81 - LEVEL OF STRESS AND ITS RELATION TO BLOOD PRESSURE SERVERS OF THE CAMPUS ALTAMIRA IFPA-PA

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1- INTRODUCTION

In the national literature, until the 70's there was no scientific production concerning the issue. Currently, it is possible to identify several works focusing on diverse aspects of stress. This concern, perhaps due to the fact that stress often be present in everyday human. (World Health Organization, 1995).

According to Selye (1956), the term stress has been used in health for the first time in 1936, when he noticed that many people suffered from various diseases and reported signs and symptoms. The abrupt changes in lifestyle and exposure to an environment increasingly complicated for individuals creates a special kind of anguish.

Blood pressure (BP) is a "variable whose quantification in training sessions is desirable, as it relates to cardiovascular demands effort." (MARK & PAUL, 2003).

Blood pressure, traditionally referred to in millimeters of mercury (mmHg), "is an essential physiological parameter in the diagnostic and recording of blood pressure is mandatory part of the examination." (OF ASSISI & OLIVEIRA, 2003). Checking blood pressure prevails in the clinical analysis of the patient, is central to the assessment of general health - disease of the individual.

The importance of measuring BP "is in fact determining the relative cardiovascular stress, being in a safe way to conduct the training." (MOST, 2008).

MATERIALS AND METHODS

We conducted a descriptive analysis of the stress on the servers of the IFPA, the period from September to October 2011. The study included 24 servers IFPA, in relation to sex, both sexes were surveyed. We performed a anamnesis, an assessment of blood pressure (JNC V) and protocol to assess the level of stress. Following this result, we analyzed data on stress and blood pressure, and then held on descriptive statistics, using graphics to better describe these results, thereby characterizing the level of stress and blood pressure screening.

This is a descriptive research, whose goal is to correlate the level of stress and its relation to blood pressure in the servers of the IFPA, the municipality of Altamira-PA.

The stress level was calculated by the Protocol Why Managers Burn Out, and the measurement of pressure measured by the wire protocol JNC V.

1. Sample

The sample was selected randomly. Participated in the survey 24 servers IFPA Altamira-PA, of both sexes. The collection of survey data was between September and October 2011, where all servers have been informed about the purpose of research, the term later signing an informed consent form (ICF). All participants agreed to participate, with the inclusion criteria: to be effective federal server, signed the free informed and have been chosen randomly. Exclusion criteria: they are effective and do not accept to participate.

2. Study design

The servers were informed about the research through a lecture, after acceptance by the participants was made a anamnesis, among other questions relating to health and physical activity.

To measure the stress was used a questionnaire Why Managers Burn Out for PA and the device was a stethoscope and sphygmomanometer as data collection instruments, one for Measuring stress and one for the PA which is used the Joint National Committee on Protocol Detecion, Evolution and Treatment Hight Pressure (JNC V).

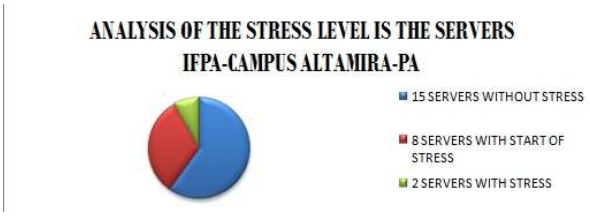
3. Analysis of data

We used descriptive statistics to get the conclusion obtained in the survey. Descriptive statistics examined the percentage of the level of stress and blood pressure and possible relationships.

RESULTS AND INCREASING DISCUSSION

The analysis of the level of stress was found that about 15 servers with the normal level, with an 8 early stress and really only one grade of high stress, this study found that 63% of servers are in normal range of stress, that is normal, since 33% characteristic of stress and 4% are already installed with stress. These results are shown by Figure 1.

Figure 01: Stress Index.

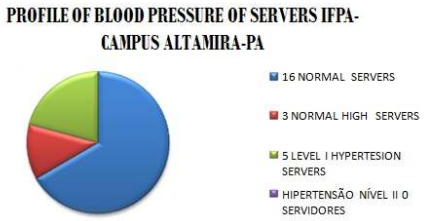


Source: Spencer & Mendonça, 2011.

The World Health Organization (WHO) states that the "Stress" is a "global epidemic", diagnosed as the evil of the third millennium (ZANUZZI, 1999). We live in a time of huge upgrade requirements. We are constantly called upon to deal with new information. The human being is increasingly faced with many situations which need to adapt. Like, example, when faced with external pressures and demands coming from the family, the social environment of work / school or the environment. Other factors which must adapt to are, among others, the responsibilities, obligations, self-criticism, physiological and psychological difficulties.

Regarding the analysis of blood pressure obtained as a result of the predominance of normal pressure level that is between <130 to <89 to about 67% of the servers, and these two options are characterized as normal we have about 80% of instabilities between BP, already with a small increase, but still considered normal and 13% mild hypertension characterized as level I have 20% of the servers.

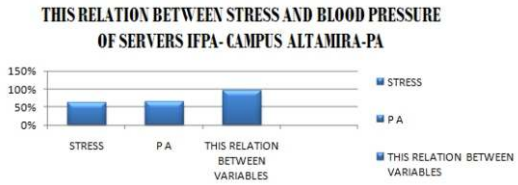
Figure 02: Analysis of Blood Pressure.



Source: Souza & Mendonça, 2011.

In relation to existing abnormalities, characterized the major link between stress and BP, was characterized as positive, because the percentage was nearly 90% identical, with 66% to 63% PA and it shows that the relationship between stress and PA have direct relationship with the hypokinetic diseases, as exposure of the graph 03, it is observed that about 15 servers that corresponds to 63% and 16 has this feature servers that matches about 66% of the sample had characteristic abnormal (low pressure) in quality of life parameters recommended by the WHO (World Health Organization). Thus, this study demonstrates that stress is directly related to improving the quality of life of the federal server.

Figure 03: Relationship Between Blood Pressure and Stress of Servers IFPA-Altamira, PA Campus.



Source: Souza & Mendonça, 2011.

CONCLUSION

We conclude that stress can lead to a negative quality of life, because it takes the acceleration of disease, such as hypokinetic that is part of a situation that affects not only the servers in the west of PA, but the whole world, we find that the practice of regular physical activity and accompanied by trained staff, good food and good rest leads to an improved quality of human life, all contribute to quality of life or speeds that quality.

The relationship showed strengths and weaknesses in relation to stress and BP, because the quality of life is related to good nutrition, physical activity and remains correct for this class of the population.

The lack of physical activity can lead to various diseases, those diseases that appear after a period and is termed hypokinetic diseases, lack of a correct program accelerates this appearance, so the purpose of this study was to determine whether the lack of physical activity could IFPA harm the servers. This study has shown that the inclusion of a work in the area of Physical Education of the Federal Institutes of Education, Science and Technology of Para, can improve the quality of life of our servers, both administrators and teachers, contributing not only to gain knowledge but also health, since it is essential to overall improvement of the servers. These data demonstrate that the level of stress to be directly related to the hypokinetic diseases and using the sports accompanied by health professionals

When the individual is subjected to an excessive load of stressors, the body may trigger responses that result in the appearance of symptoms or diseases such as, changes in body weight, osteoporosis, psychiatric disorders, including changes in sleep patterns, difficulty healing, increased susceptibility to infection, alkalosis with hypokalemia, hypertension, gastrointestinal disorders, including symptoms of heartburn, changes in menstrual cycle and thromboembolism Bachion also concluded by the researcher. The individual vulnerability and adaptive capacity are very important in the occurrence and severity of reactions to the process of "stress". The development process of "stress" depends on both the individual's personality and state of health you are (mental balance and organic), so not all develop the same kind of response on the same stimuli. Lifestyle, past experiences, attitudes, beliefs, values and disease are important factors in the development of the stress process.

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LEVEL OF STRESS AND ITS RELATION TO BLOOD PRESSURE SERVERS OF THE CAMPUS ALTAMIRA IFPA-PA

ABSTRACT:

This study is characterized as a descriptive study whose objective was to analyze the profile of Stress and its relationship with the PA servers Federal Institute of Para As a focus aimed at identifying the level of stress and pressure of the servers and relate them. The study sample consisted of twenty-four (N = 24) of the Federal Institute servers, and in relation to gender, we used both. As an instrument of measurement, we used a anmenese (1989), protocol through the questionnaire Why Managers Burn Out, and the data were collected on the campus of Altamira / PA. As the result, since the stress level was presented as normal predominance of about 63% since the beginning was marked with about 33% and the stress was already installed with 4% and for PA-characterized with some 80% normal and high normal BP, which is characterized in "<130 to <85 and 130-139 in 85 to 89", now with 20% with hypertension level I, the protocol recommended by the Joint National Committee on Detecion, Evolution Hight Pressure and Treatment (1993). The study was conducted between September-October 2011. From the results, and using descriptive statistics, we got the following results: the features. BP servers by 80% normal and 20% level I hypertension Stress was characterized as the 63% that features about 15 servers without stress, as 33% that features about 8 servers with early stress and 4% with stress. When does the relationship between stress and BP notes that the balance as a percentage the same servers that have good results in both evaluations, characterizing that when the stress level was also being controlled pressure, we conclude that servers that regular physical activity had better results.

KEYWORDS: Stress, Blood Pressure and federal officials.

NIVEAU DE STRESS ET SES RELATIONS Á LA PRESSION ARTÉRIELLE IFPA CAMPUS SERVEUR ALTAMIRA-PA

RÉSUMÉ:

Cette étude est considérée comme une étude descriptive dont l'objectif était d'analyser le profil de stress et de ses relations avec l'Institut fédéral de la PA serveurs Para Comme un accent visant à identifier le niveau de stress et la pression des serveurs et concernent entre eux. L'échantillon de l'étude se composait de vingt-quatre (N = 24) des serveurs de l'Institut fédéral, et en fonction du sexe, nous avons utilisé les deux sexes. En tant qu'instrument de mesure, nous avons utilisé un anmenese (1989), le protocole à travers le questionnaire Pourquoi les gestionnaires Burn Out, et les données ont été recueillies sur le campus d'Altamira / PA. Comme le résultat, puisque le niveau de stress a été présenté comme la prédominance normale d'environ 63% depuis le début a été marqué avec environ 33% et le stress était déjà installé avec 4% et pour le PA-caractérisée avec certains 80% de la normale et haute pression artérielle normale, qui est caractérisé en "<130 à <85 et 130 à 139 dans 85 à 89", maintenant avec 20% avec un niveau d'hypertension I, le protocole recommandé par le Comité national mixte sur Detecion, Evolution Pression Haute et de traitement (1993). L'étude a été menée entre Septembre-Octobre 2011. A partir des résultats, et en utilisant des statistiques descriptives, nous avons obtenu les résultats suivants:. Les caractéristiques des serveurs de 80% par BP et le niveau normal de 20%, je l'hypertension L'accent a été caractérisée comme les 63% que les caractéristiques à environ 15 serveurs, sans stress, comme 33% que les fonctionnalités d'environ 8 serveurs avec le stress précoce et 4% avec le stress. Quand la relation entre le stress et les notes de BP que le solde sous forme de pourcentage les mêmes serveurs qui ont de bons résultats dans les deux évaluations, la caractérisation que lorsque le niveau de stress était également une pression contrôlée, nous concluons que les serveurs qui ont une activité physique régulière de meilleurs résultats.

MOTS-CLÉS: stress, la pression artérielle et les fonctionnaires fédéra

NIVEL DE ESTRÉS Y SU RELACIÓN CON LA PRESIÓN ARTERIAL SERVIDORES DEL CAMPUS IFPA ALTAMIRA-PA

RESUMEN:

Este estudio se caracteriza por ser un estudio descriptivo cuyo objetivo fue analizar el perfil de estrés y su relación con los servidores PA Instituto Federal de Pará, un enfoque destinado a identificar el nivel de estrés y la presión de los servidores y se relacionan ellos. La muestra del estudio consistió en veinticuatro (N = 24) de los servidores del Instituto Federal, y en relación con el género, se utilizó en ambos sexos. Como un instrumento de medición, se utilizó un anmenese (1989), el protocolo a través del

cuestionario por qué los gerentes Burn Out, y los datos fueron recogidos en el campus de Altamira / PA. Como resultado, ya que el nivel de estrés se presenta como el predominio normal de alrededor del 63% desde el inicio fue marcado con un 33% y el estrés que ya estaba instalado con un 4% y para el PA-caracteriza a algunos 80% de lo normal y alta presión arterial normal, que se caracteriza por "<130 y <85 y 130-139 en el 85 al 89", ahora con un 20% con un nivel de hipertensión que, el protocolo recomendado por el Comité Nacional Conjunto sobre Detecion, Evolución Presión de altura y Tratamiento (1993). El estudio se realizó entre septiembre y octubre de 2011. De los resultados, y el uso de la estadística descriptiva, tenemos los siguientes resultados:. Servidores de las características de BP en un 80% normal y el 20% del nivel I la hipertensión El estrés se caracteriza por el 63% que cuenta con cerca de 15 servidores sin estrés, un 33% que cuenta con cerca de 8 servidores con el estrés temprano y el 4% con el estrés. ¿Cuándo la relación entre el estrés y las notas de BP que el balance en forma de porcentaje los mismos servidores que tienen buenos resultados en ambas evaluaciones, la caracterización de que cuando el nivel de estrés también estaba siendo controlada por presión, se concluye que servidores que la actividad física tuvieron mejores resultados.

PALABRAS CLAVE: El estrés, la presión arterial y los funcionarios federales

NIVEAU DE STRESS ET SES RELATIONS Á LA PRESSION ARTÉRIELLE IFPA CAMPUS SERVEUR ALTAMIRA-PA

RESUMO:

Este estudo caracteriza-se como uma pesquisa descritiva cujo seu objetivo foi fazer uma análise do perfil do Stress e sua relação com PA dos servidores do Instituto Federal do Pará. Como foco objetivou-se identificar o nível de stress e a pressão arterial dos servidores e relacioná-las. A amostra estudada foi constituída de vinte e quatro (N= 24) servidores do Instituto Federal, e em relação ao gênero, utilizou-se ambos os sexos. Como instrumento de medida, utilizou-se uma anmenese (1989), protocolo através do questionário Why Managers Burn Out, sendo que a coleta dos dados ocorreu no campus de Altamira/PA. Quanto ao resultado, já o nível de stress apresentado como maior predominância foi normal com cerca de 63%, já o início caracterizou-se com cerca de 33% e o stress já instalado ficou com 4% e em relação PA caracterizou-se com cerca de 80% PA normal e normal alta, que caracteriza-se entre "< 130 a < 85 e 130-139 a 85 a 89", já com 20% com hipertensão nível I, esse preconizado pelo protocolo da Joint National Committee on Detecion, Evolution and Treatment Hight Pressure (1993). o estudo foi realizado no período entre setembro a outubro de 2011. A partir dos resultados e através da estatística descritiva, chegamos aos seguintes resultados: as características .da PA dos servidores foram de 80% normal, e 20% hipertensão nível I. Quanto ao Stress ficou caracterizado em 63% que caracteriza-se com cerca de 15 servidores sem stress, já 33% que caracteriza-se com cerca de 8 servidores com início de stress e 4% com stress. Quando se faz a relação entre o stress e a PA observa-se que a um equilíbrio, pois em percentual os mesmos servidores que apresentam bons resultados em ambas as avaliações, caracterizando que quando o stress estive a nível controlado a pressão também estar, concluímos que os servidores que praticam atividades física regulamente tiveram melhores resultados.

PALAVRAS CHAVES: Estresse, Pressão Arterial e Servidores Federais.