about the expectations related personal elderly of medical course students, and in another one performed with students of three areas in health (Medicine, Dentistry and Nursing) about the beliefs in elders and personal elderly; the results suggest that the participants of the study have expectations in aging well; revealing their concern in keeping characteristics that they have today and activities that they participate. They idealize the personal elderly and do not consider a lot the possibility of limitations and losses inherent to the aging (SBGG, 2003; MIQUELETE and FREIRE, 2003). It is observed that people of health area have a tendency to idealize the elderly in a positive way.

When questioned about the preparation for the elderly, 30 answered that yes, and 14 answered to do not be prepared. Most of the professors already shows a certain concern in preparing for the elderly, and of those who prepared, 26 make this taking care of health, 13 take care of the professional life, 9 keep their routine in activities of leisure and only 8 take care of spiritual side. It is noticed that the large concern of majority is to arrive at the elderly with health, as this is one of the ways that most of them professors prepare to age.

The professors who do not prepare themselves, 5 justify that for being a natural stage of life, the elderly does not need a preparation for its arrival, 5 believe that many plans for elderly can intervene in the present life. But the others 3 professors affirmed to do not have time to be preparing for elderly, this because most of them are worried with the professional point, and 1 professor did not answer this question.

Paschoal (2002) affirms that the human beings possess the desire of living each time more; but at the same time they have fear in living with incapacities and dependent. The challenge is to obtain a long life each time bigger with a quality of life each time better; for the elderly to be full of meaning and dignity.

3.2 EXPECTATIONS OF PROFESSORS RELATED TO THE PERFORMANCE IN GERONTOLOGY IN PHYSICAL EDUCATION COURSE

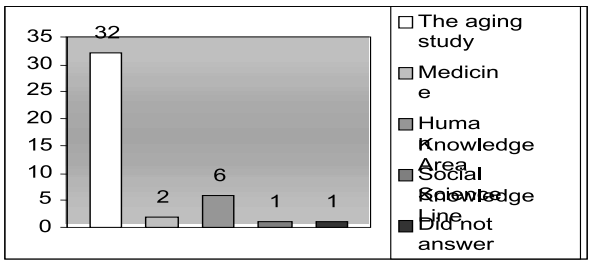

FIGURA 1 - Distribution of the Gerontology definition term

When questioned if they already they heard about Gerontology, 42 professors answered yes and only 2 no. Those who affirmed already to have heard about Gerontology, as it shows on the figure 1, the majority says that Gerontology is the study of aging, 6 believe to be an area of the medicine, 2 an area of the human knowledge, and 1 believes to be a social sciences knowledge term.

In according to Nahas (2003), Gerontology is the science that studies the aging process in general, which concerns about the factors that will accelerate or slow down this process and the questions of quality of life. Papaléo Netto and Ponte (1996) affirm that it is a science line that considers the aging process and the multiple problems that involve the old people. And Gonçalves and Alvarez (2002) believe that the Gerontology is a covering area that has been built in the light of knowledge of several basic disciplines, and it treats the human being in the process of aging in a wide multidimensionality. It is observed that the majority of the definitions presented for the professors are in accordance with the definitions found in literature.

When questioned if they think that the subject in the Course of Physical Education contemplate the Gerontology area, 23 of them answered no and 20 said yes, and 1 professor did not answer the question. The professors of the Course of Physical Education who affirmed that the subject contemplate this thematic, 12 believe that the subjects broach about the theme, each one in their way; 7 affirmed that it is in the proper summary of the course the insertion of the thematic one in the subjects of the course; 2 affirm to have one optional subject; 2 designated more than one alternative, and 1 cited the existence of projects and programs in the area. In the Curriculum of UDESC, in CEFID, the Course of Physical Education does not have yet subject in gerontology area as an obligation. There is one optional subject of Gerontology (UDESC, 2003), but it actually does not work very well due to the lack of communication, what permits a low number of application on that subject.

Borba, Cupertino and Deotti (2004) made a study on the superior education institution that work with this thematic of aging process, and they concluded that from the 1775 IES (Institutions of Superior Education) credentials Brazilian by MEC, only 158 developed studies about the aging thematic, and most of them in the extension area, which is associated to the modality of universities for elders, and the number of studies developed in the area of education and extension is small.

The professors who believe that the subjects of the course do not contemplate this thematic, it was verified that 7 affirm that the course prepares the academic in a very generalized form; 7 believe that the thematic is not present in the course for the inexistence of an specific subject and 1 professor believes that the proposal of the course is undefined. The insertion of subjects in the curriculum of the Physical Education is really important, as the life expectative has been extended each day. It is important that the professionals of the health area, who work with education as the professionals of Physical Education be prepared to work with the aged /old population, and even be prepared to make the youngest to understand the elderly, starting even at school, the teaching about the importance of being prepared for the elderly. In according to Carvalho, Silva and Sperandio (2004), it is extremely important to work the idea of aging with youngest, because in a long time it will be able to create a new paradigm for the acceptance of the aging, to rescue the image of the aged one and to propitiate its inclusion in the social environment.

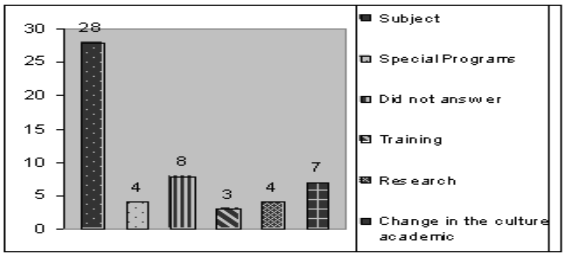

FIGURA 2 - Distribution of the suggestions for the Physical Education Course in the Gerontology area

In figure number 2 we can observe the presented suggestions. The insertion of one subject of Gerontologia in the course was the alternative more cited by the professors (28 occurrences). From the interviewed ones, 3 believe that a change in the academic culture should happen, because it seems that in the university there is a super merit for some areas in detriment od others, and 9 of the professors gave more than one suggestion on this issue.

The population aging will have to be fortified in a close future, and these changes bring consequences for all society. The appearance of new necessities as the specialized service for aged people, what it will cause the arise of new professions, and even inside of the already existing professions, new necessities and new point of views will appear, as customers to be aimed will be the aged people, with different and specific necessities. It demands for the future professional more knowledge in the Gerontology field (DOLL, 2002).

Oliveira (2004) detaches in his study about the university and the commitment with the third age, the traditional function of the University in formation of human resources. Supplied the adjusted preparation for the academics it was increased the number of prepared people to work in the area (VELOZ; MACHADO AND YAMADA, 2001).

All these sentences justify the inclusion of a Gerontology subject.

To finish the study, it was searched significant associations using the test qui-square (x^2) p ? 0,05 with the image and preparation for elderly between age, sex and education level variables. However after the application of the test it was not observed a significant association between the variables.

4 CONCLUSION

Through this study it was possible to conclude that the professors of the course of Physical Education, of CEFID/UDESC face the aging in a positive way, which is seen as a natural process of the life, where these already if had imagined aged, and full of health. Most of the professors prepare themselves for the elderly, and they make it true taking care of their health.

The Gerontology term is known by the majority of professors, and it is understood as the study of the aging; they believe that subjects of the Physical Education Course do not contemplate the Gerontology thematic, because the Course prepares the academics of very general form.

As presented in the results, it is suggested the implantation of one subject in the Gerontology area in the Physical Education Course of CEFID/UDESC.

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EXPECTATIVE OF PROFESSORS IN PHYSICAL EDUCATION COURSE RELATED TO PERSONAL AGING PROCESS

ABSTRACT

The aging process in the population has been accelerating, and there is a concern about professionals' performance who works in the superior education. The objective of this descriptive and exploration study it was to analyze the expectations of professors in physical education course related to personal aging process. The instrument used to measure was a half-structuralized interview, composed for 13 questions destined to the characterization of the sample and expectations related to the aging; the sample was composed by no-probabilistic intentional sample, with 44 professors, 28 of masculine gender and 16 of feminine one, with average of age of 40,6 years, and most of them were married, and graduated in Physical Education and with a master degree. It was used the descriptive statistics (absolute and average frequency) and inferential (test of the significant qui-square the p = 0, 05). The results allowed identifying that the aging process was faced in a positive way, which was considered as a natural process in life, where they could imagine themselves as old and healthful individuals, and that take care of their own health to prepare for the elderly. The term gerontology is known by almost them all, which is understood as the study of aging process. The professors believe that the subject from the course do not contemplate this thematic, for preparing the academics in a general way and to do not have specific subjects. On this way, it is concluded that the expectations in regarding to the personal aging of professors are positive and they suggest the implantation of subjects in gerontology area in the course of physical Education.

Key-words: Aging process - Expectative - Physical Education

ESPOIRS DES ENSEIGNANTS DU COURS D'ÉDUCATION PHYSIQUE PAR RAPPOT AU VIEILLISSIMENT PERSONNEL. RESUMÈ

Avec l'acceleré vieillissement de la population, on a une préocupation basée dans l'atuation des enseigants aux universités. L'objectif de cet étude a été d'analyser les espoirs des enseignants du cours d'éducation physique par rapport à leur vieillissement personnel. L'instrument de mesure a été un interview composé par 13 questions destinées à la caracterisation de l'échantillon et sés espoirs par rapport au vieillissement, étant l'échantillon non-probabilistique-intentionnel, compsé par 44 professeurs - 28 du sexe masculin et 16 du feminin - âgés en 40,6 ans en moyenne, dont la plupart marriés, diplomés en éducation physiques et détenteurs de la maitrise. Une statistique descriptive a été utilisée (fréquence absolue et moyenne) et inferentielle (test du qui-carré significatif à 0,05). Lês résultats ont pu identifier que lê vieillissement est vu d'un coté positif, considere comme un processus naturel de la vie, où ils peuvent s'imaginer âgés et en santé, et guident leur vie em sort de préparer leur retraite. Le therme 'gérontologie' est connu par presque tous comme l'étude du vieillissement. Les enseignants croient que l'académie n'aborde pas la thématique, car ils préparent leurs élèves de forme générale et n'ont pás une discipline spécifique. Ainsi, on conclue que l'espoir par rapport au vieillissement personnel des enseignants est optimiste, et l'établissement d'une discipline tournée à la gérontologie dans le cous d'éducation physique a été sugérée.

Mots clés: Vieillissement - Espoirs - D'éducation Physique

LAS EXPECTATIVAS DE LOS PROFESORES DEL CURSO DE EDUCACIÓN FÍISICA CON RELACIÓN AL ENVEJECIMIENTO PERSONAL

RESUMEN

Con el proceso acelerado del envejecimiento del la población, surge una preocupación embasada en la actuación profesional de los actuantes del enseño superior. El objetivo de este estudio de campo, descriptivo exploratorio de caso, fue evaluar las expectativas de los profesores del Curso de educación física con relación al envejecimiento personal. El instrumento de medición utilizado fue una cita semi.-estructurada, compuesta por 13 cuestiones destinadas a la caracterización de muestras y expectativas en relación al envejecimiento, siendo la muestra no-probabilística intencional, compuesta por 44 profesores, 28 del sexo masculino y 16 del femenino, con edad media de 40,6 años, en su gran mayoría casados, formados en Educación Física y con título de maestría .se utilizó estadística descriptiva (frecuencia absoluta y media) e inferencia (teste del Qui-cuadrado significativo a p = 0,05). Los resultados permiten identificar que el envejecimiento fue visto de otra manera positiva, lo considerando como un proceso natural de vida, donde se imaginan viejos y saludables, y cuidan de su salud como una manera de preparación para la vejez. El termino gerontología es conocido por casi todos, donde es comprendido como el estudio del envejecimiento. Los docentes creen que las disciplinas del curso no contemplan la temática, por prepararen los académicos de forma generalizada y no poseer disciplinas especificas. Desta forma concluye que las expectativas con relación al envejecimiento personal de los profesores sea positiva y estes citan como sugestión la implantación de una disciplina en la área Gerontológica en el Curso de Educación Física.

Palabras-claves: Envejecimiento - Expectativa - Educación Física

EXPECTATIVAS DOS PROFESSORES DO CURSO DE EDUCAÇÃO FÍSICA EM RELAÇÃO AO ENVELHECIMENTO PESSOAL

RESUMO

Com o processo acelerado do envelhecimento da população, tem-se uma preocupação baseada na atuação profissional dos atuantes no ensino superior. O objetivo deste estudo de campo, descritivo exploratório de caso foi analisar as expectativas dos professores do Curso de Educação Física em relação ao envelhecimento pessoal. O instrumento de medida utilizado foi uma entrevista semi-estruturada, composta por 13 questões destinadas à caracterização da amostra e expectativas em relação ao envelhecimento, sendo a amostra não-probabilística intencional, composta por 44 professores, 28 do sexo masculino e 16 do feminino, com média de idade de 40,6 anos, na sua maioria casados, formados em Educação Física e com título de mestre. Utilizou-se estatística descritiva (freqüência absoluta e média) e inferencial (teste do qui-quadrado significativo a p = 0,05). Os resultados permitiram identificar que o envelhecimento foi encarado de forma positiva, considerando-o como um processo natural de vida, onde se imaginam velhos e saudáveis, e cuidam da sua saúde como forma de preparação para a velhice. O termo gerontologia é conhecido por quase todos, onde é entendido como o estudo do envelhecimento.Os docentes acreditam que as disciplinas do curso não contemplam a temática, por prepararem os acadêmicos de forma generalizada e não possuírem disciplinas especificas. Desta forma conclui-se que as expectativas com relação ao envelhecimento pessoal dos professores é positiva e estes citam como sugestão a implantação de uma disciplina na área Gerontológica no Curso de Educação Física.

Palavras-chave: Envelhecimento - Expectativa - Educação Física.