154 - USUAL LEVEL OF PHYSICAL ACTIVITY AND LIFESTYLE OF THE ACADEMIC FEDERAL UNIVERSITY OF ALAGOAS - UFAL - CAMPUS ARAPIRACA.

JANCLEBSON SOARES SILVA
CASSIO HARTMANN
ARNALDO TENÓRIO DA CUNHA JUNIOR
Universidade Federal de Alagoas – UFAL – Arapiraca-AL/Brasil

INTRODUCTION

Currently, habits such as excessive alcohol consumption, smoking, drugs, poor diet, sedentary lifestyle, high stress, you enter another, are common in the face of a lifestyle adopted by most of the population, especially young ones. These factors may be associated with poor quality of life in which this population is being inserted denied her a set of values as social justice, education, income, housing, food, nutrition and work 1. In addition, social relationships and the daily stresses also contribute to a riot, getting the quality of life far from ideal. In this sense, Nahas et al.2 state that "in Brazil, in particular, the quality of life for much of the population has been compromised by the growing social disparity and unemployment." Joia3 also adds that the choices social, religious, culture and environment in which the individual belongs to directly affect a healthy lifestyle. But for most of the population, despite all these factors, the choice for day-to-day that have the greatest relevance to saudáveis2 habits of life.

Over the years, with the advancement of technology where everything is more accessible and without much physical effort, the population is increasingly sedentary regardless of culture, ethnicity, color or social status, thus causing undesirable habits in dealing with health, considering health in all its physical, social and psicológica2. The lifestyle adopted by the majority, coupled with the lack of physical activity, understood as "any bodily movement produced by the body that results in energy expenditure above resting levels" 4.5, is being neglected by a totally normal life even in sedentary esclarecidas6 more people.

For Both et al.7 that lifestyle is one of the most important factors in maintaining health, thus favoring the continuation and longevity of the population. According to the Social Security Social8 "it is estimated that in 2020 the population over 60 years represents 13% of the total population and in 2050, reaches 22%."

The behavioral changes in lifestyle often occur when there are symptoms of a disease. Changes in lifestyle habits interfere decisively in the lifestyle of individuals regardless of social, gender and education level. The adoption of healthy lifestyle, from physical activity and adequate nutrition have been advocated in that, inappropriate behavior in this sense can affect physiological factors associated predisposing to risk factors related to chronic degenerativas.

To estimate this growing change habits considered inappropriate relating to health, such as lack of regular physical activity, excessive alcohol consumption, smoking, drugs, food fueled by fast food, some authors6, 10, studies conducted with college students that show how this group presents itself susceptible to changes, even if these changes compromise their quality of life and therefore your health. Corroborating with the same idea Joia3 adds conditions peculiar adolescence, such as biological changes, psychosocial instability and lack of preventive behavior.

To Marinho11 know the lifestyle of college students, especially those related to health, it becomes relevant to taking action in the implementation of programs within the university as well, can serve as a mechanism for the modification of behaviors that put young people's health at risk.

Based on the foregoing, the present study aimed to analyze the levels of habitual physical activity and lifestyle of academics at the Federal University of Alagoas - Campus Arapiraca.

METHODOLOGY

It is a character study of a cross-sectional and descriptive approach quantitativa12.

The study sample, chosen randomly, consisted of 88 subjects, 48 male and 40 female, duly registered in the year 2010.2. that after signing the Instrument of Consent, participated in other phases constituents of this research.

We used two questionnaires proposed and validated by Nahas (2001) as research tools: 1.Questionário habitual physical activity; 2.Questionário profile of the individual lifestyle.

Finally, in order to characterize the study sample was used for statistical central tendency (mean and standard deviation), with results presented as relative values (%).

RESULTS

Table 1 shows the level of habitual physical activity of students considering only sex. The responses to the questionnaire as shown in Table 1 showed lower rates of physical inactivity for males (n = 09 to 18.75%) compared to females (n = 15 - 37.5%).

RASTINGS	M	%	F	%	TOTAL	%
Inactive	09	18,75	15	37,5	24	27,27
Moderately Active	10	20,83	12	30,00	22	25,00
Activity	15	31,25	10	25,00	25	28,41
Very Active	14	29,17	03	7,5	17	19,32
TOTAL	48		40		88	

Table 2 shows the mean values and classification profile of individual lifestyle in which the average for each component can vary from zero to three (Nahas, 2001).

It is worth mentioning that the component "physical activity" showed the lowest values among all the components related to lifestyle.

TABLE 2 - Mean values and classification profile of the individual lifestyle of academics of both sexes enrolled in degree of UFAL - Campus Arapiraca - 2010.2.

	N	N	AF	CP	R	CE
Q1	10	1,1	1,6	1,4	2,4	1,5
Q2	08	1,1	0,4	1,9	1,5	1,5
M1	10	1,3	1,2	2,1	2,3	1,7
M2	06	1,1	1,2	1,6	2,0	1,2
F1	10	1,1	1,3	2,0	2,0	1,9
F2	08	1,1	1,2	1,5	1,5	1,7
B1	10	1,4	1,1	1,7	1,7	1,7
B2	10	1,3	0,9	2,1	1,8	1,3
E.F1	06	1,1	1,3	1,7	2,3	1,7
E.F2	10	1,7	1,5	1,9	1,9	1,5

Legend: (nutrition), AF (physical activity), CP (preventive behavior), R (relationship), EC (stress control)

DISCUSSION

Table 1 shows the level of habitual physical activity of students considering only sex. It should be noted that Nahas13 shows that the ideal range for the health of most people is classified as "active."

In a study by Madureira et. al.14 with the physical education teachers UNIMONTES showed that 73.3% of men and 40% of women were classified as "active" or "very active", representing 65% of the total respondents. Corroborating the results of that study, it can be noted that Table 1 presents figures that show the prevalence of individuals classified as "active" or "very active". Another point worth highlighting is the fact that 37.5% of females being classified as "inactive.

According to Bara Filho et.al.15 a sedentary lifestyle is associated with an increased morbidity and mortality caused mainly by chronic diseases. Pollock and Wilmore16 believe that an active lifestyle to combat sedentary lifestyles and therefore gain weight as they interdependent.

Regarding the results presented in Table 2 in general, the whole group had scores between one and two for Nutrition (1.23), Physical Activity (1.17), preventive behavior (1.79), relationship (1, 94) and stress management (1.57).

Nahas13 reports that the average levels zero and one indicate that the group should be guided and helped to change their behavior in the items assessed, because they offer a risk to their health and affect their quality of life. While scores on levels two and three represent a very positive life style.

For the component "Nutrition" the result is in agreement with results reported in the study by Santos & Venâncio10 with 43 students graduating from Unileste-MG, and also with the study by Joia3, with 257 scholars Barriers/Ba.

Food is central to life, and lack of food has a profound effect at any stage of the life process, growth, development and in any activity that human beings exerça17.

The results of this study corroborate the study by academics in Joia3 Barrier-BA, in which the majority did not have on your lifestyle, regular physical activity.

The components' Preventive Behavior "and" relationship "were those who came closest to a positive lifestyle, since the group had scores very close to two, which Nahas13 established as a positive lifestyle. This positive result was also found by Santos & Venâncio10 in academic study of graduates of the course of Physical Education Unileste-MG.

Cestari and Zago18 define preventive behaviors such as those grown by individuals to increase or maintain their health. To quote a few: the daily cleaning of the teeth, use of seat belts, reducing fat and sugar in the diet or physical activity. Other habits, regarded as undesirable in preventive behavior are: consumption of alcohol and drug use. According Pedrosa19, "alcohol abuse is identified as a social problem and its severity is reflected in the statistics associated with events such as crime, violence, traffic, absenteeism and workplace accidents."

In turn, according to Moraes et.al.5, relationships represent a fundamental element of well-being, and thus the quality of life of individuals.

It is worth noting that the same result was found in the component "Stress Control". To Eidam20 "stress can be defined as a state of disharmony or threatened homeostasis, caused by a psychological agent, such as fear, or mechanical, such as cold, hunger or pain." While Calais et.al.21 defines "stress as an intense reaction of the organism to any event good or bad to change one's life."

Therefore, to have a healthy lifestyle and Costa Milane22 note that control stress is vital to have a balanced diet, a pleasant family life and social practice and incorporate regular physical activity.

CONCLUSION

We conclude that females have a higher level of physical inactivity in relation to males.

As usual lifestyle, the results showed that the component "physical activity" showed the lowest values among all the components related to lifestyle in both sexes. However, it was satisfied that any member of the group sample also showed low values in relation to other components of lifestyle studied.

It is recommended to conduct research to assess levels of habitual physical activity and lifestyle of college students by identifying the individual results separately by sex and travel.

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JANCLEBSON SOARES SILVA
ENDEREÇO PARA CORRESPONDÊNCIA:
Rua Deputado Armando Moreira Soares, 825 – Casa 16
Bairro Antares
MACEIÓ-AL
CEP 57048-355

USUAL LEVEL OF PHYSICAL ACTIVITY AND LIFESTYLE OF THE ACADEMIC FEDERAL UNIVERSITY OF ALAGOAS - UFAL - CAMPUS ARAPIRACA.

ABSTRACT

The objective was to analyze the levels of habitual physical activity and lifestyle of academics at the Federal University of Alagoas - Campus Arapiraca. It is a character study of a cross-sectional descriptive and quantitative approach with a sample of 88 subjects, 48 male and 40 female, duly registered in the period 2010.2. We used the Questionnaire of Habitual Physical Activity Questionnaire and Profile of the Single Lifestyle, proposed and validated by Nahas (2001). The results showed that females are more inactive than the males, and in relation to the profile of individual lifestyle, every group had scores between one and two for Nutrition (1.23), physical activity (1.17), preventive behavior (1.79) Relations (1.94) and stress management (1.57). It is recommended to conduct research to assess levels of habitual physical activity and lifestyle of college students by identifying the individual results separately by sex and travel.

KEYWORDS: Physical activity; Lifestyle; University.

NIVEAU HABITUEL D'ACTIVITÉ PHYSIQUE ET MODE DE VIE DES ACADÉMIQUE UNIVERSITÉ FÉDÉRALE D'ALAGOAS - UFAL - CAMPUS ARAPIRACA.

RÉSUMÉ

L'objectif était d'analyser les niveaux d'activité physique habituelle et style de vie des universitaires à l'Université Fédérale d'Alagoas - Campus Arapiraca. Il s'agit d'une étude de caractère d'une approche transversale descriptive et quantitative auprès d'un échantillon de 88 sujets, 48 hommes et 40 femmes, dûment enregistrés dans la période de 2010,2. Nous avons utilisé le questionnaire du Questionnaire activité physique habituelle et profil du mode de vie unique, proposé et validé par Nahas (2001). Les résultats ont montré que les femelles sont plus inactives que les mâles, et en relation avec le profil de style de vie individuel, chaque groupe avait des scores entre un et deux pour la nutrition (1,23), l'activité physique (1,17), les comportements préventifs (1,79) Relations (1,94) et la gestion du stress (1,57). Il est recommandé de mener des recherches pour évaluer les niveaux d'activité physique habituelle et mode de vie des étudiants du collégial, en identifiant les résultats individuels séparément selon le sexe et les voyages.

MOTS-CLÉS: activité physique; Lifestyle; Université.

NIVEL NORMAL DE LA ACTIVIDAD FÍSICA Y ESTILO DE VIDA DE LOS ACADÉMICOS UNIVERSIDAD FEDERAL DE ALAGOAS - UFAL - CAMPUS ARAPIRACA.

RESUMEN

El objetivo fue analizar los niveles de actividad física habitual y el estilo de vida de los académicos de la Universidad Federal de Alagoas - Campus Arapiraca. Se trata de un estudio del carácter de un enfoque transversal, descriptivo y cuantitativo con una muestra de 88 sujetos, varón de 48 y 40 mujeres, debidamente registrada en el período 2.010,2. Se utilizó el cuestionario del cuestionario habitual Actividad Física y del perfil del estilo de vida único, propuestos y validados por Nahas (2001). Los resultados mostraron que las mujeres son más inactivos que los machos, y en relación con el perfil de estilo de vida individual, todos los grupos tenían puntuaciones de entre uno y dos para la Nutrición (1.23), la actividad física (1,17), el comportamiento preventivo (1,79) Relaciones (1,94) y el manejo del estrés (1,57). Se recomienda llevar a cabo investigaciones para evaluar los niveles de actividad física habitual y el estilo de vida de los estudiantes universitarios mediante la identificación de los resultados individuales por separado por sexo y los viajes.

PALABRAS CLAVE: actividad física, estilo de vida, de la Universidad.

NÍVEL DE ATIVIDADE FÍSICA HABITUAL E ESTILO DE VIDA DE ACADÊMICOS DA UNIVERSIDADE FEDERAL DE ALAGOAS – UFAL – CAMPUS ARAPIRACA.

RESUMO

Objetivou-se analisar os níveis de atividade física habitual e o estilo de vida de acadêmicos da Universidade Federal de Alagoas – Campus Arapiraca. Trata-se de um estudo de caráter transversal com natureza descritiva e abordagem quantitativa, com amostra de 88 indivíduos, sendo 48 do sexo masculino e 40 do sexo feminino, devidamente matriculados no período de 2010.2. Foram utilizados o Questionário de Atividade Física Habitual e o Questionário do Perfil do Estilo de Vida Individual, propostos e validados por Nahas (2001). Os resultados demonstraram que os indivíduos do sexo feminino são mais inativos que os indivíduos do sexo masculino, e em relação ao Perfil de Estilo de Vida Individual, todo grupo apresentou escores entre um e dois, para Nutrição (1,23), Atividade Física (1,17), Comportamento Preventivo (1,79), Relacionamento (1,94) e Controle do estresse (1,57). Recomenda-se a realização de pesquisas que avaliem os níveis de atividade física habitual e o estilo de vida individual de universitários identificando os resultados separadamente por sexo e por curso.

PALAVRAS-CHAVE: Atividade Física Habitual; Estilo de Vida; Universitários.