93 - THE BENEFITS OF DANCE IN THE ELDERLY LIFE QUALITY AT THE MARIA SALVADOR FAIS CENTER FOR THE LIVING OF THE BEST AGE – (CCMI) IN ALTAMIRA TOWN, PARÁ STATE - BRAZIL

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INTRODUCTION

In last decades the Brazilian society presented an image of a country with a population typically formed by young people, however, we noticed that this indicative has been under transformations, prevailing the image of a country typically of elderly people, as evidenced by the IBGE researches (Brazilian Institute of Geography and Statistics) in 2008, where indicators were investigated that pointed to changes in life expectation of the Brazilian population. In 2008, for each group of 100 children from 0 to14 years old there were 24.7% of 65-year-old seniors or over that age. In 2050, it is estimated that the picture will undergo transformations, where for 100 children from 0 to 14 years old there will be 172.7% of the elderly people. In this perspective, with the numbers shown by studies and researches on aging of the Brazilian population, we will possibly be ranked sixth in the elderly population in the world with approximately 31.8 million over 65-year-old individuals.

Given the above, with the visible aging population, it becomes necessary to implement and / or expand the public policies aimed at assisting the elderly, both with regard to planning, programming and improving such actions in the search for a better quality of life of this population.

One of the major concerns of contemporary society concerns how the process of population aging will take place, since this process should be followed by quality of life. In this light, there are many studies on the importance of continuous physical activity, under the watch of licensed professionals, seeking to contribute to the life quality improvement of the elderly population. So, it's noted that many individuals refuse to take part in such activities, due to lack of guidance or difficulties on performing this practice in a systematic way because of physical limitations, health problems or difficulties in performing daily activities that require muscle skeletal strength like walking, climbing stairs, bathing, lying down, standing up, among others, even if it brings them benefit.

In this context, Pereira et al (2005) reports that the Brazilian population aging is characterized by accumulation of progressive disability in their functional activities and daily life, associated to adverse socioeconomic conditions. The problems related to the elders do not sum up to the formulation of specific laws, where their protection is included in a broader social policy. Such policies are marked by actions, programs, projects, regulations, laws and norms developed by the state to manage in a more equal way the different social interests, covering and organizing all of the actions concerning this social group.

The main factor that guided the execution of this work revolves around the need to point out the relevant factors to the practice of physical activity as the predominant item for the support of quality of life for older people, as well as reporting the benefits that dance provides, since such activity can make daily life healthier. Considering that in dance the man puts heart, body and spirit together, and dance does not perform only as a form of expression, but also as a way of life, becoming that way, one of the main indicated activities to the improvement or support of the elder life quality.

The fact that the elderly show improvements after starting a physical activity program cannot always be measured by lab or physical tests, so we realize that subjectivity is an important step that should be considered and analyzed in this context. Thus, this study aims pointing out the contribution of dance on promoting life quality for seniors and analyzing the significance of this activity in the lives of these individuals.

We'll enlist on the following, major importance items for understanding the process quality aging, as a sedentary lifestyle is a major aggravator to the life of the elderly, also show what leads to a quality aging, along with the benefits brought by dance to their lives.

SEDENTARY LIFESTYLE

Over the years there is a change in daily habits of life by increasing the sedentary lifestyle due to a decline in functional capacity and it may trigger a series of threats to the body that can be altered with a change in lifestyle through healthier habits.

Considering these factors, it is possible to list various harms attributed to lack of physical activity in the third age, such as muscle weakness, balance difficulties, high cholesterol levels, and heart problems, among others. Since the first two are the major causes for the elderly fallings, considered epidemic in Brazil by the Health Ministry.

Under the same point of view, Spirduso (1995) reports that sedentary lifestyle of elderly people comes mostly from sociocultural impositions, more than functional disability, since most part of the Brazilian population assign the elderly to stationary and passive behavior with low level of physical activity, an action that makes it even harder their own search for physical activity, because we know that many of the physiological and functional changes observed in the elderly are the result of the absence of stimulation rather than changes attributed to aging (EATHORNE and BARRY, 1994).

That way, the individual who does not take into any sport or physical activity for at least once a week is considered to be a sedentary one, which is quite frequent in older people for thinking they no longer have the proper age or energy disposition for physical activities like walking, water aerobics and especially dancing.

According to Otto (1987), the elder has up to a 5% loss of physical capacity every 10 years and can recover 10%

through proper physical activities. Such activities can also act as antidepressants, being good for all ages and genders.

Consequently it is essential the implementation of joint actions with different health fields, aiming to increase knowledge regarding the inevitable phenomenon of aging, especially concerning the importance of keeping the independence and autonomy of the elder.

However, the elderly, as well as the young, must be challenged, as it corroborates to the development of physical abilities of the individual. Thus, it is noticed that dance is a challenging activity for elderly people, as it allows immediate responses from the time the individual begins practicing it, while relating to it, making the activity more enjoyable, as contributing to and improving their quality of life.

QUALITY OF LIFE AND BENEFIT OF DANCE FOR THE ELDERLY

The dance has existed since prehistoric times, for as the men of that age had not defined a verbal speech yet, they used dance and artifacts to relate and live together in society, being considered by many people as a mean of communication and expression. Becoming a physical activity directly related to human life experiences, bringing them significant improvements in directly related to the health and well being.

According to Hass; Leal (2006), dance is important because it gives them physical, social and psychological wellbeing, which is beneficial to health, besides being an activity that brings personal satisfaction.

In this context, dance appears as one of the greatest pleasures that human beings can enjoy, being an action that brings the feeling of joy, power, social, physical and mental wellbeing, and especially of overcoming the limits of their movements, indispensable for the execution of the everyday life activities. Some people don't mind doing the right or wrong step and make the act of dancing an emotion burst. It's not possible listening to music without one's body turning it to movement.

According to Otto (1987), dance is among the happiest aerobic activities, where anyone can take part into, from the slowest to the most agitated. The more active the person, the greater the cardiorespiratory capacity is. Thus, we can see that the elderly will only have a physical force if merging the housework with physical activities. Therefore, sedentary people can also start their physical activity, as long as supervised by a certified physical education teacher, always starting from simple tasks to more complex ones. The exercises provide health benefits while being practiced, it is not cumulative, but rather continuous.

In that picture, dance is seen as a way of to life, it makes everyday life healthier, develops social affective, psychomotor and perceptual-cognitive domains, what makes the physical activity enjoyable for the individual.

In this perspective, Salvador (2005) reinforces that dance has the power to change the older people lives, enabling them to live in a better existential dimension.

The saying "shake the skeleton" is not a task only for the young, but in the opposite of what many people think, dancing is a great option for the elderly population.

MATERIALS AND METHODS

Studies for the development of this work were made through literature review and field research with 65 elderly CCMI goers - THE MARIA SALVADOR FAIS CENTER FOR THE LIVING OF THE BEST AGE IN ALTAMIRA TOWN, PARÁ STATE - BRAZIL. At first dance activities were carried out at the center, during which time through observations of behavior those taking part were analyzed. Seeking through a descriptive research, observe, keep record, analyze, and interpret the facts, using standard techniques for collecting data, such as a questionnaire.

The obtained results were analyzed quantitatively; the opinions and information have been translated into numbers, making use of statistical techniques, such as percentage and chart analysis.

RESULTS AND DISCUSSION

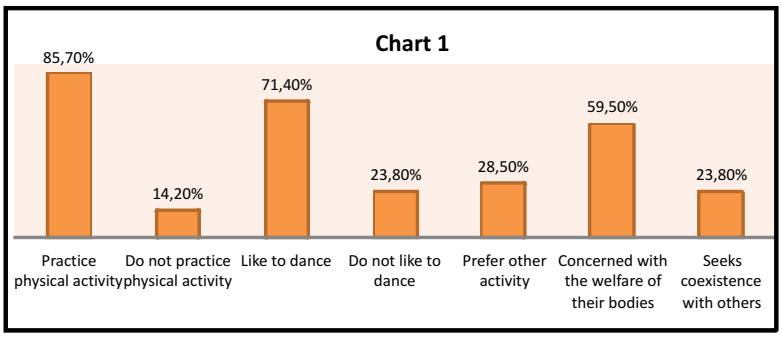
Driven by the primal need to broaden our knowledge on the studied subject, as well as contributing to the reflection on the importance of using dance to support the elderly quality of life at the MARIA SALVADOR FAIS CENTER FOR THE LIVING OF THE BEST AGE, it was observed at the in loco visits, that during the execution of group activities, many of our doubts were dispelled, since at various times it was only necessary to turn the stereo on and play a song, for the elderly automatically start dancing, without any command.

Through the activities proposed to the group of about 65 elders aging 65 years or more, we observed that those involving dance were the most attractive ones. By the questionnaire we could verify that 85.70% of those polled regularly do physical activity, and being supervised by a physical educator.

Regarding to which physical activity most seniors like to practice, 71.40% of those surveyed chose dance as the most pleasurable one, indicating that dance helps in the socialization process. Also underlining that socialization is very important at this stage of life, because many of them live alone and are constantly afflicted by the feeling of loneliness and uselessness.

Another relevant result of this study shows that 59.50% of the elderly CCMI goers seek to practice dance as physical activity because they are concerned about the overall condition of their bodies, once before attending the Center activities they used to have a sedentary lifestyle, with no life perspective and carrying a variety of diseases, a fact reported by Spirduso (1995), which reinforces that Brazilian society has it stigmatized that an elder is someone who has already lived long enough and that since then should just be at home waiting for his/her time, what was overthrown by the research conducted by IBGE (2008), considering that in Brazil the current life expectancy has been visibly increasing, to the point that Brazil will no longer be considered a country of young people.

We observed that among the elderly, about 28.50% prefer other physical activities such as swimming, water aerobics and walking, knowing that such regular exercises help them improve their fitness, giving them independence to hold their daily tasks, as shown in the chart below.



Graph 1. Results of the questionnaire taken at MARIA SALVADOR FAIS CENTER FOR THE LIVING OF THE BEST AGE (CCMI)

Making a parallel with the obtained data through field research, we see similarities with the studies of Otto (1987), who states that dance when dance is used as physical activity for the elderly; it brings them joy, especially when everyone can participate, even one who has no coordination, agility, physical strength as the others. Dance is a democratic activity because anyone can experience it. What we observe in the behavior of the elderly at CCMI, because they do not care about their performances, and have fun instead, with the fact that they are practicing a physical activity.

So we can see that dance is a physical activity that brings pleasure and happiness to those who take part on it, contributing as a tool to fight sedentary lifestyles and providing life quality, especially for the elderly.

CONCLUSION

With this work we found a close relation between dance, physical activity and life quality for the elderly. Dance seeing as a regular physical activity can help the elderly out of isolation caused by retirement, contributes to their social independence, and improves the individual physical and psychological state, helping prevent possible diseases. Besides, there is a reduction in the cultural bias imposed by society, not allowing the elderly to live as intensely as a young citizen. Thinking this way we realize that most seniors look forward to constantly improve their quality of life, we also understand by the studies that the elderly people from the present time are very concerned with their body and their social relationships, what allowed us to find out how important it is for the elderly being able to perform daily activities independently, the way social interactions help elderly people age well and realize how willing they are to attend the activities proposed by the Center.

The elder is an individual who is in constant search for the improvement of his/her life quality, because the everyday life becomes a considerable challenge as a consequence of their natural restrictions and afflictions. So dance, used as a continuous and systematic physical activity, can help considerably to the enhancement on their performance and provides them with autonomy and self-confidence.

That way, the proposed purposes for this work were achieved, since we enlisted the above issues that are relevant to the life of an elder individual, such as sedentary lifestyles, quality of life and how dance can effectively help improve the life quality of the elderly at THE MARIA SALVADOR FAIS CENTER FOR THE LIVING OF THE BEST AGE IN ALTAMIRA TOWN, PARÁ STATE - BRAZIL. It was made clear the causes that lead to a sedentary lifestyle, as isolation, lack of family support and inactivity, as well as to the clear perception of the elderly about the importance of continuous physical activity. We identified the items of greatest importance and how they contribute to the quality of life in the life of elders and the performance of physical education teachers in this context; as a result we have detected the need for implementation of actions for improvements and greater investment from the government and the society to provide programs targeting the elderly.

Then, we can state that dance is a physical activity that provides pleasure and happiness to those taking part in it, and how it is an important tool to fight sedentary lifestyles and promote quality of life, especially for the elderly.

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THE BENEFITS OF DANCE IN THE ELDERLY LIFE QUALITY AT THE MARIA SALVADOR FAIS CENTER FOR THE LIVING OF THE BEST AGE – (CCMI) IN ALTAMIRA TOWN, PARÁ STATE - BRAZIL

SUMMARY

The present article showed an investigation into the benefits of dance in the elderly life quality at The Maria Salvador Fais Center for the living of the best age – (CCMI) in Altamira town, Pará state - Brazil. We considered the causes and consequences of a sedentary lifestyle, quality of life and the benefits of dance for the elderly. We pointed out the relevant factors of dance practice in the life quality of seniors, and reported the benefits that this activity provides for the health support, since it makes daily life healthier. Dance, in this context appears as an activity that provides significant improvement to health; it brings many physical, psychological and social benefits. The methodology was initially using literature search and field research, where there were implemented different activities related to dance. The sample consisted of 42 elderly aged over 65 (sixty-five years old), at the CCMI. This study made reference to authors like OTTO (1987), who in his work highlights the importance of dance to the quality of life for seniors, since between 85.70% of those surveyed like to practice dance; and Spirduso (1995) that addresses the sedentary lifestyle and life quality of the elderly. The results showed the influence that dance plays for a better quality of life of elderly at the CCMI, since it helps and contributes to promoting healthy lifestyle, improving self-esteem and social relationships.

KEYWORDS: Elderly, Dance, Physical Activity, Sedentary Lifestyle.

LES AVANTAGES DE LA DANSE DANS LA QUALITÉ DE VIE DE L'ASSOCIATION CENTRE DE PERSONNES AGEES BEST AGE FAIS SALVADOR MARIA - CCMI DANS LA VILLE DE ALTAMIRA-PA

SOMMAIRE

Cet article présente une enquête sur les avantages de la danse dans la qualité de vie des personnes âgées vivant Mieux Centre de Salvador Maria Age Fais - CCMI dans la ville d'Altamira, Pará. Nous avons examiné les causes et les conséquences de la sédentarité, la qualité de vie et les avantages de la danse pour les personnes âgées. Soulignez les facteurs pertinents de la pratique de danse dans la qualité de vie des aînés, et le rapport des avantages que cette activité prévoit le maintien de la santé, car elle rend la vie quotidienne plus saine. La danse, dans ce contexte apparaît comme une activité qui offre une amélioration significative à la santé, il apporte de nombreux avantages physiques, psychologiques et sociaux. La méthodologie a été initialement utilisé une recherche documentaire et de la recherche sur le terrain, où ils ont été mis en œuvre diverses activités liées à la danse. L'échantillon se composait de 42 personnes âgées de plus de 65 (soixante-cinq ans), la CCMI. Cette étude est référencée dans les auteurs comme Otto (1987), qui, dans son travail souligne l'importance de la danse à la qualité de vie des aînés, car, entre 85,70% des personnes interrogées aiment pratiquer la danse, et Spirduso (1995) qui traite de la sédentarité et la qualité de vie des personnes âgées. Les résultats ont montré l'influence que la danse joue dans la qualité de vie des personnes âgées CCMI, car il contribue et participe à la promotion de la santé, l'amélioration des relations d'estime de soi et sociales.

MOTS-CLÉS: personnes âgées, la danse, l'inactivité physique

LOS BENEFICIOS DE LA DANZA EN LA CALIDAD DE VIDA DE LA ASOCIACIÓN CENTRO DE MAYORES DE EDAD MEJOR SALVADOR MARIA FAIS - CCMI EN LA CIUDAD DE ALTAMIRA-PA

RESUMEN

Este artículo presenta una investigación sobre los beneficios de la danza en la calidad de vida de los ancianos del Centro Vivir Mejor Edad de Salvador María Fais - CCMI en la ciudad de Altamira, PA. Se consideró que las causas y consecuencias de un estilo de vida sedentario, la calidad de vida y los beneficios del baile para la tercera edad. Señalar los factores relevantes de la práctica de la danza en la calidad de vida de las personas mayores, y reportar los beneficios que esta actividad se prevé el mantenimiento de la salud, ya que hace la vida cada día más saludable. La danza, en este contexto aparece como una actividad que proporciona una mejora significativa para la salud, que trae muchos beneficios físicos, psicológicos y sociales. La metodología se utilizó inicialmente una búsqueda bibliográfica y de campo, donde se llevaron a cabo diversas actividades relacionadas con la danza. La muestra estuvo conformada por 42 ancianos mayores de 65 (sesenta y cinco años), el CCMI. Este estudio se hace referencia en autores como Otto (1987), quien en su obra destaca la importancia de la danza a la calidad de vida de los ancianos, ya que entre el 85,70% de los encuestados les gusta practicar el baile, y Spirduso (1995) que aborda el estilo de vida sedentario y la calidad de vida de los ancianos. Los resultados mostraron la influencia que la danza tiene en la calidad de vida de las personas mayores CCMI, ya que ayuda y contribuye a la promoción de la salud, mejorar la relación de autoestima y social.

PALABRAS CLAVE: Danza de edad avanzada, y la inactividad física.

OS BENEFICIOS DA DANÇA NA QUALIDADE DE VIDA DOS IDOSOS DO CENTRO DE CONVIVÊNCIA DA MELHOR IDADE MARIA SALVADOR FAIS - CCMI NO MUNICÍPIO DE ALTAMIRA-PA

RESUMO

O presente artigo apresenta uma investigação sobre os benefícios da dança na qualidade de vida dos idosos do Centro de Convivência da Melhor Idade Maria Salvador Fais - CCMI no Município de ALTAMIRA-PA. Foram consideradas as causas e conseqüências do sedentarismo, a qualidade de vida e os benefícios da dança para o idoso. Apontar os fatores relevantes da prática da dança na qualidade de vida de idosos, bem como relatar os benefícios que essa atividade proporciona para a manutenção da saúde, uma vez que esta torna a vida diária mais saudável. A dança, nesse contexto aparece como uma atividade que proporciona melhora significativa para a saúde, pois traz muitos benefícios nos aspectos físicos, psíquicos e sociais. A metodologia utilizada inicialmente foi uma pesquisa bibliográfica e pesquisa de campo, onde foram aplicadas várias atividades relacionadas à dança. A amostra foi constituída de 42 idosos com idade acima de 65 (sessenta anos), do CCMI. O presente estudo encontra-se referenciado em autores como OTTO (1987), que em sua obra destaca a importância dança para a qualidade de vida dos idosos, uma vez que entre os entrevistados de 85,70% gostam de praticar a dança, e SPIRDUSO (1995)

que aborda o sedentarismo e a qualidade de vida do idoso. Os resultados mostraram a influencia que a dança exerce na qualidade de vida dos idosos do CCMI, posto que auxilia e contribui com a promoção da saúde, melhorando a auto-estima e as relações sociais.

PALAVRAS-CHAVES: Idosos; Dança; Sedentarismo.