121 - THE RESULTS OF THE QUALITY OF LIFE PROJECT WITH THE EMPLOYEES OF PROEX IN THE STATE UNIVERSITY OF PONTA GROSSA

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INTRODUCTION

Recently, research has demonstrated that the quality of life of individuals has been highly valued, especially related to the worker, since the employee requires quality of life in his personal life and also needs to have in your work environment. Thus, this research aims to analyze how is the quality of life of the worker to a group of employees at the State University of Ponta Grossa.

According to Berger and Marcinman (apud WOSIAK, et al. 2005), the quality of life reflects the harmonious satisfaction of the goals and desires of a person, the quality of life and happiness would be plenty of positive aspects added to the absence of negative aspects.

Many companies are looking to give more attention to the quality of the working-life, since the benefits reflect positively in your favor, because by allowing the wellness and health of their employees, thereby the company will improve productivity at work, personal relationships, reduce the absenteeism and the risk of accidents at work. Moreover, when the company is worried about the quality of life of its employees, it is able to influence the employee reflection about their quality of life on a personal level.

One of the main ways to maintain and improve the quality of life is through physical activity. Physical activity as Caspersen (apud Miara, AHRENS, 2005) is defined as any bodily movement produced by skeletal muscles those results in energy expenditure greater than resting levels. Physical activity improves health, contributing to physical and mental wellness, a better self-esteem, lowers levels of stress and anxiety and contribute to the aesthetics. Within this context, an important tool for improving the quality of work life is labor gymnastics, which are physical activities made on workplace.

However, it is important to remember that physical activity should be associated with a healthy lifestyle which includes proper nutrition and smoking, alcohol or the use of any drug is discarded, thus, the individual increase their standard quality of life.

BENEFITS OF PHYSICAL ACTIVITY

Knowing that physical activity is any movement that results in caloric expenditure, it is possible to say then that it involves several day-to-day such as bathing, clean the house, raking the garden etc. Importantly, the ideal is that physical activities be made at least 30 minutes a day regularly.

Guedes and Guedes (1995), argue that physical activity is carried out periodically provides advantages for the improvement of quality of life. However, the results do not appear instantly, requiring much effort not to get carried away by discouragement.

According to Nahas (2006), the benefits of physical activity for individuals include reducing blood pressure, control weight, improves joint mobility, improved endurance, increased self-esteem, reduced depression, reduced social isolation , increased wellness, improved self-image and provides stress relief. As for the company promotes increased productivity, improved corporate image, reducing turnover, medical costs and absenteeism.

There's no doubt, about the company and the employees gain when both are concerned with the quality of life, and that is not enough just to offer a hand to do something, they all have to interact together, ie, the company has to ensure means to the worker achieve quality of life and the worker needs to compromise and performing what the corporation are proposing, such as labor gymnastics, for example, only so many benefits will appear.

LABOR GYMNASTICS

With industrialization and the emergence of mass production, the workers began to perform repetitive movements at work, still being taken for a postural fatigue, which ends up causing work-related musculoskeletal disorders (MSDs) and repetitive strain injury (RSI) from of daily wear.

In contrast, there is a physical activity that is essential for physical, mental and emotional man health, ie on issues important to the quality of life. Thus, a company that has and encourage employees to have a physically active profile will only have the profit, for as quoted it will increase productivity, reduce accidents and there will be fewer absenteeism.

Require the worker to make physical activity often after long hours of work is not an easy task, then as a solution to this problem that arises Labor Gymnastics that as Cañete (1996) are physical activities that can be developed in the workplace.

However, since the emergence of the Labor Gymnastic in 1925 in Poland as Pause Gymnastics intended for workers, employers still resist its implementation in their companies, due to spending it generates, since profit is not immediate, occurring only in the process.

Although costs involved, the gymnastics brings more advantages than disadvantages and therefore higher quality of life for workers, starting with the change in routine that provides a relaxing moment, chat with friends, running away from that exhaustion and psychological pressure on the part of managers companies, in order to keep productivity high. According to Colombo (2003 p.59):

"... the labor gymnastic contributes as a tool to improve the quality of life and plays a fundamental role in the enhanced well-being, physical and mental provision and social integration in the workplace by allowing breaks in the daily process of work. "

During and after classes of Labor Gymnastics working people who participate are subject to some physical changes according to Costa and Götze (2008, p. 1):

"... when such activity is well planned and targeted leads to a good physical fitness, health and quality of life, and adds that regular exercise is responsible for the release of endorphins, acting pain relief. "

Endorphin is a neurotransmitter released by the pituitary gland during physical activity causing a feeling of pleasure and well being, a natural sedative.

The labor gymnastics through stretching also causes the agonist and antagonist muscles come into balance, because

during the work, specific muscle group stays longer contracted, while others remain relaxed. Thus, the stretching causes the muscles to reverse roles, as a muscle that spend more time contracts are relaxing the other who is more time contracted are relaxing. In addition, the gym also provides maintenance and or an increase in flexibility, making it easier to perform movements and producing lower energy consumption.

Another important benefit of Labor Gymnastics mentioned by Rio (1998) is the position, from the ergonomic point of view, because during the gym practice employees leave postural habit that they acquired at work, and relax the spine.

The Labor Gymnastics is classified into three types depending on their main objective, Targa and Dias (apud CAÑETE, 1996):

- Preparatory Gymnastics or Pre-applied: it will be done at the beginning of the journey, to prepare the individual for the job.
- Compensation Gymnastics: performed during the mandatory pauses, takes priority in correcting poor posture.
- Corrective Gymnastics: made during breaks with the aim of stretching the muscles that are shortened.

The Workplace Exercise makes the individual take a certain pleasure from physical activity and encourages even do it outside the work environment, thus helping to develop an awareness regarding its importance and consequently promotes improvement in their quality of life.

METHODOLOGY

Casuistry

The research is characterized as field research, quantitative and qualitative analysis, it will be made in the city of Ponta Grossa - Parana, in order to describe and analyze the lifestyle of the population in question.

Population and Sample

It was evaluate 20 employees of the State University of Ponta Grossa (UEPG), who work in PROEX (Dean of Extension and Cultural Affairs).

Method

For the method was use the protocol entitled "Pentacle Welfare" which evaluates the lifestyles of employees. The questions are related to nutrition, physical activity, preventive behavior, relationships and stress management. Each one of these components contains three questions which have a four-point scale for the following answer options: 0 never, 1 sometimes, 2 often and 3 always.

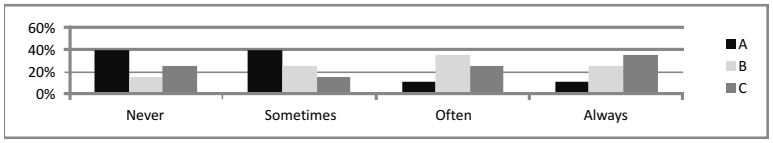
Statistical Analysis

It was conduct a descriptive analysis evaluating the percentage of response regarding alternatives categorized into a Likert scale (four scales).

Results and discussion

Graph 1: Nutrition

a) In your daily diet, do you include at least five servings of fruits and vegetables?
b) Do you avoid eating fatty foods (fatty meats, fried foods) and sweet?
c) Do you make 4 to 5 varied meals a day, including a good breakfast?

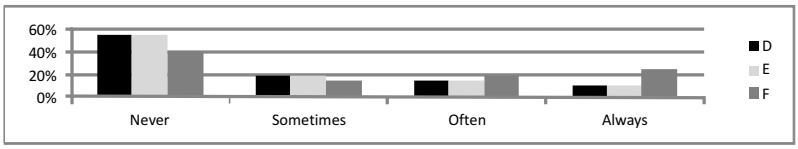


According to the replies to "Pentacle Welfare" for the component nutrition (Figure 1), 40% of participants reported never include in your daily diet five portions of fruit and vegetables, 35% often avoid eating fatty foods and sweets, a difference of 10% of those who always avoid this type of food, 35% say they always include 4-5 different meals throughout the day.

The percentages obtained show that less than half the people interviewed do not worry about proper nutrition with regard to the inclusion of fruits and vegetables in their menu. On the other hand there are those who care, avoiding unhealthy foods, and start the day with a good breakfast, and make 4-5 meals daily. Food is a basic human need, but it needs to be in small doses and adequately healthy in order to provide nutrients to the body, produce or repair the tissues, boost immunity and give the body energy needed to perform everyday tasks to day, to Sa (1981 p. 4) "the food has great influence on the individual, especially about their health, their ability to work, their way to study and enjoy, how its looks and in your longevity."

Graph 2: Physical Activity

d) Do you perform at least 30 min. of moderate or intense physical activity, making it in a continuous or accumulated way five or more days a week?
e) At least twice a week, do you perform exercises that involve strength, muscle stretching?
f) In your day-to-day, do you walk or cycle for transportation and, preferably, use the stairs instead of elevator?



Graph No. 2 refers to a physical activity, 55% of participants in the interview never perform moderate or intense physical activity regularly, this same percentage never practice exercises involving strength and muscle stretching. However 25% reported always walking or cycling for transportation, and use stairs instead of the elevator.

On the issue physical activity data are worrisome, since more than half of respondents do not practice any physical activity. However, studies reporting that physical activity promotes improved health, it prevents chronic degenerative diseases, improves body composition, among others, while physical inactivity makes the quality of life of individuals rather deficient. Guedes (2001) reports that the regular practice of physical activity is characterized as an essential component for the

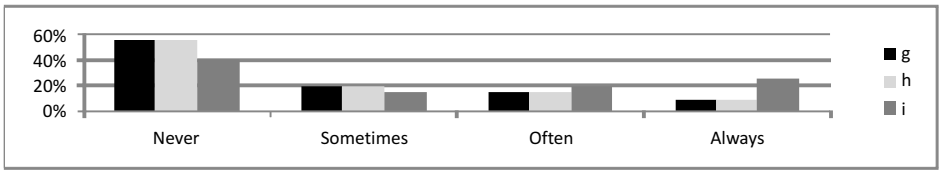
establishment of a health ideal situation.

Graph 3: Preventive Behavior

g) Do you know your blood pressure, your cholesterol levels and seeks to control them?

h) Do you smoke or drink alcohol (or make it in moderation)?

I) Do you respect the traffic rules (as a pedestrian, cyclist, or driver), if you are driving, do you always use seat belts and never drink alcohol?



According to the graph 3, 55% of respondents unknown the values of your blood pressure and your cholesterol levels, 55% avoid smoking and drinking alcohol (or drink in moderation). With regard to traffic laws there seems not to be very aware because 40% never respect them, whether as a pedestrian, cyclist or driver.

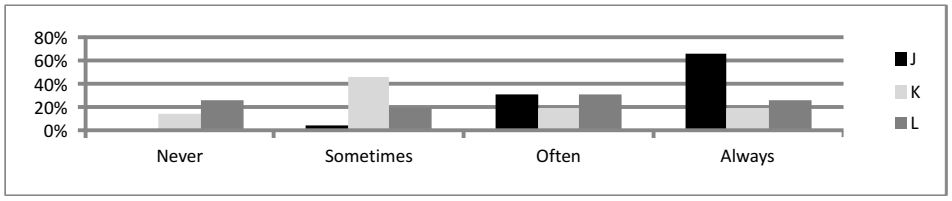
Nahas (apud VICENTE et al., 2008), citing as an important aspect of preventive behavior, know the blood pressure and cholesterol levels, as these when uncontrolled, lead the individual to be more prone to cardiovascular problems, leading to a malaise that can lead to death. The reports lead to the realization that this prevention doesn't exist from the part of respondents, moreover, with regard to traffic laws 40% reported not to work for its proper functioning, so it is known that as they do not respect the laws traffic, the likelihood of accidents increases. However, a positive fact is that demonstrate a significant preventive behavior in relation to alcohol and tobacco as 50% avoid ingestion.

Graph 4: Social relations

j) Do you seek to cultivate friends and are you satisfied with your relationships?

k) In your recreation, do you include meetings with friends, sports group, participation in associations or social organizations?

l) Do you try to be active in your community and feel useful in your social environment?



The Graph No. 4 shows that 65% of respondents always try to cultivate friends and have to be satisfied with their relationships, but 45% of them report that sometimes include friends during free time, and only 25% are always active in the community.

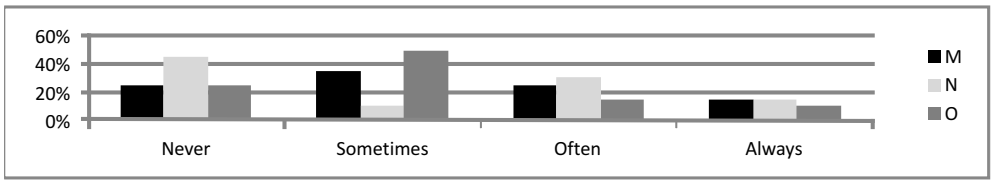
The socializing with friends and family is essential for the well being of all individuals who do not maintain an active social life, are usually sad, angry and often depressed. Exit the routine day-to-day helps to relax, forget about the problems thus provides the moments of happiness. People need to share their lives in the social environment, whether family or professional, and still have leisure time in which to turn off the everyday problems as Dumazedier (cited VICENTE et al., 2008).

Graph 5: Stress Control:

m) Do you take time (at least 5 minutes) every day to relax?

n) Do you hold a discussion without altering, even when upset?

o) Do you balance the time devoted to work with the leisure time?



Graph No. 5 refers to the control of stress, with 35% of respondents often find time to relax daily, 45% fail to maintain a discussion without changing and 50% sometimes balance the time devoted to work, with leisure time.

Stress affects about 90% of the world population according to World Health Organization (WHO), it is a consequence of the accelerated pace at which people meet, both at work, or everyday traffic, so people tend to focus relied heavily on their business forgetting the leisure and usually do not vary their activities that are restricted to one ending, which provides routine. As a result of this hectic pace, there is the contribution to the development or worsening of stress, when out of control that creates situations that can interfere with daily activities, resulting in lost productivity and consequently the quality of life and affect relationships as say Nahas (apud Santos, Alves, 2006).

Therefore, take time to relax, helps unload the stresses of day to day, brings energy to the mind and muscles, it makes people calmer and more tolerant and therefore not able to change into an argument, even if opposed. Therefore, there is a need for people to reconcile the time devoted to work with leisure time.

FINAL THOUGHTS

Knowing the benefits that the Labor Gymnastics brings to the company and therefore, to the employees, the results of the Pentacle Welfare were positive. For the five items surveyed about the quality of life, proved to be satisfactory since the employee responses: never, sometimes, often and always were well distributed, ie, some people are good in certain behaviors, but in others, those people do not have a good result as there are other factors that also influence the quality of life.

One issue that presented a good result was the Social Relationship, which shows that pauses for providing Workplace Exercise may have a moment of disconnect between coworkers, creating the opportunity to become better acquainted.

But one negative point was about the physical activity aspect, because there are very few employees that perform it regularly. This demonstrates that one or the union of aspects such as lack of awareness, lack of time, lack of organization and the lack of a space for these employees to develop physical activity after job, corroborate that there is physical inactivity.

Based on these results, the Extension Project Quality of Life should also think, in the allocation of time for transmission, through lectures and small interventions to employees about the benefits of physical activity to improve the quality of life.

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THE RESULTS OF THE QUALITY OF LIFE PROJECT WITH THE EMPLOYEES OF PROEX IN THE STATE UNIVERSITY OF PONTA GROSSA

ABSTRACT

Nowadays the Quality of Life has been frequently addressed, it is known that it includes many factors which are interrelated, involving physical, psychological and social well being, it is necessary a balance among these variables so the quality of life can be achieved. This way, in order for the individual to be and feel good, it is essential his knowledge on how to have quality of life, practicing such knowledge, which includes information on how to lead a healthy life through nutrition, regular physical activity, preventive behavior, relationship and stress management. Thus, this research aims at assessing the behavior of the employees of PROEX (Dean of Extension and Cultural Affairs), of the State University of Ponta Grossa who take part in Labor Gymnastics classes in order to evaluate how good their quality of life is. Therefore it has been used as methodology the quantitative and qualitative analysis and as methodological tool the protocol Pentacle of Welfare, which is composed of five matters, they are nutrition, physical activity, preventive behavior, social relationship and stress control. The survey has showed that the interference of Labor Gymnastics in the quality of life of the employees was very important, mainly regarding the aspect of social relationship.

KEYWORDS – Labor Gymnastics. Quality of Life. Physical Activity.

LES RÉSULTATS DU PROJET AVEC LA QUALITÉ DE VIE DU PERSONNEL PROEX I'UNIVERSITÉ D'ETAT DE PONTA GROSSA

SOMMAIRE

Actuellement, la qualité de vie a été discuté souvent, il est connu qu'elle englobe de nombreux facteurs qui sont interconnectés, et impliquant physique, psychologique et sociale, qui est, un équilibre est nécessaire entre ces variables pour la qualité de vie est atteint. Ainsi, pour l'individu est et se sentir bien, il est indispensable qu'ilpossède des connaissances sur la façon d'avoir la qualité de vie, mais vous devez mettre ces connaissances enpratique, qui comprennent des informations sur la façon de mener une vie saine par le biais la nutrition, activité physique régulière, les comportements préventifs, les relations et la gestion du stress. Ainsi, cette étude vise à évaluer le comportement des employés au titre du PROEX (Doyen de la vulgarisation et des affaires culturelles),l'Université d'Etat de Ponta Grossa - UEPG participantes dans les classes de gymnastique du travail, telles que l'analyse de la qualité de vie de ces employés. Ainsi, la méthodologie a été utilisée comme une analyse quantitative et qualitative comme un outil méthodologique et un protocole Pentacle Bien-être, qui est composé decinq questions, et de la nutrition, activité physique, les comportements préventifs, les relations sociales et degestion du stress. L'enquête a montré que l'interférence de la gymnastique dans le travail de la qualité de vie pour les employés a été très important, surtout en ce qui concerne l'aspect de la relation sociale.

MOTS CLÉS - Exercice en Milieu de Travail. Qualité de Vie. Activités Physique.

LOS RESULTADOS DEL PROYECTO CON LA CALIDAD DE VIDA DE LOS EMPLEADOS DEL PROEX EM LA UNIVERSIDAD ESTADUAL DE PONTA GROSSA

En la sociedad contemporánea calidad de vida se ha discutido con frecuencia, se conoce que incluye muchos factores que están interconectados, como bienestar fisico, psicológico y social, en otras palabras, se requiere un equilibrio entre estas variables para que se alcance la calidad de vida. Así, para estar bien es fundamental que el individuo tenga conocimiento acerca de cómo tener calidad de vida, a partir de ahí, ponga en práctica esos conocimientos, que incluyen informácion sobre cómo llevar una vida sana a través de nutrición, actividad física regular, el comportamiento preventivo, las relaciones y el control del estrés. Así, este estudio tiene como objetivo evaluar el comportamiento y cómo es la calidad de vida de los empleados del PROEX (Decano de Extensión y Cuestiones Culturales), de la Universidad Estatal de Ponta Grossa que hacen las clases de gimnasia laboral. Para eso se utilizó como metodología un análisis cuantitativo y cualitativo y como una herramienta el "Pentáculo del Bienestar" método de evaluación, que consta de cinco preguntas: nutrición, actividad física, conductas preventivas, relación social y control del estrés. La encuesta evidenció que la interferencia de la gimnasia laboral en la calidad de vida de los empleados fue muy importante, especialmente en relación con el aspecto del relacionamiento social.

PALABRAS CLAVE – Gimnasia Laboral. Calidad de Vida. Actividad Física.

OS RESULTADOS DO PROJETO QUALIDADE DE VIDA COM OS FUNCIONÁRIOS DA PROEX NA UNIVERSIDADE ESTADUAL DE PONTA GROSSA.

RESUMO

Atualmente a Qualidade de Vida tem sido abordada com frequência, sabe-se que ela engloba diversos fatores os quais estão interligados, envolvendo bem estar físico, psicológico e social, ou seja, é necessário um equilíbrio entre essas variáveis para que a qualidade de vida seja alcançada. Desta forma, para que o indivíduo esteja e se sinta bem, é imprescindível que ele tenha conhecimento a respeito de como ter qualidade de vida, porém deve-se colocar em prática tais conhecimentos, os quais abrangem informações de como levar uma vida saudável através da nutrição, atividades físicas regulares, comportamento preventivo, relacionamentos e controle do estresse. Assim, a presente pesquisa tem como objetivo avaliar o comportamento dos funcionários da PROEX (Pró-Reitoria de Extensão e Assuntos Culturais), da Universidade Estadual de Ponta Grossa – UEPG que participam das aulas de Ginástica Laboral, analisando como esta a Qualidade de vida destes funcionários. Desta forma, utilizou-se como metodologia uma análise quantitativa e qualitativa e como instrumento metodológico o protocolo Pentáculo do Bem Estar, o qual é composto de cinco questões, sendo nutrição, atividade física, comportamento preventivo, relacionamento social e controle do estresse. A pesquisa apontou que a interferência da Ginástica Laboral na qualidade de vida dos funcionários foi muito importante, principalmente quanto ao aspecto do relacionamento social.

PALAVRAS-CHAVES – Ginástica Laboral, Qualidade de Vida, Atividade Física.