63 - INFLUENCE OF PHYSICAL ACTIVITY IN THE ACTIVITIES OF DAILY LIFE OF ELDERLY PARTICIPANTS OF A GROUP OF GYMNASTICS OF APRIVATE INSTITUTION OF PORTO ALEGRE.

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INTRODUCTION

Life expectancy has increased greatly due to numerous factors, such as the advancement of medicine, new techniques of physiotherapy, the greatest knowledge in the area of nutrition, the information that the media constantly conveys the physical training itself, among many other. (Bembem, 1998) Furthermore, the decrease in birth rate with a decrease in the mortality rate should be taken into consideration for this fact to really happen. (WHO, 2004).

With the aging population, the discussion of the means to the maintenance of the basic conditions for survival with quality in this population has become one of the themes in vogue, especially in areas related to health (Heikkinen, 2005). The aging of the body affects the physical performance, limiting the human interaction with the environment (Caromano and Kerbauy, 2001). Importantly, aging progresses at a different speeding different subject and there is a great variability among individuals in the degree of functional loss with age (Kauffman, 2001).

According to Teixeira(1996), 50% of functional loss in the elderly can be attributed to physical inactivity, which happens by natural mechanisms of aging, diminishing fitness and physical performance and making the elderly more inactive. Note that there are numerous benefits that physical activity provides for the elderly, as well as changes in its development, it also provides psychological and social benefits. Studies Matsudo (2000) found a decreased incidence of disease when positive behaviors adopted in relation to health, including the active lifestyle. And Rauchbach (2001) complete the adoption of active life styles throughout life leads to a productive old age.

The bodily activity is critical to maintaining the proper functioning of vital functions, favoring the better performance of everyday activities. This concern influences the increase in physical activity groups for the elderly in Brazil and worldwide. A peaceful old ageist he sum of all that benefits the body, such as exercise, healthy eating, space for recreation, good family relationships, in short, you need to invest in a better quality of life, contrary to popular belief, the elderly can and should maintain an active lifestyle, this vitality extends to their sex life and hormonal changes, with that old age should not prevent a couple have an active sex life (Almeida et al, 2004).

Physical activity will influence the independence of older people, it will begin to carry out activities that did not perform too, becoming an independent person. It is observed that the elderly person knows their limits and their ability to perform activities, observing their performance in everyday life, how to load heavy material or even through movements that it can no longer perform. (ALVES, 2002)

The functional capacity of the elderly includes the ability yes to perform daily physical activities, which depend not only on the physical but al so the social and mental. Thus, the performance of activities of daily living, both basic as requiring instrumentation, constitutes a synthesis to assess functional capacity. (Oliveira, 2009).

The AVDS (activities of daily living) are the tasks that a person needs to perform self-care, such as bathing, dressing, toileting, walking, eating, moving from bed to chair, moving in bed and have urinary and fecal continence. IADL(instrumental activities of daily living)are the skills of the elderly to manage the en vi r on men tin which they live and includes the following: preparing meals, doing housework, washing, handling money, using the telephone, taking medications, shopping and use the means of transport.(ONU, 2002).

METHODOLOGICAL DESIGN

There search population consisted of elderly above 60 years of age of both sexes participating in a group exercise in Porto Alegre. The sample was voluntary, composed of thirty elderly.

The research was set in a quantitative paradigm, with a descriptive methodology, with a group. The composition of the sample was not probabilistic through the process voluntarily.

The elderly volunteers signed the informed consent meeting theguidelinesofResolution196/96of theCNSof10/10/96.

As a criterion of selection of the sample was a required participant to age sixty. Exclusion criteria were excluded from the study all patients who did not complete the test battery.

The instrument for data collection was the International Physical Activity Questionnaire long form (IPAQ) (BENEDETTI, 2004), the questionnaire was administered as an interview. The IPAQ involves the time that older people's p end doing physical activity. The activities they do at work, to go from one place to another, for leisure, for sport, for exercise or as part of their activities at home or in the garden.

To verify the functional capacity of the elderly was applied protocol tests Latin American Development Group(GDLAM), with the five tests: walk10 meters (C10M), rising from the prone position(LPDV), sit-and getting up from the chair and moving around(LCLC), and take the shirtdress(VTC), and getting up from a sitting position(LPS).

The tests were performed in a sports gymnasium of the institution in which the elderly are part of the group exercise. Before each test was given a theoretical explanation and demonstration. Elderly initiated testing after the sign given by the trainer who measured in seconds the time spent in each test.

ANALYSISAND DISCUSSION OF RESULTS

Evaluation of Physical Activity Level of Older

We used the International Physical Activity Questionnaire (IPAQ), adapted by Benedetti (2004), the group fitness senior sand according to the responses the results showed a level of activity irregularly active.

Table1 – Classification of the level of physical activity of the elderly group gymnastics analyzed

IPAQ classification	Number of elderly	Value (%)
Very active	0	0
Active	2	6,66
Irregularly active	28	93,33
Sedentary	0	0

Source: the author

In the present study only (6.66%) of the elderly respondents were considered active by the classification of the level of physical activity and the remainder (93.33%) was considered by active. In the study by Castro (2011) it could be seen that most of the sample (92.3%) were considered active.

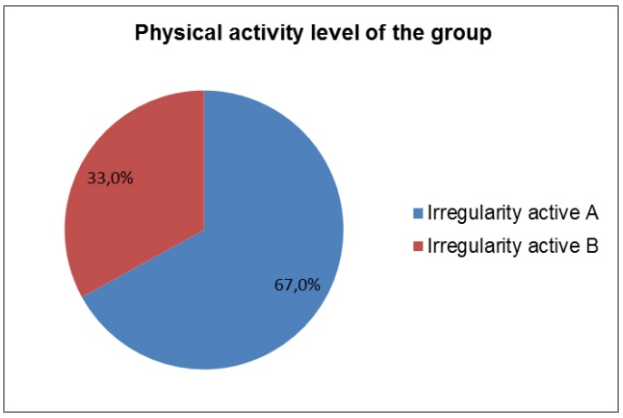

Figure1: Level of physical activity group gymnastics seniors analyzed / Source: the author

In the present study (67%) of the elderly were considered irregularly active A: frequency: five days a week, for at least150 minutes per week. The group was irregularly active in B (33%) this group has not reached any of the criteria of the recommendation regarding the frequency and duration.

According to the study by Alves (2002), In the State of Pernambuco, the prevalence of physical inactivity among older people is 68.3%. In the study of the elderly group exercise no cases of inactivity.

As Hallal study (cited Cardoso, 2008, p.10) 60-69years (N124) 44.6% of physical inactivity, 70 years or older (n 99) 57% of men physical inactivity.Women60-69 years (n 183) 43.2% over 70 years (N177) 69.1%.

The study data of Cardoso et al (2008). Indicate that88.7% of the sample was characterized as very active.

According Conte (2004), in a study conducted in the city of Marechal Candido Rondon-PR, with 320 elderly women (sixty or more years old) who participated in the living group, noted that76.5% of them were physically active.

According to Yusuf (apud AIDAR ET al, 1996), both men and women in the sample, the majority were classified as very active-83.8% and 89.5%, respectively.

Data from the National Health Survey of the United States1992, with seniors over 65, indicated that only37% of men and 24% of women practiced physical activities in free time three or more times per week and for more than30minin the last two weeks.

EVALUATION OF FUNCTIONAL AUTONOMY THROUGH TESTS GDLAM

According toTable2, referring to the results of the functional autonomy of the elderly using the protocol (GDLAM), and group gymnastics seniors presented once considered weak in testing.

Table2- Evaluation of the functional autonomy of the elderly group fitness GDLAM second protocol.

Performance rating	Number of elderly	Value (%)
Weak	25	83,33
Regular	2	6,67
Good	2	6,67
Very good	1	3,33

Source: the author

The study of Caporicci (2011) However, both groups show a low level of functional capacity according to the protocol GDLAM it fits in the classification-weak in all tests and there are no statistically significant differences between groups(p .05).It is noticed that the IG study of Castro (2011) presented a profile of weak functional autonomy. The best performance was diagnosed on the test to get up from the chair and moving around the house, with very good rating.

In this study we obtained very good classification of the test to get up from a sitting position (LPS). Through time spent performing this test you can get a sense of ease or difficulty that the elderly have to get up from a chair, which is a movement of great frequency in the activities of daily living. Already the test was obtained weaker result was the test rise from the prone position (LPDV), where most of the elderly found much difficulty in rising up from lying position.

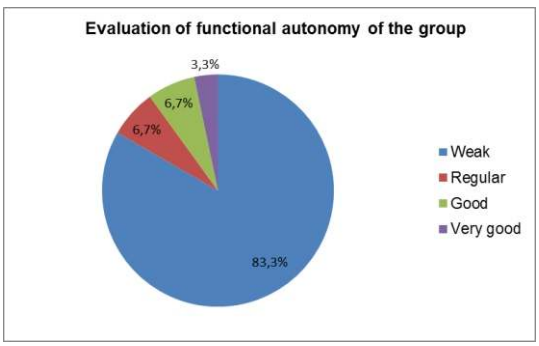

Figure2: Graph Evaluation of the functional autonomy of the elderly group gymnastics seniors

In test Caporicci (2011) was considered weak in-all items as LPDV. With the exception of test LCLC, that was rated-very good. In the test applied in LPDV elderly in this study, results showed very weak level of classification. The test LCLC was less used in the studies observed, but it is of great importance as a tool to evaluate the agility and balance in the elderly. No study presented classification-very good, making it necessary to use in further research. In the test presented by Caporicci LCLC (2011) was ratedvery good. In the test LCLC done with the elderly of the study presented, everyone did a weak time, it demonstrates the agility and balance needed in this test must be exercised and required during group exercise classes to help them inactivities of daily living.

According to the study by Baldi (2012) Celari elderly participants of the project and the group of seniors who participated in the group Walking Oriented ESEF/UFRGS were participants of tests of functional autonomy and indexes average power upper and lower limbs of elderly who participated in tests project Celari stood out to older people who participated in the Walk-oriented. There is a likelihood of these elderly have done better by the fact participate in various exercises such as aerobics, weight training and exercise than just walking. They require more muscle to work these in isolation.

In the study by Dantas et al. (2004) was observed in the weak value functional autonomy in all tests with the elderly by GDLAM protocol, after performing the physical activity program showed improve men tin their level of functional autonomy, resulting in a lower difficulty in performing activities of daily life. According to a study of Castro et al (2011) the level of physical activity of the elderly was considered active, but with a level of autonomy considered weak. Already the present study with the elderly group showed irregular physical fitness and level of autonomy weak.

CONCLUSION

This study served as the basis for a better understanding of the reality of the elderly in relation to operational autonomy where the results show that in spite of practicing physical exercise, the elderly did not have a good performance in the tests.

Thus, it is assumed that the activities that the program develops keep seniors more active, but not the functional autonomy of the works themselves. Therefore, in order to improve the quality of life of the elderly is necessary to pay attention to the maintenance of independence. To carry out daily activities, functional fitness must be maintained at certain levels for certain motor tasks can be performed. These activities depend on physical abilities such as strength, balance, coordination, speed and agility, and so it is suggested that groups exercise direct their activities to the use of actions related to the daily life, so that the group gradually go improving performance in these actions.

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INFLUENCE OF PHYSICAL ACTIVITY IN THE ACTIVITIES OF DAILY LIFE OF ELDERLY PARTICIPANTS OF A GROUP OF GYMNASTICS OF APRIVATE INSTITUTION OF PORTO ALEGRE.

ABSTRACT

Aging in all body functions decline, the loss of autonomy becomes a major obstacle especially in performing daily activities, so the present study aimed to verify the influence of physical activity in daily life activities of elderly group participants fitness for a particular institution of Porto Alegre. The study of quantitative, field, descriptive was conducted with 30 patients of both sexes aged over 60 years, all of whom participated in the group exercise twice a week. For data collection, we used the IPAQ long form adapted for seniors and testing protocol GDLAM (Latin American Development Group to Maturity) for the evaluation of functional autonomy, as measured by time in seconds. This study serves as the basis for a better understanding of the reality of the elderly who attend group fitness in relation to functional independence, where the results show that in spite of practicing physical activity, the elderly did not have a good performance in the tests, it is due to the fact a good portion do not practice regular exercise, ie, the frequency of physical activity are less than three times per week, thus confirming the results of the testing protocol GDLAM which was considered mostly with poor results.

RÉSUMÉ

Vieillissement dans les fonctions du corps tout déclin, la perte de la passe d'autonomie Surtout le principal obstacle à l'exécution des activités quotidiennes, de sorte que la présente étude visant à vérifier l'influence de l'activité physique dans les activités de la vie quotidienne des personnes âgées groupe participants d'adéquation à un établissement particulier de Porto Alegre. L'étude quantitative de, champ, descriptive a été réalisée avec 30 pacientes des deux sexes âgés de plus de 60 ans, qui ont tous participé à l'exercice de groupe deux fois par semaine. Pour la collecte des données, nous avons utilisé la forme longue IPAQ adapté pour les personnes âgées et les tests protocole GDLAM (Groupe de développement d'Amérique latine à l'échéance) pour l'évaluation de l'autonomie fonctionnelle, mesurée par le temps en secondes. Cette étude sert de base pour une meilleure compréhension de la réalité des personnes âgées qui fréquentent conditionnement physique de groupe par rapport à l'indépendance fonctionnelle, où les résultats montrent au Québec en dépit de la pratique de l'activité physique, les personnes âgées n'ont pas eu une bonne performance dans les tests, cela est dû au fait qu'une bonne partie de la pratique pas régulièrement de l'exercice, à savoir la fréquence de l'activité physique ont moins de trois fois par semaine, confirmant ainsi les résultats de l'GDLAM de protocole d'essai considérée, ce qui était principalement avec des résultats médiocres.

RESUMEN

El envejecimiento en todas las funciones del cuerpo de decadencia, la pérdida de autonomía passe Especialmente el principal obstáculo para realizar las actividades diarias, por lo que el presente estudio se propuso verificar la influencia de la actividad física en las actividades de la vida cotidiana de los participantes del grupo de ancianos idoneidad para una determinada institución de Porto Alegre. El estudio de la cuantitativa, campo, descriptivo, realizado con 30 Pacientes de ambos sexos mayores de 60 años, quienes participaron en el grupo de ejercicio dos veces a la semana. Para la recolección de los datos, se utilizó la forma larga IPAQ adaptada para personas mayores y las pruebas de protocolo GDLAM (Grupo de Desarrollo de América Latina a vencimiento) para la evaluación de la autonomía funcional, medida por el tiempo en segundos. Este estudio sirve de base para una mejor comprensión de la realidad de las personas mayores que asisten a la aptitud del grupo en relación con la independencia funcional, donde los resultados muestran Que a pesar de la práctica de actividad física, las personas mayores no tienen un buen desempeño en las pruebas, es debido al hecho de una buena parte de la práctica no ejercicio regular, es decir, la frecuencia de la actividad física son menos de tres veces por semana, lo que confirma los resultados de la GDLAM protocolo de prueba considerado, lo que era en su mayoría con pobres resultados.

INFLUÊNCIA DA ATIVIDADE FÍSICA NAS ATIVIDADES DA VIDA DIÁRIA DE IDOSOS PARTICIPANTES DE UM GRUPO DE GINÁSTICA DE UMA INSTITUIÇÃO PARTICULAR DE PORTO ALEGRE.

RESUMO

No envelhecimento todas as funções do organismo declinam, o prejuízo da autonomia passa a ser um grande obstáculo principalmente na realização de atividades diárias, por isso o presente estudo teve como objetivo verificar a influência da atividade física nas atividades da vida diária de idosos participantes do grupo de ginástica de uma instituição particular de Porto Alegre. O estudo de natureza quantitativa, de campo, do tipo descritivo foi realizado com 30 idosos de ambos os sexos com idade igual ou superior a 60 anos, sendo que todos participavam do grupo de ginástica duas vezes por semana. Para a coleta de dados, utilizaram-se o questionário IPAQ forma longa adaptada para idosos e o protocolo de testes GDLAM (Grupo de Desenvolvimento Latino Americano para a Maturidade) para a avaliação da autonomia funcional, aferidos pelo tempo em segundos. O presente estudo serve de base para obter um maior conhecimento da realidade dos idosos que freqüentam o grupo de ginástica em relação à autonomia funcional, onde os resultados apontam que apesar de praticarem atividade física, os idosos não tiveram um bom desempenho nos testes, isso se deve ao fato de uma boa parcela não praticar exercícios físicos regulares, ou seja, a freqüência das atividades físicas serem menos de três vezes por semana, confirmando assim os resultados dos testes do protocolo GDLAM que em sua maioria foi considerado com resultados fracos.