120 - THE PERCEPTION OF SELF ESTEEMEIN THE ELDERLY AND HYDROTHERAPY

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INTRODUCTION

The present work entitled **"The perception of Self Esteem in the Elderly and Hydrotherapy"** has an objective the perception of the elderly in doing the hydrotherapy activity and the consequent improvement of their self esteem.

Through the specific objectives it was tried to verify the expectations due to Hydrotherapy activities for the self esteem, improving their living through the hydrotherapy, and also giving the opportunity of socialization by the use of hydrotherapy in the Elderly.

It defines Hydrotherapy, Elderly, Aging and Self Esteem, being object of study the Hydrotherapy physical activity, the perception of important aspects as the self esteem and the relation with the elderly.

It is known that the most indicated exercises to improve the quality of life are exactly the ones done in water for showing faster results, corporal fitness, and self massage and for relaxation.

Figueiredo (1966, p. 16) states that:

It is possible to prolong the aspect of the youth, expelling the flabby got by the years lived and alleviate the seedy and the pains that the own sedentary and the emotional reflection give to this wonderful machine that is the human being through the water activity as in Hydrotherapy.

THE ELDERLY AND THE HYDROTHERAPY

To define or to concept the Elderly is the first step to start this reflection.

Mota (2009, p.10) proposes the aging to be understood as a part of life, in which, due to a great quantity of tiring days lived, it occurs changes of biopsychosocial that affect the individual with the social ambient.

According to Bodachane apud Corazza (2009 p.49)

If the physical activities were well conducted, they will favor corporal disposition, to help the burning of calories contributing to the weight loss; Cardiovascular and peripheral system, to increase the heart and vein capacity of pumping blood; Respiratory system, to improve its performance; Fracture prevention and a better balance.

AGINGA

According to Freitas, (2009 p,226): the aging can be understood as a dynamic and progressing process, in which there are morphological, functional and biochemistry alterations, which are altering progressively the organism making it more liable to the inner and outer aggressions which are going to take them to death.

On the other hand, according to Massaud (2006,p 60): the population´s life expectation has been progressively increasing recently. It has happened to a better worry with the quality of life, mainly among the elderly.

SELF ESTEEM AND THE HUMAN BEING´S PERCEPTION

The term Self Esteem became very popular the minute that our self knowledge goes to be something extremely important when human´s problems are sought.

To Dolan (2006, p. 60):

Self esteem is one of the most popular psychological concepts of our days, maybe because of its practical use to understand a good part of our journey in life in search of happiness. Intuitively, we know that "self esteem" is something desirable and positive, in special if it is balanced and doesn´t finish self hatred or self obsessed.

When we try to know ourselves a little bit more, we can understand several aspects, getting along with the events we are living. As we know our body, it will allow us to get the proper balance among the physical, mental and spiritual side.

SOCIALIZATION

To socialize means to become sociable and also to be integrated, to interact with the ambient. For this, we need to develop habits and customs that favor and can contribute for this process and the hydrotherapy can contribute mainly for the elderly.

According to Corazza (2009, p.41):

The hydrotherapy is without doubts an activity that join a great number of old people because this kind of activity is perfect, filling all elderly needs without any negative effects. Water is the best integrated element and hydrotherapy is defined as a healthy and cheerful activity.

For these presented aspects, it is believed that hydrotherapy has become an option for the age studied and has given them integration sociable living.

METHODOLOGY

The research is a systematic process of knowledge building that has as main goals to generate new knowledge or change some pre existed ones.

To Laville (1999, p.118):

It is a learning process as for the individual who is doing it, as for the society in which it is done. The research as a regular as a regular activity can also be defined as a set of oriented and planned activity seeking for some knowledge. The field research proceeds to the observation of facts and phenomena exactly as they happened, to the data collection referred to them and, finally, to the analyses and interpretation of these data according to a consistent theoretical grounding aiming to understand and explain the researched problem.

On this research, it was made semi-structured interviews aiming to target the proposed objectives where the core of research was made by a sample with three women with ages among 65 to 67. The research covering like as its population was chosen intentionally, providing that, the sample shows all the necessary characteristics to have an opinion about the researched issue. All the components are residents in the town of São Bento do Sul, Santa Catarina, which Hydrotherapy activities are done at **FISIOCENTER – CLINICA DE REABILITAÇÃO**, also in this municipality.

The interviews were made in the place of where the activities were done, after the end of the classes, in a direct in a private way, with enough time for the interviewees' answers.

It was also made a bibliographical research, which sustained theoretically the researching process and post analyses of the data raised.

PRESENTATION AND ANALYSES OF THE DATA

For the interview realization, it was chosen the using of a questioner which had nine questions numbered from one to nine.

On the first question, it was raised the data for the sample knowledge related to the age of the people:

Person 1: 65 years old

Person 2: 66 years old

Person 3: 67 years old

On the second question, it was questioned how long each one has been practicing hydrotherapy.

Person 1: 3 years

Person 2: 1 year

Person 3: 4 years

When questioned on the third question about how they feeling after starting the hydrotherapy activities, Person 1 answered that she felt better in all aspects, there has been an improvement in her flexibility, stamina and also in her self esteem.

Person 2 related that she has had a good mind for the daily activities and she is also more cheerful because she has lost some weight.

Person 3 showed up the improvement in his breath and also in daily tasks.

All the interviewees answered on the fourth question that they have started hydrotherapy for a doctor's advice. They were questioned on the fifth question what they felt that changed in their health after having started hydrotherapy. Person 1 told that she felt a relief in her spinal column ache and that she took medicine daily to alleviate the pains. For person 2, the lost of weight and measures has improved her health totally. And person 3 told she has breathed better although being asthmatic, and she has also had a good mind for the daily tasks.

When asked about the meaning of self esteem on the sixth question, person 1 answered that she understands self esteem as the act of loving and accepting herself, or else self esteem.

For person 2, self esteem means to be happy with her own, wear the clothes which were kept into the wardrobe in other words to feel prettier. For person 3, self esteem is the feeling of always seeking improvement in all aspects of life. On the seventh question, it was asked if there was a change in their self esteem and everybody answered positively. On the question number 8, about other social, emotional and biological aspects which could be changed by practicing hydrotherapy, person 1 answered that there was a lot of interaction with other people in the classes and so it has become an excellent physical activity providing a healthier style of life. For person 2, she has gotten along in society better, being more cheerful for getting in touch with other people and with her self esteem boosted and for person 3, her group of friends has increased.

On the ninth and last question, the interviewees were asked if they wanted to continue doing hydrotherapy and why. Everybody answered positively.

Person 1 told that it has become a healthy habit. Person 2 told that it was through hydrotherapy that she has valued more and noticed the importance of the body movement for health. And person 3 showed up the considerable improvement in health as a whole.

FINAL CONSIDERATION

To develop habits which can give you a better quality of life as a whole, including a healthier aging, has been a challenge for the human being. It is known that the sedentary in old ages, must be faced as a great problem.

According to NOVAIS (2010) the changes into the anatophysiological, psyicosocial and cognitive skills and evolve progressively, in the aging process. However, they can be procrastinated and eliminated with the practice of physical activity, as HYDROTHERAPY. Besides its applicability must be moderate, progressive and with proper exercises attending the individual and team necessities of the elderly.

This valuable contribution in the sociable aspects of the individuals in old ages favors the process of socialization got by the contact with other people with the same age and contributes for the willing of doing this physical activity so recommended nowadays favoring the well fare in general. The work results here developed, point out that there was a considerable improvement in all the people interviewed because they showed up this improvement and compared this positive influence in their daily routine.

It was known that the perception of the elderly when doing the hydrotherapy activities and the boost in their self esteem favored a better well fare and also socialized them.

The elderly showed that they are aware of the importance of the practice of a well oriented physical activity during the aging process and the proven benefits that allow a better quality of life and so longevity.

To Mota (2009, p. 61): doing Hydrotherapy, the elderly will feel more useful, independent, hopefulness, willing to live, with more self esteem, more vitality and strength, becoming healthier, sociable and happier people.

This shows that being well evolves all the daily life aspects such as with its physical as with intellectual elements. Another important aspect shown in this research was one of the interviewee's weight loss which boosted her self esteem and the benefits from this process. It was noticed that besides the physical improvement the emotional side was also targeted in a positive way. At the end of this work, it was concluded that the practice of physical activity, mainly Hydrotherapy is something essential to boost their self esteem. Throughout the results got from the field research, we could state that there is an improvement directly linked between Hydrotherapy and the perception of self esteem in the Elderly made by 3 women with ages among 65 to 67, who do Hydrotherapy at FISIOCENTER – CLINICA DE REABILITAÇÃO LTDA – SÃO BENTO DO SUL- SANTA CATARINA.

It is also showed up the importance of the work of a physical educational professional with this part of the society, because they people who need more dialogue, attention and dedication, because a lot times the contact with other people or even with their family is small, being the result of the society worries in relation to the daily work.

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THE PERCEPTION OF SELF ESTEEMEIN THE ELDERLY AND HYDROTHERAPY

ABSTRACT:

The present work has as objective to verify the perception of the elderly due to the practice of hydrotherapy related to the self esteem. As a base for the study, the person evaluated through the research was composed by three women all with ages from 65 to 67. It should be said that the dimension of the universe of the research as well as its popupation was chosen intentionally because all of them show the necessary characteristics to have an opinion on the issue. All the interviewees live in the town of São Bento do Sul, Santa Catarina and did the physical activity at Fisiocenter – Clinica de Reabilitação Ltda, also in this municipality. On this research, was made a semi structured interview to target the objectives proposed before. The interviews were made at the same place of the hydrotherapy activities after the classes. For the theoretical knowledge, it was made a bibliographical research that covered theoretically all the searching process and data researched analyses.

At the end of this work, it has been considered really important for the elderly and the up keeping and improvement of their self esteem, the practice of physical activities, mainly the Hydrotherapy. Through the results obtained by the field and also by the bibliographical research, it was possible to state that there is a straight improvement between Hydrotherapy and the perception of self esteem in the Elderly.

KEY WORDS: Self esteem, Hydrotherapy, Elderly

LA PERCEPTION DE l'AUTO-ESTIME DES GEMS AGÉS

Ce travail a um objectif de verifier la perception des vieilles gems dams une pratique de l'activité dé hidro-gmnastique em relation aunc gems agées.Nous utilisons pour les études, la populations de 65 ans jusqu'á 67 ans.Nousanans choisi ces gems car elles presentent lescarecterisques nécessaires pour un opinion de ce sujet toutes les gems qu'ant participé de cette recherche hebiient á la ville de São Bento do Sul-SC , et elles font ses activités-phisiques á la Fisiocenter-Clinique de rétablissement á la meme ville.Nous anoms fait cette recherche pour reussir des objetifs proposés.

Les interviews ont é té faites dms la meme place oú somt pratiquées.Les activités de hidro-gimnastique aprés les classes.Pour une meilleure connaissanee théorique que nous anas fait une recherche bibliographe de tout ce procés de l'investigation et des analyses.

Á la fin de ce travail an considére d'ume grande importance pour les gems agées et pour une meilleure de l'auto-estime dúme suto-détermination d'ameliorer leurs facons de vidre avec les pratiques phisiques en particulier l'hidrogimnastique, avec ces résultats de la recherche et de la recherche bibliographe an peut constacter qu'ilya un progés de maniére correcte entre l'hidro-gimnastique et la perception de l'auto-estime áudo gems agées.

MOTS-CLÉS: auto-estime, gems agées, hidro-gmnastique.

LA PERCEPCIÓN DE LA AUTO ESTIMA EN LA TERCERA EDAD Y LA HIDROGIMNÁSTICA

COMPENDIO:

El presente trabajo tiene por objetivo verificar la percepción de los ancianos delante de la práctica de las actividades de hidrogimnástica em relación a la auto estima. Como base para el estudio la población avaliada a través de la búsqueda fue compuesta por uma amuestra conteniendo tres mujeres com la edad de 65 a 67 años. Es válido resaltar que la dimensión del universo de la búsqueda así como su población fue elegida intencionalmente pues presenta las características necesarias para la tomada de opinion sobre el asunto. Todos los entrevistados viven em la ciudad de São Bento do Sul – Santa Catarina, y realizan la actividade física em FISIOCENTER –CLÍNICA DE REABILITAÇÃO LTDA, también en este município. En esta búsqueda, fue realizada entrevistas semi estructurada para atinar los objectivos inicialmente propuestos. Las entrevistas fueran hechas en el mismo local de la práctica de las actividades de hidrogimnástica, después de la realización de las clases. Para el conocimiento teórico fue realizada una búsqueda bibliográfica que embasó todo el proceso investigatório y de analysis de los datos levantados. Al término de este trabajo, se considera de suma importáncia para la tercera edad y para la manutención y mejora de su auto estima la práctica de las actividades física, en especial la hidrogimnástica. A través de los resultados obtenidos por la búsqueda de campo y tambiém por la búsqueda bibliográfica, se pudo constatar que hay uma mejora apuntada de forma directa entre hidrogimnástica y la percepción de la auto estima en la tercera edad.

PALABRAS LLAVE: Auto-estima, Tercera Edade, Hidrogimnástica

A PERCEPÇÃO DA AUTOESTIMA NA TERCEIRA IDADE E A HIDROGINÁSTICA

RESUMO:

O presente trabalho tem por objetivo verificar a percepção dos idosos frente a prática da atividade de hidroginástica em relação a autoestima. Como base para o estudo, a população avaliada através da pesquisa foi composta por uma amostra contendo 3 sujeitos do gênero feminino com idade de 65 à 67 anos. Vale ressaltar que a dimensão do universo da pesquisa assim como a sua população foi escolhida intencionalmente pois, apresenta as características necessárias para a tomada de opinião sobre o assunto. Todos os entrevistados são residentes do município de São Bento do Sul – SC, e realizam a atividade física na Fisiocenter – Clinica de Reabilitação Ltda, também neste município. Nesta pesquisa, foi realizada entrevista semi-estruturada para atingir os objetivos inicialmente propostos. As entrevistas foram realizadas no próprio local da prática da atividades de hidroginástica, após a realização das aulas. Para o conhecimento teórico, foi realizado uma pesquisa bibliográfica que embasou teóricamente todo o processo investigatório e de análise dos dados levantados. Ao término deste trabalho, considera-se de suma importância para a terceira idade e para a manutenção e melhora de sua autoestima a prática das atividades físicas, em especial a Hidroginástica. Através dos resultados obtidos pela pesquisa de campo e também pela pesquisa bibliográfica pôde-se constatar que há uma melhora apontada de forma direta entre Hidroginástica e a percepção da autoestima na terceira idade.

PALAVRAS-CHAVE: Autoestima; Terceira Idade; Hidroginástica;