115 - THE LEVEL OF PHYSICAL ACTIVITY OS PEOPLE WITH CONGENITAL PHYSICAL DISABILITY IN THE CITY OF JUIZ DE FORA

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INTRODUCTION

According to the Brazilian Institute of Geography and Statistics (IBGE, 2000 Census), 14.5% of the Brazilian population are composed of people with disabilities. That is equivalent to 24 million Brazilians with some sort of disability. Out of that total, almost 500,000 people have physical disabilities with missing limbs or part of them.

According to the World health Organization (WHO, disability is an anomaly in the structure or the appearance of the human body and of the functioning of an organ or system, independently of their cause. At first, it is an organic disorder. Impairment is the consequence of a disability in the functional scope as well as in a person's activity, meaning, this way, a disturbance in the personal level. Disadvantages are the limitations experienced by a person due to a disability and of an impairment, thus affecting one's relations and adaptation to the environment. (AMIRALIAN et. al., 2000).

Act 3.298/99 states that physical disabilities such as the complete or partial alteration of one or more segments of the human body which results in the compromising of the physical function and presents itself in the form of paraplegia, paraparesis, monoplegia, monoparesis, tetraplegia, tetraparesis, triplegia, triparesis, hemiplegia, hemiparesis, amputation or absence of a limb, cerebral palsy, limbs with congenital or acquired deformities, except the aesthetic deformities and those which do not cause difficulties when performing tasks.

Most people with physical disability are excluded from social interactions due to physical, social, cultural barriers and even the lack of knowledge of their real capacity to overcome the impairments imposed by the disability. According to Ferreira and Guimarães (2003), in today's society, what is conventionally deemed beautiful, new, strong, useful and productive is valued. Since people with disabilities do not fit in the idea of a perfect body , they suffer due to prejudice and negative stereotypes, leading to the segregation from full participation in social life.

When a person with a disability is socially excluded, there is the creation of a condition of physical inferiority and of productivity impairment, evidencing limits to possibilities of affective, personal and professional fulfillment. This phenomenon may be seen as cultural. According to Geertz (1989), culture is the the total way of life of a people, the social legacy the individual acquires from his group, such as a way of thinking, feeling, and believing, resulting in learned behaviors. The first bodily manifestation comes from the body itself, and human behavior is its symbolic action.

This way, physical activity in the lives of people with disabilities works as a support for their insertion in successful social relations. To Schilder (1999), movements provide a series of new sensations and perceptions which are different from those when in rest, which allow for a more unified body identity.

Practicing physical activities is one element of great importance in the process of social inclusion and construction of the identity of disabled people. Such intervention may be developed based on the understanding of the beneficial effects of practicing sports, not only to improve physical and mental health of people with disabilities, but also as a way to show that disabilities, though limiting, cannot prevent people to perform activities in several different social contexts.

The benefits of physical activity seen as one of the tools to improve the quality of life of people with disabilities involve personal and interpersonal aspects, which offer important evidence of such influence, reflecting in the sports environment and in the social situations in general, such as within a family or a community. Practicing sports, besides integrating these people to society, helps to break prejudices and to boost self-esteem. The possibility of being seen in a different way creates a new integration model, a result of physical performance, which give people with disabilities the opportunity to see themselves in a different level.

Therefore, it is critical that people with disabilities practice some kind of physical activity so that their social relations are fully accomplished.

Objective

Analyzing the profile of people with acquired physical disability who practice physical activities assisted at the Special Advisory Support Service to People with Disabilities (Assessoria Especial de Apoio ao Deficiente - AEPD) of the City of Juiz de Fora/M.G..

Methodology

A descriptive survey with a qualitative and quantitative emphasis was conducted.

91 disabled people with absence of limbs were found. Out of those, 50 people declared they had acquired physical disability and 41 said they congenital physical disability. From the latter, 18 people reported they practiced some kind of physical activity.

Sample

The sample comprised 18 people with congenital physical disability with missing limbs, both male and female, with average age of 33 ± 13,14 years old, registered at AEPD who reported practicing physical activities at least once a week.

Tools

The survey was carried out during the registration for the free bus pass at AEPD. A structured questionnaire was applied. From it, data such as name, sex, age, clinical profile (which member is missing, use of auxiliary equipment and physical activity practiced (modality and weekly periodicity).

Data collection was performed by scholarship students of the INLCUIR Project of the Federal University of Juiz de fora (UFJF) and the authors of this work, previously trained.

Data analysis

Data were descriptively analyzed and statistically treated with the SPSS 17.0 software.

Results

When analyzing data, it was found that those who practice physical activities are, mostly, male, comprising 62.5% of the population, while 37.5% account for the females, as shown in Table 1. Although there are significant differences, both genders are practicing physical activities and that is a key element in their social interactions.

Table 1 – Gender

Gender	Periodicity (%)
Masculine	62.5
Feminine	37.5

Regarding the data presented in Table 2 about sports modalities, this study confirms that most disabled people prefer low impact activities. Walking has the highest number of adhesion for being an activity that does not demand great effort nor does it need special equipment or specific places, and it is easy to do.

Table 2 – Modalities practiced

Modality	Periodicity (%)
Walks	18.8
Cycling	6.3
Cycling and capoeira	6.3
School Physical Education	6.3
Physiotherapy	12.5
Soccer	12.5
Workout	6.3
Water aerobics	6.3
Body Building	6.3
Swimming	6.3
Yoga	12.5

Regarding the weekly periodicity of the practice of physical activity, (Table 3), the average weekly periodicity for those who practice physical exercises is in accordance to what Nahas (2003) said in terms of health maintenance, emphasizing that an ideal program must be carried out most days of the week with sessions ranging form 30 to 90 minutes, whether on a regular basis or not.

Table 3 – Weekly periodicity

Quantity	Periodicity (%)
Once a week	18.8
Twice a week	31.3
Three times a week	37.5
Four times a week	6.3
Five times a week	6.3

CONCLUSION

It is easy to identify which physical activities people congenital physical disability practice the most. Knowing these people's need to practice physical exercise, one can hope that measures may be taken with these people's integration in existing physical activities in mind

Existing beliefs about the subjects of this survey legitimate our representations, creating prejudicial barriers embedded in our culture and solidifying the stereotype of incapacity.

We believe that the results presented may offer support for the development of intervention strategies in the process of physical development and strengthening of the subjects, contributing to the reduction of the exclusion and discrimination processes which hold us hostages for we are not used to socializing with disabled people who are willing to be included.

Such intervention may be developed based on the understanding of the beneficial effects of practicing sports, not only

to improve physical and mental health of people with disabilities, but also as a way to show that disabilities, though limiting, cannot prevent people to perform activities in several different social contexts.

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THE LEVEL OF PHYSICAL ACTIVITY OS PEOPLE WITH CONGENITAL PHYSICAL DISABILITY IN THE CITY OF JUIZ DE FORA

According to the World Health Organization (WHO), disability is an abnormality of structure or appearance of the human body and the functioning of an organ or system, regardless of their cause, as it is in principle a kind of organic disorder. It may be mentioned that the consequences of disability are under a disability and functional activity of the individual, thereby representing a disturbance on a personal level. Disadvantages are the limitations experienced by the individual as a result of impairment and disability, reflecting, therefore, the individual's relationships with the environment, as well as their adaptation to it. The present study analyzed the profile of people with congenital disability-athlete, attended the Special Advisor to the Disability Support the Municipality of Juiz de Fora / MG (EDPS), identifying age, sex, category of activity and weekly. In this study conducted a qualitative descriptive research with emphasis. The sample consisted of 18 congenitally disabled of both sexes with a mean age 33 ± 13.14 years, enrolled in the EDPS. The research took place during the re-registration of free passes for urban transport in the Special Advisory Support Disabled Municipality of Juiz de Fora / MG (EDPS), which was applied a semi-structured interview. Statistical data from this study are related to gender and patterns of physical activity. It is concluded that people with congenital disabilities are not in total inactivity, practice low-impact activities, with the exception of football.

KEY– WORDS: Body. Congenital Physical Disability. Physical Activity.

LE NIVEAU D'ACTIVITÉ PHYSIQUE DE L'INCAPACITÉ PHYSIQUE CONGÉNITALES DANS LA VILLE JUIZ DE FORA

Selon l'Organisation mondiale de la Santé (OMS), le handicap est une anomalie de la structure ou l'aspect du corps humain et le fonctionnement d'un organe ou un système, quel que soit leur cause, comme il est en principe une sorte de trouble organique. Il peut être mentionné que les conséquences du handicap sont sous une activité d'invalidité et fonctionnelle de l'individu, ce qui représente une perturbation sur le plan personnel. Les inconvénients sont les limites rencontrées par l'individu comme un résultat de déficience et de handicap, ce qui reflète, par conséquent, l'individu relations avec l'environnement, ainsi que leur adaptation à elle. La présente étude a analysé le profil des personnes atteintes de déficience congénitale-athlète, ont assisté à la Conseillère spéciale du soutien aux personnes handicapées de la municipalité de Juiz de Fora / MG (CEPD), en identifiant l'âge, le sexe, la catégorie d'activité et toutes les semaines. Dans cette étude, a mené une recherche qualitative descriptive avec un accent. L'échantillon se composait de 18 congénitalement handicapés des deux sexes dont l'âge moyen 33 ± 13,14 années, inscrits dans le CEPD. La recherche a eu lieu lors de la ré-enregistrement des laissez-passer gratuits pour le transport urbain dans la municipalité de soutien consultatif spécial réduite de Juiz de Fora / MG (CEPD), qui a été appliqué d'une entrevue semi-structurée. Les données statistiques de cette étude sont liées au sexe et les habitudes d'activité physique. Il est conclu que les personnes handicapées congénitales ne sont pas dans l'inactivité totale, la pratique des activités à faible impact, à l'exception de football.

MOTS-CLÉS: corps, congénitale handicap physique, l'activité physique.

EL NIVEL DE ACTIVIDAD FÍSICA DE LA DISCAPACIDAD FÍSICA CONGÉNITA EN LA CIUDAD DE JUIZ DE FORA

Según la Organización Mundial de la Salud (OMS), la discapacidad es una anormalidad de la estructura o el aspecto del cuerpo humano y el funcionamiento de un órgano o sistema, independientemente de su causa, ya que es en principio un tipo de trastorno orgánico. Cabe mencionar que las consecuencias de la discapacidad están en una actividad de la discapacidad y funcional del individuo, lo que representa una alteración a nivel personal. Las desventajas son las limitaciones que experimenta el individuo como resultado de la deficiencia y la discapacidad, lo que refleja, por lo tanto, las relaciones del individuo con el medio ambiente, así como su adaptación a la misma. El presente estudio analizó el perfil de las personas con discapacidad congénita-atleta, al que asistieron el Asesor Especial del Apoyo a la Discapacidad de la Municipalidad de Juiz de Fora / MG (SEPD), la identificación de la edad, sexo, categoría de la actividad y semanales. En este estudio se llevó a cabo una investigación cualitativa con énfasis descriptivo. La muestra consistió en 18 congénitamente discapacitados de ambos sexos con una edad media de 33 ± 13,14 años, inscritos en el SEPD. La investigación se llevó a cabo durante el nuevo registro de pases gratuitos para el transporte urbano en el Municipio Especial de Apoyo a Discapacitados Asesor de Juiz de Fora / MG (SEPD), que se aplicó una entrevista semi-estructurada. Los datos estadísticos de este estudio están relacionadas con el género y los patrones de actividad física. Se concluye que las personas con discapacidades congénitas no son en total inactividad, la práctica de actividades de bajo impacto, con la excepción de fútbol.

PALABRAS CLAVE: Cuerpo, discapacidad física congénita, la actividad física.

O NÍVEL DE ATIVIDADE FÍSICA DAS PESSOAS COM DEFICIÊNCIA FÍSICA CONGÊNITA NA CIDADE DE JUIZ DE FORA

Segundo a Organização Mundial de Saúde (OMS), deficiência é uma anomalia de estrutura ou de aparência do corpo humano e do funcionamento de um órgão ou sistema, independentemente de sua causa, tratando-se em princípio de uma perturbação de tipo orgânico. Pode-se mencionar que incapacidade são as conseqüências de uma deficiência no âmbito funcional e da atividade do indivíduo, representando desse modo uma perturbação no plano pessoal. Desvantagens são às limitações experimentadas pelo indivíduo em virtude da deficiência e da incapacidade, refletindo-se, portanto, nas relações do indivíduo com o meio, bem como em sua adaptação ao mesmo. O presente estudo analisou o perfil dos portadores de deficiência física congênita praticante de atividade física, atendidos na Assessoria Especial de Apoio ao Deficiente da Prefeitura Municipal de Juiz de Fora/MG (AEPD), identificando idade, sexo, modalidade da atividade e a frequência semanal. Neste estudo realizou uma pesquisa descritiva com ênfase qualitativa. A amostra foi constituída por 18 deficientes físicos congênitos de ambos os sexos com média de idade 33 ± 13,14 anos, cadastrados na AEPD. A pesquisa ocorreu durante o recadastramento de passe livre para o transporte urbano na Assessoria Especial de Apoio ao Deficiente da Prefeitura Municipal de Juiz de Fora/MG (AEPD), onde foi aplicada uma entrevista semi-estruturada. Os dados estatísticos deste estudo são referentes ao gênero e as modalidades de atividade física. Conclui-se que as pessoas portadoras de deficiência física congênita não se encontram em total sedentarismo, praticam atividades de baixo impacto, com exceção do futebol.

PALAVRAS – CHAVE: Corpo, Deficiência física congênita, atividade física.