91 - SWIMMING AS TRANSFORMING AGENT: IN THE DIMENSIONS OF LIFE QUALITY OF SESI'S EMPLOYEES - PARTNERSHIP CLUB

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1. INTRODUCTION

Nowadays, the search for quality of life has steadily increased, and the main reason is that sedentary lifestyle and chronic diseases are one of the major causes of deaths in the world. Concern about the quality of life comes from Ancient Greece. Plato and Aristotle, in the fifth and sixth century, have briefed the issue, linking it to the well-being. In the twentieth century, during the fifties and sixties, increased concern about the well-being and the consequences of industrialization, led to debates about the quality of human life. At this time, measurements of quality of life made reference to the objective conditions of economic and social type and later came to include the individual's perspective on these conditions (GÓMEZ-VELA and VERDUGO, 2003). Regular physical activity has a key role in preventing and controlling non-communicable chronic diseases, better mobility, functional capacity and quality of life during aging. It is important to emphasize that as important as encouraging the regular practice of aerobic physical activity, muscle strengthening and balance, changes to adopt an active lifestyle is a crucial part for aging healthy and with quality. The term quality of life, understood as a phenomenon that interacts with a variety of dimensions of human-being, has been the subject of numerous studies in the scientific community (MINAYO, 2000). Swimming as a promoter of quality of life, has acquired thousands of supporters, who seek improvement through this activity in their lifestyle and quality of life.

2. OBJECTIVE

Check the dimensions of quality of life of the swimmers in the Industrial Social Service (SESI-Ceará), at unity Partnership Club

3. INDUSTRIALIZATION IN BRAZIL AND INDUSTRIAL SOCIAL SERVICE.

Industrialization in Brazil began in the late nineteenth and the industrial development of the country started on that period, this led to an automation of consumables and manufacturing. “The thirties were also characterized by a circumstantial change quite significant in the country: the industrialization and urbanization process and the establishment of the Estado Novo” (BRAZIL, 1998). Due the coming of the machines, the worker became more vulnerable to physical inactivity reducing their quality of life. Within this context, physical education gained new functions: strengthen the worker, thereby improving his productive capacity and develop the spirit of cooperation for the benefit of the community (BRAZIL, 1998).

In this context arises the Industrial Social Service – SESI Ceará, with over 60 years of service to the employees of industry, with the mission to promote quality of life for the workers, focusing in education, health, leisure and encourage the socially responsible management of the industry. The commitment of the institution is to get ahead toward meeting the demands of workers and companies that promote the improvement of quality of life and working conditions of employees (SESI, 2011).

4. SWIMMING AND QUALITY OF LIFE

Quality of life is multidimensional, not summarizing to social aspect, physical and emotional, but also that these points serve as parameter for changes that occur during development (ASSUMPÇÃO et al., 2000)

Regular physical activity has a key role in preventing and controlling non-communicable chronic diseases, better mobility, functional capacity and quality of life during aging. It is important to emphasize that as important as encouraging the regular practice of aerobic physical activity, muscle strengthening and balance, changes to adopt an active lifestyle is a crucial part for aging healthy and with quality. Physical activity, as any bodily movement produced by skeletal muscles that result in energy expenditure, not worrying about the magnitude of energy expenditure (SHEPHERD AND BALADY).

In the current context of contemporary societies, the active lifestyle, healthy habits and physical activity, may represent crucial factors of quality of life and sense of well-being, understanding that are multiple factors involved and decisive for the quality of life of the people, such as job satisfaction, pleasure, family relationships, among others, in a combination that characterizes the quality levels that the contemporary man lives (NAHAS, 2001).

It seems to be fait accompli the idea that modern life tends to be unhealthy, since it causes stress and fatigue, poor diet and non-regular physical exercise. With all these factors mentioned, the quality of life of people is shaken, both physical and psychological.

Today, even more people in the world are completely sedentary, being precisely these ones that would benefit from the practice of regular physical activity, either as a form of prevent disease, promote health and feel better. And the aquatic activities may represent interesting possibilities with regard to physical activity as assistants in the process of well-being and improvement of life as a whole.

Concerning to the **physical aspect**, the possibility of performing movements without impacting the joints and tendons, stimulation of all muscles and maintenance of muscular tonus, positive effects for the respiratory and cardiovascular system, recovery from illness, among others. Concerning to the **psychological aspect**, a tendency toward increase of the self-esteem, relieve stress levels, greater disposal to deal with daily activities, among others. Concerning to the **social aspect**, it is noticeable the new possibilities of favoring the interpersonal relationships and the consequent increase of the ties of friendship, interest in sharing experiences and ideas, among others (TAHARA ET AL., 2006).

As a result, we, as Physical Education professionals, must find a way to work exercises so that the quality of life may be in foreground, looking for alternative exercises to train these people, not only in the aspect of motor skills, but also aspects of muscular endurance, cardiorespiratory endurance, muscular strength, balance and health. The student's attendance is one of the most important aspects, because it's no use to develop strategies to achieve goals, if there is no collaboration of the practitioner, since the benefits are magnified when the workout is performed correctly.

4. METHOD

This study used a descriptive field survey with a quantitative approach. According to Barbosa (2001), the descriptive study aims to observe, to analyze and to correlate facts and phenomena without manipulation or interference by the researcher, trying to discover how often the variable occurs, the relationship with the others, the nature and characteristics (MALHOTRA, 2001, p. 155).

The environment for the study was the city of Maracanaú, more precisely in the district of Conjunto Industrial, at headquarter of the Industrial Social Service (SESI), at unity Partnership.

The survey sample consisted of 40 students enrolled in swimming lessons. The inclusion criteria used was the fact that these students have been practiced this sport for at least three months, with a minimum frequency of twice a week and a load of 50 minutes per class. Those students who did not fulfilled the minimum period and frequency of classes and/or refused to sign the consent form, were excluded from the research.

As data collection, we used the Brazilian Version of SF-36 questionnaire, that considers the perception of individuals about their own health status and includes the most representative aspects of health, it is also easy to manage and understand, self-administered, the SF-36 questionnaire is composed of closed questions and multiple choice containing 36 items that assess the following dimensions: functional capacity, physical aspects, body pain, general health, vitality, social aspects, emotional aspects and mental health (MARTINEZ, 2002).

The use of questionnaire as an instrument of data collection shows a number of advantages such as anonymity of the participants, low costs, let people to answer it in the most opportune time and does not make obvious the influence of opinions (GIL, 1994).

All the participants were informed about the objectives of the study and had their identities preserved.

5. RESULTS AND DISCUSSION

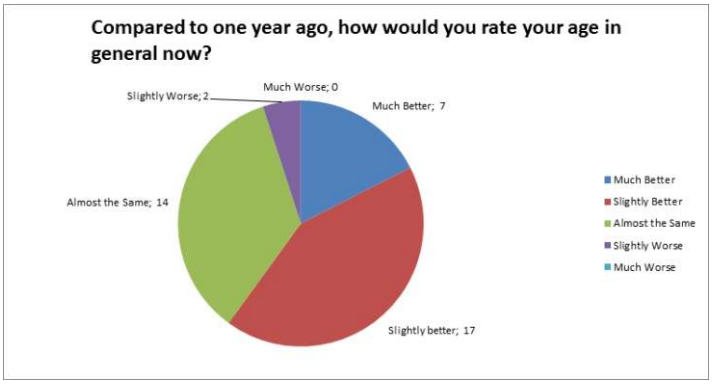
The mean scores of the dimensions measured by the SF-36 are presented in the Table 1, together with the variation that is shown on a scale ranging from 0 to 100, where zero is the worst condition and one hundred is the best. Each issue with its specific score, so there may be a classification and transformation of the values of each question into scores, being called raw scale, due to the final value does not present any unit of measure.Table 1. Scores of the dimensions of SF – 36 questionnaireDIMENSIONSAVERAGEVARIATIONFUNCTIONAL CAPACITY68, 875 0 – 100LIMITATION FOR PHYSICAL ASPECTS78, 125 0 – 100LIMITATION FOR EMOTIONAL ASPECTS70, 0000 -100SOCIAL ASPECTS82, 187 0 – 100PAIN65, 975 0 – 100GENERAL HEALTH72, 475 0 - 100MENTAL HEALTH75, 300 0 - 100VITALITY64, 375 0 – 100

From the averages of the results obtained in each dimension, we can see that all scores were above 64, which characterizes that the sample population, in general obtained an improvement in several domains of quality of life, showing that the practice of the physical activity (swimming) plays an important role in changing the lifestyle of the practitioners. It also has an important role in social, psychological and an improvement in physical ability, which is shown in the three highest values, and all of them are above 75 points.

Table 1. Scores of the dimensions of SF – 36 questionnaire

DIMENSIONS	AVERAGE	VARIATION
FUNCTIONAL CAPACITY	68, 875	0 – 100
LIMITATION FOR PHYSICAL ASPECTS	78, 125	0 – 100
LIMITATION FOR EMOTIONAL ASPECTS	70, 000	0 -100
SOCIAL ASPECTS	82, 187	0 – 100
PAIN	65, 975	0 – 100
GENERAL HEALTH	72, 475	0 - 100
MENTAL HEALTH	75, 300	0 - 100
VITALITY	64, 375	0 – 100

As for question number 02, it takes no part in calculation of any field, and is used to assess how the individual is better or worse compared to one year ago. The result is shown in the Figure 1:



After starting the practice of swimming, the participants feel better in the present age than one year ago. 40 participants, only two did not feel better, with a total of 38 participants felt that, in some way, their current age is better.

6. CONCLUSION

The results showed the benefits that the practice of sports in liquid environment has for people's lives. The physical properties of water (density, hydrostatic pressure, viscosity, etc.) will influence human behavior, both physiologically and psychologically. Swimming promotes stimulation required for development: the functional ability lets them to execute their daily

tasks easily; physically occurring physiological changes in the body (such as changing heart rate and body's ability to carry oxygen); decreasing possible pain due the muscle strengthening; improving overall health since they are practicing a predominantly aerobic exercise in this way improving their skills and strengths becoming and individual with greater vitality; they have the opportunity to interact with students and teachers in a relaxed atmosphere and improving social aspects, emotional and mental health. From the observed data, it is concluded that after three months of physical activity (swimming), there was improvement in several degrees and dimensions of quality of life, showing that this practice has several benefits for the body and mind of the practitioner.

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SWIMMING AS TRANSFORMING AGENT: IN THE DIMENSIONS OF LIFE QUALITY OF SESI'S EMPLOYEES - PARTNERSHIP CLUB

ABSTRACT

This article is intended to clarify that the practice of regular physical activity has a key role in preventing and controlling non-communicable chronic diseases, as well as in improving dimensions of quality of life, and one of these means is the practice of swimming, a sport that works with body movement as a whole, helping to reduce body fat percentage, alleviating the daily stress and still in recovery from injuries. It aims to verify the degree of influence of this modality in improving the quality of life for practitioners. It was used in the present study a descriptive field research with a quantitative approach. The environment for this study was the city of Maracanaú, at unity SESI – Partnership Club. Taking part in the survey 40 students enrolled in the sport with at least 3 months of practice. Data collection was made using the Brazilian Version of SF-36 questionnaire, with closed and multidimensional, and met all inclusion and exclusion criteria, as well as the ethic in research process. We conclude that regular swimming helps to improve the quality of life of individuals, relating to his period before the practice.

KEY WORDS: Quality of Life, Swimming and Industrial Social Service (SESI)

LA PRATIQUE DE LA NATATION COMME UN TRANSFORMATEUR: LES DIMENSIONS DE LA QUALITÉ DE VIE DES EMPLOYÉS EN PARTENARIAT SESI-CLUB

SOMMAIRE

Cet article est destiné à préciser que la pratique d'une activité physique régulière a un rôle clé dans la prévention et le contrôle des maladies chroniques, ainsi que dans l'amélioration des dimensions de la qualité de vie, et l'un de ces moyens la pratique de la natation, un sport qui travaille avec le mouvement du corps dans son ensemble, aidant à réduire le pourcentage d'adiposité, soulager le stress quotidien et toujours dans la récupération de blessures. Visant à vérifier le degré d'influence de cette modalité dans l'amélioration de la qualité de vie pour les pratiquants. En utilisant cette étude, une recherche sur le terrain descriptif avec une approche quantitative. Le cadre de l'étude était la ville de Maracanaú, l'unité SESI - Partenariat du Club. Participer à l'enquête 40 étudiants inscrits dans le sport et avec un minimum de 3 mois de pratique. La collecte des données a été faite à partir de la version brésilienne du questionnaire Qualité de Vie - SF-36, fermé avec des questions et multidimensionnel, et a rencontré tous les critères d'inclusion et d'exclusion, ainsi que les processus de la recherche éthique . Il est conclu que la natation régulière contribue à changer et à améliorer la qualité de vie des individus, relatives à la période antérieure à leur pratique.

MOTS-CLÉS: Qualité de vie, la natation et service social Industries-SESI

LA PRÁCTICA DE LA NATACIÓN COMO UN AGENTE TRANSFORMACIONAL: LAS DIMENSIONES DE LA CALIDAD DE VIDA DE LOS COLABORADORES EN EL SESI-CLUB DE LA ASOCIACIÓN

RESUMEN

El presente artículo tiene por objeto aclarar, que la práctica de actividad física regular tiene un papel clave en la prevención y el control de las enfermedades crónicas no transmisibles, así como en la mejora de las dimensiones de la calidad de vida, siendo uno de estos medios la práctica de la natación, un deporte que trabaja con el movimiento del cuerpo como un todo, ayudando a reducir el porcentaje de grasa corporal, aliviar el estrés diario y aún en la recuperación de lesiones. Con el objetivo de verificar el grado de influencia de esta modalidad en la mejora de la calidad de vida para los profesionales. El uso en este estudio una investigación de campo descriptivo con un enfoque cuantitativo. El escenario para la realización del estudio fue la ciudad de Maracanaú, en la unidad de SESI - Asociación Club. Participantes en el estudio 40 estudiantes matriculados en el deporte y con un mínimo de 3 meses de práctica. La recolección de datos se hizo a partir de la versión brasileña de lo cuestionario de la Calidad de Vida - SF-36, con preguntas cerradas y multidimensional, y se reunió con todos los criterios de inclusión y exclusión, así como los procesos de la investigación ética. Se concluye que la natación regular ayuda a cambiar y mejorar la calidad de vida de las personas, en relación con el período anterior a su práctica.

PALABRAS CLAVES: Calidad de vida. Natación. Industria de servicios sociales - SESI

A PRÁTICA DA NATAÇÃO COMO AGENTE TRANSFORMADOR: NAS DIMENSÕES DA QUALIDADE DE VIDA DOS COLABORADORES NO SESI-CLUBE DA PARCERIA

RESUMO

O presente artigo tem como intuito esclarecer, que a prática de uma atividade física regular tem um papel fundamental na prevenção e controle de doenças crônicas não transmissíveis, assim como na melhoria das dimensões da qualidade de vida, sendo um desses meios a prática da natação, um esporte que trabalha com o movimento do corpo como um todo, ajudando a reduzir o percentual de gordura corporal, aliviando as tensões diárias e ainda na recuperação de lesões. Tendo como objetivo verificar o grau de influência desta modalidade na melhoria da qualidade de vida dos praticantes. Utilizando-se neste estudo uma pesquisa de campo descritiva com uma abordagem quantitativa. O cenário para realização do estudo foi a cidade de Maracanaú, na unidade SESI – Clube da Parceria. Participando da pesquisa 40 alunos regularmente matriculados na modalidade e com um período mínimo de 3 meses de prática. A coleta de dados foi feita a partir da aplicação da Versão Brasileira do Questionário de Qualidade de Vida - SF-36, com questões fechado e de caráter multidimensional, e cumpriu com todos os critérios de inclusão e exclusão, assim como os processos éticos da pesquisa. Conclui-se que a prática regular da natação contribui para a mudança e melhoria da qualidade de vida dos indivíduos, relacionando ao seu período anterior a prática.

PALAVRAS CHAVES: Qualidade de vida, Natação e Serviço Social da Indústria- SESI