89 - EFFECTS ON THE PRACTICE PHYSICAL ACTIVITIES OF THE SELF- CONFIDENCE IN INDIVIDUAL OF ACQUIRED BLINDNESS: A STUDY BASED ON ISNAC - "FLORIVALDO VARGAS" INSTITUTE FOR BLIND PEOPLE IN THE STATE OF MATO GRODDO DO SUL.

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The World Health Organization estimates that more than 1,5 millions of people are blind in the world .In Brazil there are more than 825.000 blind people so it represents about 7% of our population. The visual deficiency is characterized by a partial visual loss or total visual loss of the ability to see, it can occur in both eyes, limiting the regular performance of an individual .Questions based on these problems come up and also the intention to study the benefits that physical activities in a blind person's everyday life can cause and their effects related to these people self-confidence. The system consisted of the application , register and description of the results of a questionnaire prepared with objective questions about visual deficiency , autonomy , freedom and the practice of physical activities .ISMAC was chosen because it was possible to keep contact with athletes and common people who go to this place and because it is the place in Campo Grande which ministers visual deficients .The qualitative exploratory research used to collect the data through an interview - questionnaire which was applied individually by the researcher who read each question to each of the people who were interviewed. The most part of the index which was concerned to the cause of the blindness was assigned to accidents adding up to 35,3 % , as well as the cane represented the guidance they use more . Many of the interviewed people stated they practice up to three types of physical activities such as judo and football. As far as the relation between physical activities and self - confidence, we had answers such as the following :' locomotion improvement , depression , aptitude , notion of space '. The practice of physical activities has contributed to the independence of action and locomotion, as well as to the self - confidence and as a result decreasing the depression normally acquired for those who lose their right to see . It was possible to realize that the most part of the visual deficients of the ISMAC practice physical activities and those who do not know exactly the benefits they can get by doing exercises.

Key words : Visual deficiency , physical activities , self - confidence

Introduction / Justification

The interest in this study started because of the search for some visual deficients , their relationship with physical activities like football and goalball .We kept in touch with them when we were still attending the Physical Education Course at UNIDERP. We took part in the subject called Adapted Physical Education, competitions, and other social events including the corresponding one to the celebration of the Blind's Day. In these meetings we could notice and classify attitudes as autonomy and confidence ,as well as mobility when these deficients were practising physical activities and also the way they can relate to other people when compared to the other visual deficients who

were not taking part in any physical activity or who were not used to practicing sports regularly.

In the presence of these observations got from experiences , as we had to present a final task required by the University to conclude the course (this study), considering the possibility to work with ISMAC in Campo Grande in the state of Mato Grosso do Sul , which deals with 140 visual deficients and where we can associate what we learnt at University with information that comes from society ;the aim of this study is to produce knowledge that somehow can help these people to improve their lives , making them more confident and independent and certainly using as a tool to reach these goals the practice of physical activities .

Questions which follow this problem come out because of the intention to study how physical activities can contribute to the visual deficients' lives in everyday activities, such as at home, at work, in the streets, in a bank or in a not well known environment and then help them to improve their self - confidence.

It is true to say that this problem related to the practice of physical activities for the visual deficients are not new.

At the Benjamin Constant Institute (IBC) , which was founded in 17th September 1854 by Dr. José Francisco Xavier Sigaud , a French man naturalized Brazilian and doctor for the Imperial House , the concern about Physical Education for blind students , according to information given by retired blind teachers at this institute , has already existed since the first decade of the century . The physical activity was guided by an instructor, who worked for the institute, and he was called as a' Gym Master'.

Therefore we can assume that the importance and contribution of physical activities in Physical Education classes, to have fun or to improve health, was recognized and applied since 1857 for visual deficients .

The visual deficiency is characterized by partial or total visual loss, in both eyes, limiting regular performances of the individual. It can be congenital or acquired. It is congenital when the child was born without vision residues or when he / she loses it up to three years old. Up to this age, the child does not record images and form concepts. From this point on, blindness is acquired (MOSQUERA , 2000 , p.27) .

If an individual loses his sight only in one eye and the other eye remains normal , this person will not be considered as a visual deficient , because to be considered a visual deficicent it is necessary to have both eyes committed .

There are many classifications for visual deficiency that range according to restrictions and purposes. Despite people who suffer from visual deficiency have in common the same commitment with the vision organ, the structural and anatomic alterations carry out changes in different levels of visual functions, that somehow interfere differently in each individual's performance. At that rate, it is necessary to classify according to the needs and characterists presented by the visual deficient in a way that he or she can take part actively in the educational, social and sporting environments.

In Literature, the classification of visual deficiency is based on some parameters such as: Legal, to have the rights of elections in assistancy programmes and to get resources from the social providence; Clinical, to have diagnosis, treatment and doctor's assistance; Educational, related to necessary resources to the process teaching - learning; Sporting, criteria for division in different categories related to competitions and sporting events.

The most important goal in this kind of study is to enable Physical Education teachers to have conditions to see the visual deficients in a way that they can be considered normal citizens and then they will be able to have autonomy avoiding being dependant of others to help them all the time .

Therefore the first purpose was to verify the numbers and the possible causes of acquired blindness at the Institute' Florivaldo Vargas ' for blind people in Campo Grande in the state of Mato Grosso do Sul (ISMAC). After that we investigated the relation between the practice of physical activity and the improvement in everyday activities of people who have visual deficiency acquired, then we could indicate exercises which can contribute to their independency and self- confidence.

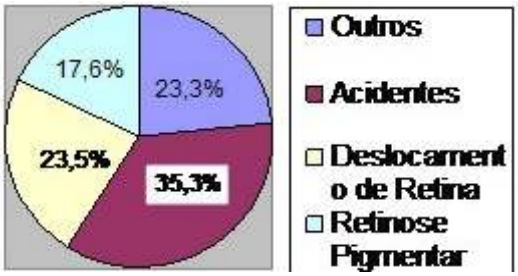
Methodology

The systematics consisted of the application, register and description of the results of a questionnaire with objective questions which looked for information about visual deficiency, autonomy and physical activities done by these acquired visual deficients . We did not set an age limit to the participants in this study because it refers to acquired visual deficiency which can affect people from 5 years old until 50 years old. The files of the integrants of the institute (ISMAC) who had acquired blindness were consulted and the questionnaire was applied to the ones who lost their vision after the age of three years old. The criteria of exclusion adopted was the congenital blindness.

The qualitative exploratory research used to collect data a questionnaire - interviewed prepared by the researcher which was applied individually.The researcher read the questions to each of the visual deficients . When the deficients did not understand the question the researcher repeated it. The answers were written just the same they were spoken by the deficients .

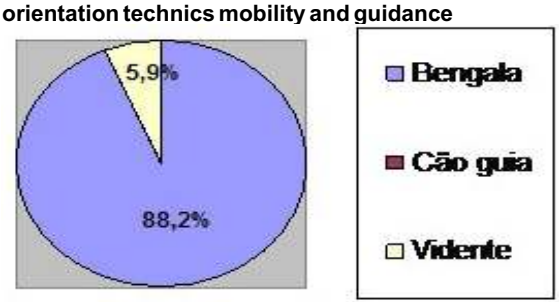
Results and discussions

Graphic 1 - The causes of acquired blindness



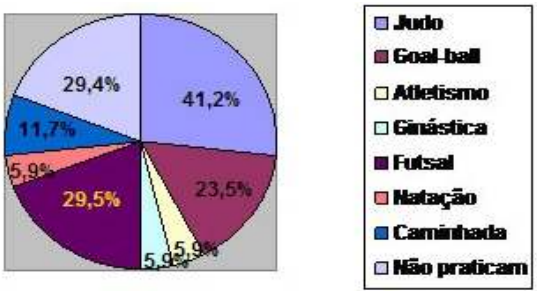
The bigger index refers to the item related to accidents, in total 35,3 %. It means that people that acquired blindness, were not affected to any disease , on the opposite , by accidents of any kind such as falls ,explosives ,bruising materials and others . Secondly , the graphic shows the displacement of the retina (23,5 %) , which can be related to accidents surgically speaking or provoked by trauma , as well as to those people who have myopia and diabetes. With a lower index the graphic shows the pigment retinoses (17,6 %) , known as the disease which destroys gradually the cells which are sensitive to the light located in the depth of our eyes . It is called like this because it brings about some black points (concentration of pigments), on the retina.

Graphic 2 - The usage of orientation technics mobility and guidance



The result showed in the graphic above does not surprise us as it shows an equivalent index of 88,2% of visual deficients who use canes as a matter of orientation . And it is easy to say that canes are not difficult to be adapted to, it is not a sophisticated and expensive material although there are lots of kinds of canes. It is also true that at the beginning canes can be replaced by broomsticks or by anything similar whose cost can be even cheaper. On the other hand, it is a completely different situation what occurs with the Guide Dog which does not have a relevant result in our research.

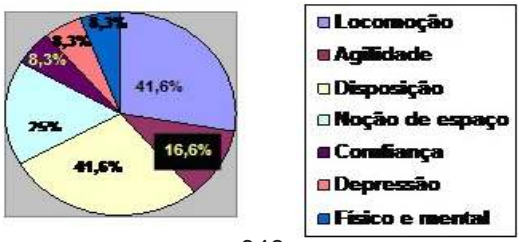
Graphic 3 - Physical activities practied by visually impeared people



Analysing the answers of the questionnaire given we could observe that great part of people who were interviewed practice at least three types of activities . Giving special attention to our purpose when doing this research it is of utmost importance to relate all the physical activities mentioned by those interviewed people even if it is mentioned by percentages and if the result surpasses 100%. As well we found it important to register the presence of those who do not practice any kind of physical activity as we are interested in showing the importance of practicing exercises in their self-confidence improvement.

Judo is the sport visual deficients practice the most and in the second place football which is represented by a well known team in Campo Grande and which win most of the competitions. However, goalball which game was created exclusively for visual deficents does not have a huge enrolment in this study. It is considered 24,9% an index by those who do not practice sports and so it is our aim to make it lower as we already know the benefits physical activities can help them .

Graphic 4 - Benefits adquired by the practie of physical activites



The locomotion showed great improvement amongst the interviewed people. When looking at the graphic we can see that disposition is in the same level as locomotion, whose effect is achieved based on the practice of physical activities regularly which is also related to the improvement of the posture, to the general physical condition and also to the discharge of substances linked to vitality and good humour.

Every visual deficient when walking alone, climbing stairs, passing through a door must realize the exact dimension of his body and the relation of his body to the space around him and this was the second goal achieved by them after the beginning of the practice of physical activities which is linked to locomotion. People who are visual deficient attend technical OM classes in order to acquire notions of space, locomotion and to improve their perceptive capabilities, specifically speaking synaesthesic discrimination which is the corporal conscience (bylaterality,laterality, domination, balance), corporal image , relation between body and objects in the space. Physical activities complement these classes which are normally held in a limited space.

Final Considerations

As we could realize most part of blindness is caused by accidents therefore there is a necessity to establish campaigns to aware people about the risks that can lead people to this problem and to the right procedure if any of these accidents mentioned above might occur.

The practice of physical activities by visual deficients mentioned in this study confirmed the pedagogical aspects proved by physical activities in motor , affective and social components presented by visual deficients in the improvement of locomotion, self-confidence , depression, notion of space and physical and mental welfare .

It was not observed in the answers by those who do not practice physical activities the compromising or difficulty in issues related to self-confidence .However, they showed their awareness to the benefits caused by the practice of physical activities.

The physical activities proposed in this study were related to exercises which can provide them physical and psychological benefits, and they are linked to their own ability in a way that these exercises can be chosen by them according to their will and needs.

The statements made by people who had acquired blindness in relation to physical activities showed that they are now interested in attending Physical Education classes which is not compulsory in this institution.

All in all , the differences observed at the beginning of this research and that challenge us to get down on it seriously are not only observations anymore as the visual deficients realizing the great importance of practicing a physical activity , such as playing sports or just walking, in their everyday lives . They can easily show their joy, effort, self-confidence, perseverancy that unfortunately we cannot see them in their eyes.

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Key words : Visual deficiency , physical activities , self - confidence

LES EFFETS DE LA PRATIQUE DE L'ACTIVITÉ PHYSIQUE DANS L'AUTOCONFIANCE DE L'INDIVIDU AVEC L'AVEUGLEMENT ACQUERI: UN ÉTUDE DANS L'ISMAC - INSTITUTO SULMATOGROSSENSE POUR L'AVEUGLE ``FLORIVALDO VARGAS''.

L'organization Mondiale de Santé estime en plus de 1,5 millions les numéros des aveugles au monde. Au Brèsil ce numéro est plus de 825.000 aveugles, près de 7% de la population. L'handicapé visuel est caracterizé pour la perte parcial ou total de la capacité visuel, en tous le deux yeux, en limitent l'individu dans ce rôle habituel. Les question que sont venu de cette problématique ont l'intention d'étudier la contribuition de l'activité physique dans la vie de l'handipé visuel, dans ses activité du quotidien, et des ses efffets sur l'autoestima et l'autoconfiance de ces personnes. La systematique est dans l'aplication, enregistrement et description des resultants d'un questionnaire avec questions objectifs sur la déficience visuel, l'autonomie, indépendance et pratique des activité physiques. La choix pour L'ISMAC se donné pour le contact avec athlétes et autrui que fréquentent l'établissement et pour être le lieu à Campo Grande qu'attend les handicapé visuel. La recherche exploratoire qualitatif a utilisé pour recueillir les information dans un questionnaire-interview que a été appliqué a chaque l'individu pour une personne , que a fait la lecture de chaque question pour chaqu'un. Le plus grand indicateur a ce que concerne à cause de la cécité, a été atribué à les accidents au total de 35,3%, ainsi comme la canne blanche des aveugles a representé le recours plus utilisé pour eux. Beaucoup des personnes qu'ont donné interview on a dit que pratiquent juste trois type des activités physiques comme le judo et le foot. À ce que concerne à la relation de l'activité physique avec l'autoconfiance on a pu être remarqué réponses comme par exemple:``l'amélioration dans la locomotion, disposition, dépression et notion de space''. La pratique des activités physiques a colaboré dans l'independece d'action et de locomotion, ainsi comme dans l'autoconfiance et a diminué la depression, que les personnes qu'on perdu la vision ont. A été possible de voir que la plupart des handicapés visuel du L'ISMAC fait la pratique des activités physique et les que ne faisent pas connaissent aussi les avantage de la pratique.

Mots clé: Déficience Visuel, Activité Physique, L'autoconfiance

EFECTOS DE LA ACTIVIDAD FISICA EN LA AUTO-CONFIANZA DE LOS NDIVIDUOS CON CEGUERA ADQUIRIDA: UM ESTUDO BASEADO EN EL ISMAC - INSTITUTO DE MATO GROSSO DEL SUR PARA CIEGOS "FLORIVALDO VARGAS".

La Organización Mundial de Salud estima la existencia de más de 1.5 millones de ciegos en el mundo. En Brasil se estiman más de 825,000 de discapacitados visuales, es decir, 7 % de su población. La deficiencia visual es caracterizada pela pérdida parcial o total de la capacidad visual, de ambos ojos, privándole al individuo de su desempeño habitual. Cuestiones consecuentes a esta problemática conllevan a los estudios sobre la contribución de la actividad física en la vida del deficiente visual, en las acciones diarias y sus efectos en la auto-confianza de los mismos. Este estudio sistemático consistió en la aplicación, registro y descripción de los resultados de una encuesta con preguntas objetivas sobre la deficiencia visual, autonomía, independencia y práctica de actividades físicas. La elección del ISMAC como base del estudio se justifica por el contacto con atletas y no-atletas que acuden a este establecimiento, igual que por ser el local de asistencia a los discapacitados visuales en Campo Grande, Mato Grosso del Sur, Brasil. En la investigación exploratoria cualitativa se utilizó un cuestionario bajo la forma de entrevista, leído por la investigadora durante las encuestas individuales. En lo que se refiere a las causas de la ceguera, los accidentes registraron el mayor índice de respuesta de 35,3% y el bastón representó el recurso más utilizado por los minusválidos entrevistados. Muchos de ellos reportaron prácticas de hasta tres actividades físicas, tales como el judo y el "futsal". En cuanto la relación de la actividad física con la auto-estima y la auto-confianza, las siguientes repuestas han sido observadas: "mejora en el desplazamiento, en la disposición, la depresión y la noción de espacio". Las actividades físicas contribuyen a la independencia de las acciones y de la locomoción, así como también, a la auto-confianza y la disminución de la depresión, generalmente observadas por personas que pierden la vista. Ha sido posible detectar que la mayor parte de los deficientes visuales del ISMAC desarrollan actividades físicas e aquellos que no las practican son concientes de los beneficios resultantes de las mismas.

Palabras-clave: Deficiente visual. Actividad física. Auto-confianza

EFEITOS DA PRATICA DA ATIVIDADE FÍSICA NA AUTOCONFIANÇA DE NDIVIDUOS COM CEGUEIRA ADQUIRIDA: UM ESTUDO CALCADO NO ISMAC - INSTITUTO SULMATOGROSSENSE PARA CEGOS "FLORIVALDO VARGAS"-.

A Organização Mundial de Saúde estima em mais de 1,5 milhões o número de cegos no mundo. No Brasil este número chega a mais de 825.000 cegos, ou seja, perto de 7% da população. A deficiência visual é caracterizada pela perda parcial ou total da capacidade visual, em ambos os olhos, limitando o indivíduo em seu desempenho habitual. Questões decorrentes a esta problemática surgem na intenção de estudar a contribuição da atividade física na vida do deficiente visual, nas suas atividades da vida diária, e seus efeitos sob a auto-estima e autoconfiança dessas pessoas. A sistemática consistiu na aplicação, registro e descrição dos resultados de um questionário com perguntas objetivas sobre a deficiência visual, autonomia, independência e pratica de atividades físicas. A escolha pelo ISMAC, justificou-se pelo contato com atletas e não atletas que freqüentam este estabelecimento e por ser o local em Campo Grande que atende os deficientes visuais. A pesquisa exploratória qualitativa utilizou para coletar os dados um questionário-entrevista que foi aplicado individualmente pela pesquisadora, que fez a leitura de cada questão para cada um dos entrevistados. O maior índice, no que se refere à causa da cegueira, foi atribuído aos acidentes totalizando 35,3%, assim como a bengala representou o recurso mais utilizado por eles. Muitos dos entrevistados relataram praticar até três tipos de atividades físicas como o judô e o futsal. Quanto à relação da atividade física com a autoconfiança puderam ser observadas respostas da seguinte forma: "melhora na locomoção, disposição, depressão, noção de espaço". A prática de atividades físicas contribuiu na independência de ação e de locomoção, assim como na autoconfiança e diminuiu a depressão, geralmente contraída por pessoas que perdem a visão. Foi possível detectar que a maior parte dos deficientes visuais do ISMAC pratica atividades físicas e os não praticantes conhecem os benefícios advindos de sua prática.

Palavras-chave: Deficiente visual. Atividade física. Autoconfiança.