07 - PROFILE OF STYLE AND QUALITY OF LIFE OF PROFESSIONALS OF A GYM CENTER AT BARRA DA TIJUCA

NATHALIE GONZALEZ
MARCIA ALBERGARIA
Curso de Educação Física; Universidade Estácio de Sá - Campus Akxe
Rio de Janeiro/RJ - Brasil
gonzalez_nathalie@yahoo.com.br
albergaria@estacio.br

INTRODUCTION

The teacher is considered the most active representative of the educational process and should not be limited only to link the contents of your area of teaching, but also transfer knowledge, experience and pass exemplify human values. Thus, the true teacher must be based on the example and its authenticity, possessing the "know", the "how to be" and "know-how" as well as behavioral characteristics and skills and responsibility to act professionally. (MENESTRINA, 2000 apud SANTOS, VENANCIO, 2006).

Because physical activity is considered an important element in promoting health and quality of life (Silva et al, 2007), it behooves us, Physical Education professionals, not only prescribe appropriately to physical exercise (ARAUJO, 2008) but also have an active lifestyle in order to serve as an example to the rest of society.

Technological advances have contributed to the modern man, who was once physically active, have little or no opportunity to engage in physical activity programs. It is possible to question whether modern life and its facilities lead to a life with more quality and productivity, as several studies suggest that sedentary lifestyle contributes to an increased risk of developing serious diseases and conditions like obesity, coronary artery disease, hypertension, cancer , diabetes mellitus and anxiety. (Pollock, Wilmore, 1993 apud SANTOS; VENÂNCIO, 2006, SILVA et al, 2007)

According to World Health Organization (1948 cited in Bryant et al, 2007), health can be defined as the "state of complete physical, mental and social." The perception of well-being, "resulting from a single set of parameters and socio-environmental, modifiable or not, that characterize the living conditions in the human race" would be what Nahas (2006) defines quality of life. This perception may be different even among people with poor living conditions and individual characteristics similar, suggesting the existence of a "filter" personal interpretation of the quality of life of individuals.

The lifestyle is defined by Nahas (2006) as "the usual set of actions that reflect the attitudes, values and life opportunities of people," and are associated with perceived quality of life of the individual. Our health and wellbeing can be affected by positive and negative factors of our lifestyle in the short or long term, as mentioned in the figure of the Pentagram Welfare. These components of lifestyle can change over the years, both including and excluding behaviors.

According to Nahas (2001 apud SANTOS; VENÂNCIO 2006), the man has seen for millennia the role of food in the prevention and cure of diseases. Eating habits and the types of diseases more prevalent also changed with the evolution and progress, which happened more sharply in the last hundred years. We are living in the era of lifestyle, and without a doubt, what we eat as much as what we do directly influence our health.

According to the findings of Santos and Venancio (2006), it is expected that the Physical Education professionals have low scores on this component, as do most meals bought away from home and with little time available, impairing their quality.

Like the findings of Pimentel (2008) is expected to Physical Education professionals get high scores with respect to the component preventive behavior, since they need to enjoy physical integrity to sustain themselves professionally.

This study was conducted due to the rise of interest in whether physical education professionals working in academies had a lifestyle and quality of life consistent with those recommended for the general population, as these professionals work with health (SANTOS AND VENANCIO, 2006) and should be an example to society in this regard. Then takes on great importance, since it seeks to assess whether the professional physical education - that have an important role not only in prescribing appropriate exercise, but also in influencing the adoption of a healthier lifestyle - may actually serve as an example for rest of society in this regard.

The aim of this study was to evaluate and correlate the lifestyle and quality of life for Physical Education professionals working in a large gym in the neighborhood of Barra da Tijuca in different areas.

MATERIALS AND METHODS

This study was descriptive of the kind that, according to Thomas and Nelson (2002), for "determines and analyzes the relationships between variables, and generate predictions." Its value is based on the premise that, through the thorough and objective observation, analysis and description, it is possible to solve problems and improve practices. We performed an exploratory study, which is the most common method of descriptive research.

The study subjects were 50 volunteers aged 21 to 59 years, of both sexes, graduated in Physical Education, and worked in several areas in a big gym located in Barra da Tijuca.

After the study is approved and the Information Statement to the Institution to be signed, questionnaires were distributed to the Physical Education professionals who volunteered and agreed to sign a consent form.

The questionnaires were distributed instruments already validated Quality of Life (WHOQOL-BREF, 1998) and Lifestyle (NAHAS, 2006).

According to Nahas (2001 apud SANTOS, VENANCIO, 2006), scores zero and one indicate that the group needs guidance and help to change their behavior in the items assessed, as they offer risk to their health and affect their quality of life. Already scores between two and three reflect a very positive way of life, that is, the more satisfied the picture is more appropriate is the lifestyle group.

Based on the responses of subjects to 26 items on the questionnaire Abbreviated WHO Quality of Life, was obtained in Table 2 and Figure 5, by which the results were analyzed. Whoqol According to the methodology, the questions are answered on a scale with a continuum of 0 (zero) to 5 (five).

According to the scale proposed by Spinola and Pereira (1976 apud MENEGUCI et al, 2010) by the transformation of the scores 000-100, if each domain is between 0 and 40, means "failure", between 41 and 70, "blurring "and above 71," success ".

The collected data were treated by means of quantitative procedures of descriptive statistics, mean and standard

deviation of continuous variables and as a second step, analysis of the impact of the percentage of professional responses to the instrument.

DATA ANALYSIS

The study subjects were 51 Physical Education professionals who worked in a large gym in Barra da Tijuca, with 74.5% of men and 25.5% women, mean age of 30.88 ± 6.46 years (23-50 years) and average degree of 5.80 ± 6.42 years (0-28 years).

Among the various areas of intervention in the gym, four professionals were Initiation sports (swimming, climbing and boxing), Functional Assessment 4, 7 Collective Activities (Running, Spinning and Dance), 9 Personal Training, 10, 17 and Coordination Bodybuilding. Bodybuilding professionals had the lowest average age (27.9 years) and time to graduation (2 years), while the Custom Training had the highest average age (37.6 years) and time to graduation (12 2 years). Regarding the sex distribution in each area, the professionals were more Bodybuilding male predominance (94.1%), while the Sport Initiation professionals showed greater predominance of women (75%).

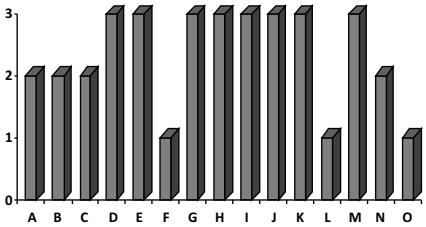

Figure 1: Distribution of answers to the fashion of theoretical instrument Nahas

Regarding the nutrition field, the most frequent response to the three questions was 2, indicating a very positive way of life and going against the finding of Santos and Venancio (2006) and Sousa and Santos (2009), where the most frequent response was 1. We note that for the first question, professionals Functional Assessment and Coordination had the lowest scores, for the second question, the professional Initiation Sports obtained the maximum score, and for the third question, the professionals reported the lowest coordination scores and Custom Training and collective activities with highest.

For the domain of Physical Activity, 3 was the most frequent response for the first two issues and one for the third, reflecting a very positive lifestyle behaviors assessed for the first two questions and posing a risk to health. These results are consistent with Santos and Venancio (2006) for the last two questions and are antagonistic to this finding and the Santos and Ruffo (2010) to the first question. It is noteworthy that the coordination of professionals had the lowest scores for the second question and the professionals of collective activity, Start Sports, Fitness and Personal Training had the highest scores for the third question.

The domain Preventive Behavior obtained the maximum score on all questions, indicating a very positive life style. These results converge with Santos and Venancio (2006) for the three issues and diverge Santos and Ruffo (2010) in the second question. The Coordination obtained low scores on the first and third questions.

Relationships for the domain, the three subjects responded more often to the first two questions and two to the third. This suggests a very positive life style and agree with Santos and Venancio (2006) for the three questions and Sousa and Santos (2009) and Santos and Ruffo (2010) for the first two. It is worth noting that professional sports initiation had the lowest scores for the three issues and Training Custom obtained the maximum score for the third question.

Finally, the domain scores presented Stress Control 3, 2 and 1, respectively, and reflects a very positive way of life for the first two issues. This finding is consistent with and de Sousa Santos (2009) for the second question and Santos and Venancio (2006) for the third question and against Santos and Ruffo (2010) for the last two questions. Functional Assessment Professionals minimum scores obtained for the first and second questions, the Coordination and Bodybuilding obtained the lowest scores for the first issue, the second question, the Sport Initiation and obtained higher scores had lower Bodybuilding, and for the third question, the professional group activities and sports initiation had higher scores.

Área de Intervenção	Nutrição			Atividade Física			Comp Preventivo			Relacionamento			Controle do Estresse		
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
Avaliação Funcional	1	2	2	3	3	1	3	3	3	3	3	2	0	0	1
Treinamento Personalizado	2	2	3	3	3	3	2	3	2	3	3	3	3	2	1
Coordenação	1	2	1	3	2	1	2	3	2	3	3	2	2	2	1
Musculação	2	2	2	3	3	3	3	3	3	3	3	2	2	1	1
Atividades Coletivas	2	2	3	3	3	2	3	3	3	3	3	2	3	2	2
Iniciação Desportiva	2	3	2	3	3	3	3	3	3	2	2	1	3	3	2
Geral	2	2	2	3	3	1	3	3	3	3	3	2	3	2	1

Table 1: Distribution of fashion for each intervention area corresponding to the theoretical instrument Nahas

The first question, regarding the quality of life, the average rate was 3.90 ± 0.70. Coordination professionals have the lowest average, while the Functional Assessment reaped the lion. Regarding satisfaction with their health, the Coordinating once again fell below the overall average (4.02 ± 0.71), together with the collective activities. The Functional Assessment were again above average. These values are above those found by Alves et al (2010), but it should be noted that the evaluation of these professionals for their own health is greater than its self-evaluation for quality of life, representing a contradiction.

In the physical domain, the overall mean was 74.02 ± 12.02, featuring success on the scale proposed by Spinola and Pereira (1976 apud MENEGUCI et al, 2010) and meeting the Meneguci et al (2010). Professionals Sports Coordination and Initiation had the lowest mean and Customized Training professionals the highest average.

The overall average in the psychological domain was 73.45 ± 10.64, and is considered successful and Martins et al

(2010). Professionals Sports Coordination and Initiation again obtained the lowest means and group activities had the highest average.

The social relationships domain had the highest overall average (79.41 ± 13.47) were classified as successful. What agrees with Meneguci et al (2010) and differs from Martins et al (2010), as found values of uncertainty. It is noteworthy that the highest and lowest average respectively belong to professional Bodybuilding and Sports Launch.

Finally, the environmental domain received the lowest overall average (66.12 ± 12.44). This value characterizes uncertainty as well as those of Martins et al (2010) and Meneguci et al (2010). We emphasize that professional group activities and Customized Training had the highest mean and Start Sport reported the lowest average.

Área de Intervenção	Físico	Psicológico	Relações Sociais	Meio Ambiente
Avaliação Funcional	74,11	70,83	72,92	69,53
Treinamento Personalizado	79,76	77,31	75,00	71,88
Coordenação	68,93	67,08	76,67	62,19
Musculação	73,53	74,02	85,78	66,18
Atividades Coletivas	77,55	80,36	83,33	70,54
Iniciação Desportiva	69,64	68,75	68,75	51,56
Geral	74,02	73,45	79,41	66,12

Table 2: Distribution of average scores for each area of intervention corresponding to the WHOQOL-BREF

We can consider an inconsistency the fact that physical education professionals have obtained a general average in the physical domain of WHOQOL-BREF which can be characterized as successful, while in the field of physical activity in the Lifestyle Profile score 1 for the third question, being characterized as a behavior that poses health risks and affects the quality of life. On the other hand, the findings of the social relationships domain of WHOQOL-bref and Domain Relationships Lifestyle Profile can be considered consistent, since both the evaluated group achieved positive results.

CONCLUSIONS AND RECOMMENDATIONS

The Physical Education professionals evaluated here can be characterized as satisfied with their quality of life for the physical, psychological and social relations, while being vague about the environment domain. This may be a reason for self-evaluation of individuals with regard to quality of life assessment to be less about their own health.

With regard to lifestyle, the study population were classified in general as having a lifestyle lot. Only for the behaviors assessed in the third issue of Physical Activity and Control fields of stress poses health risks and affects the quality of life of the study population. We can consider a despautério Physical Education professionals have obtained for one of the issues in physical activity domain score that features a health risk and affects the quality of life, since in the physical domain of WHOQOL-bref obtained a general average which can be characterized as success. One possible explanation for this result may be due to lack of understanding of the issues or lack of commitment of participants to the study.

It is recommended that further studies be conducted with larger samples and including professionals from other localities and areas, thus tracing a more accurate profile of lifestyle and quality of life of physical education professionals. It is also necessary to develop a specific questionnaire for this population. Thus, we can better understand the reality of this group and propose interventions to improve it.

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ABSTRACT

The Physical Education professional can be considered the most representative active in education for a healthier lifestyle, the practice of prescribing appropriate exercise and basing on the example and authenticity. The present study of interest to evaluate and correlate the style and quality of life for Physical Education professionals working in a large gym in the

neighborhood of Barra da Tijuca in different areas. The type of research used was descriptive and correlational. To this end, 51 professionals (74.5% men and 25.5% women) with mean age of 30.88 ± 6.46 years and average time to graduate from 5.80 ± 6.42 years were evaluated through the questionnaires already validated Lifestyle Nahas and WHOQOL-bref. For the Lifestyle Nahas, professionals surveyed had a very positive opinion in the fields Nutrition, Physical Activity, Preventive Behavior, Relationships and Stress Control. Only behaviors assessed in the third issue of the domains Physical Activity and Stress Control danger to the health and affect their quality of life. For the WHOQOL-bref, the means obtained in the physical, psychological and social relations have been characterized as a success; already in the environment domain, the mean measurement uncertainty was considered. This may be a reason for self-evaluation of individuals with regard to quality of life was lower than that of their own health. It can be considered a despautério the fact that they have been evaluated for professionals of the issues in the field of physical activity Lifestyle Nahas a score that characterizes health risk and affects the quality of life, since the physical domain of WHOQOL -bref had an average that can be characterized as successful. Further studies are needed to better understand the reality of this group and propose interventions to improve it.

KEYWORDS: Quality of life. Lifestyle. Professional Physical Education.

RÉSUMÉ

Le professionnel de l'éducation physique peut être considéré comme le plus actif représentant à l'éducation pour une vie plus saine, la pratique de la prescription d'exercice approprié et en s'appuyant sur l'exemple et l'authenticité. La présente étude de l'intérêt d'évaluer et corréler le style et la qualité de vie des professionnels de l'éducation physique qui travaillent dans un grand gymnase dans le quartier de Barra da Tijuca dans différents domaines. Le type de recherche utilisé était descriptive et corrélationnelle. À cette fin, 51 professionnels (74,5% d'hommes et de femmes 25,5%) d'âge moyen de 30,88 ± 6,46 années et le temps moyen pour obtenir leur diplôme de 5,80 ± 6,42 années ont été évaluées à travers les questionnaires déjà validés Lifestyle Nahas et WHOQOL-BREF. Pour la Nahas Lifestyle, les professionnels interrogés avaient une opinion très positive dans la nutrition des champs, l'activité physique, les comportements préventifs, les relations et contrôle du stress. Seuls les comportements évalués dans le troisième numéro de l'activité physique et le danger des domaines de contrôle du stress à la santé et affectent leur qualité de vie. Pour la WHOQOL-BREF, les moyennes obtenues dans les relations physiques, psychologiques et sociaux ont été caractérisés comme un succès; déjà dans le domaine de l'environnement, l'incertitude de mesure moyenne était envisagée. Cela peut être une raison pour l'auto-évaluation des personnes à l'égard de la qualité de vie était inférieure à celle de leur propre santé. Il peut être considéré comme un despautério le fait qu'ils ont été évalués pour les professionnels des enjeux dans le domaine de l'activité physique Lifestyle Nahas un score qui caractérise les risques sanitaires et affecte la qualité de vie, depuis le domaine physique des WHOQOL BREF-avait une moyenne qui peut être caractérisée comme un succès. Des études complémentaires sont nécessaires pour mieux comprendre la réalité de ce groupe et proposer des interventions pour l'améliorer.

MOTS-CLÉS: Qualité de vie. Lifestyle. Professional Education Physique.

RESUMEN

El profesional de la Educación Física puede ser considerado el más activo representante en la educación para una vida más sana, la práctica de la prescripción de ejercicio adecuado y basándose en el ejemplo y la autenticidad. El presente estudio de interés para evaluar y correlacionar el estilo y la calidad de vida para los profesionales de Educación Física que trabaja en un gimnasio en el barrio de Barra da Tijuca en diferentes áreas. El tipo de investigación utilizado fue descriptivo y correlacional. Con este fin, 51 profesionales (74,5% hombres y 25,5% mujeres) con edad media de 30,88 ± 6,46 años y el tiempo promedio para graduarse de 5,80 ± 6,42 años fueron evaluados a través de los cuestionarios ya validados estilo de vida Nahas y WHOQOL BREF. Para el estilo de vida Nahas, los profesionales encuestados tenía una opinión muy positiva en los campos de la nutrición, actividad física, conductas preventivas, las relaciones y controlar el estrés. Conductas sólo se evalúan en el tercer número de la Actividad Física y el peligro dominios de control de estrés para la salud y afectar su calidad de vida. Para el WHOQOL-BREF, las medias obtenidas en las relaciones físicas, psicológicas y sociales se han caracterizado como un éxito; ya en el dominio de medio ambiente, la incertidumbre de la medición promedio fue considerado. Esto puede ser una razón para la autoevaluación de los individuos con respecto a la calidad de vida fue menor que el de su propia salud. Se puede considerar como un despautério el hecho de que han sido evaluadas por profesionales de las cuestiones en el campo de la actividad física Estilo de vida Nahas una puntuación que caracteriza a riesgo para la salud y afecta la calidad de vida, ya que el dominio físico del WHOQOL -bref tenían un promedio que puede ser caracterizado como exitoso. Se necesitan más estudios para comprender mejor la realidad de este grupo y proponer intervenciones para mejorarlo.

PALABRAS CLAVE: Calidad de vida. Estilo de vida. Educación Física profesional.

PERFIL DE ESTILO E QUALIDADE DE VIDA DE PROFISSIONAIS DE EDUCAÇÃO FÍSICA EM UMA GRANDE ACADEMIA NA BARRA DA TIJUCA

RESUMO

O profissional de Educação Física pode ser considerado o representante mais ativo na educação para um estilo de vida mais saudável, prescrevendo adequadamente a prática de exercício físico e fundamentando no exemplo e autenticidade. O presente estudo veio do interesse de avaliar e correlacionar as variáveis do estilo e qualidade de vida de profissionais de Educação Física atuantes em uma grande academia do bairro da Barra da Tijuca em diferentes áreas. O tipo de pesquisa utilizado foi descritivo e correlacional. Para tal, 51 profissionais (74,5% de homens e 25,5% de mulheres) com média de idade de 30,88 ± 6,46 anos e com tempo médio de graduação de 5,80 ± 6,42 anos foram avaliados através da aplicação dos questionários já validados Estilo de Vida de Nahas e WHOQOL –bref. Para o Estilo de Vida de Nahas, os profissionais avaliados tiveram um parecer bastante positivo nos domínios Nutrição, Atividade Física, Comportamento Preventivo, Relacionamentos e Controle do Estresse. Apenas os comportamentos avaliados na terceira questão dos domínios Atividade Física e Controle do Estresse oferecem risco à saúde e afetam sua qualidade de vida. Para o WHOQOL –bref, as médias obtidas nos domínios físico, psicológico e relações sociais foram caracterizadas como sucesso; já no domínio meio ambiente, a média obtida foi considerada como indefinição. Este pode ser um motivo para a auto-avaliação desses indivíduos com relação à qualidade de vida ser inferior à da própria saúde. Pode-se considerar um despautério o fato de os profissionais avaliados terem obtido para uma das questões no domínio atividade física do Estilo de Vida de Nahas um escore que caracteriza risco à saúde e afeta a qualidade de vida, uma vez que no domínio físico do WHOQOL-bref obtiveram uma média que pode ser caracterizada como sucesso. Mais estudos são necessários para entender melhor a realidade deste grupo e propor intervenções no sentido de melhorá-la.

PALAVRAS-CHAVE: Qualidade de vida. Estilo de Vida. Profissionais de Educação Física.