134 - LIFE STYLE INDICATORS OF INDUSTRY WORKERS IN SANTA CATARINA IN THE SESI GINÁSTICA NA EMPRESA PROGRAM

SANDRA MARIA DE CAMARGO
Msc. ANA PAULA KUHNEN DUARTE
SESI/SC – SERVIÇO SOCIAL DA INDÚSTRIA DE SANTA CATARINA
FLORIANÓPOLIS, SANTA CATARINA, BRASIL
sandra.camargo@sesisc.org.br

INTRODUCTION

Advances in technology, followed by the industrial revolution, promoted significant changes in labor processes. New labor and competition demands, -imposed onto the organizations and transferred to their workers in conjunction with a reduction in physical activity due tothe modernization of the means of production and transport-,became the sourcesthat triggered occupational diseases. This increasingly sedentary lifestyle, either isolated or associated to continuous stress and other risk behavioral factors, may result in harm to an individual's health, in addition to compromising well-being and work productivity (SESI, 2010).

Important movements emerged with the aim of improving and minimizing the impact caused by these changes, among which Exercise in the Workplace in 1920's Poland stands out, becoming a consolidated practicein the 1960's in Japan and arriving in Brazil in 1969, brought over by Japanese businessmen.In 1987, the Ministry of Social Welfare and Assistancerecognized tenosynovitis as a professional disease in its ordinance nº 4.602, demanding greater measures for social awareness regarding the threat of these lesions, especially from the business community. In 1989, the National Association for Occupational Medicine declared that theMinistry of Health would implement the practice of physical activity in the workplace as a means of preventing

chronic-degenerative illnesses, and for such, they would count on the support of Employers' Associations andLabor Unions (SESI, 2010).

As of then, the practice of physical activity in the workplace began to playan important role within industrial society. Withinthiscontext, in 1998 the Serviço Social da Indústria de SantaCatarina (Santa Catarina's Industry Social Services - SESI/SC) started a program based on exercise sessions in the workplace,called SESI Ginástica na Empresa (SESIGE - Exercise in the Workplace), which was initially focused only on the prevention of occupational diseases, but soon after included lifestyle improvement as a goalthrough encouraging the concept of promoting health by adopting a healthier and physically more active lifestyle.

According to Nahas (2006), lifestyle choices began to be considered keyin promoting health and in the reduction of all causes of mortality. According to Barros (2011), lifestyle is also related to alterable risk behaviors, such as the practice of physical activities,food habits and tobacco smoking, among others.

In order to exert an improvement on the life habits of industry workers in Santa Catarina,the SESIGE program makes use of the survey Perfil Individual - SESI Ginástica na Empresa (Individual Profile SESI- Exercise in the Workplace), checkingindicators associated to lifestyle habits and through this it aims to propose actions for improvement that meet the needsof the work group (SESI, 2010).

To this end, the purpose of this study was to verify lifestyle indicators such as Practice ofPhysical Activity during Leisure, Individual Perception of Health, Perception of Stress and Tobacco Smoking by workers from the companies served by SESIGE in Santa Catarina, in order tostrengthen the Entity's programs.

MATERIALS AND METHOD

This survey was carried out in 2011, through a research proposed in 2010.The subject of this study was comprised of 35,077 workers, from 214 companiesserved by the SESIGE Program in Santa Catarina.

It consists of a quantitative survey of a descriptive nature.The questionnaire utilized is composed of 27 questions, with no personal identification. It consists of aself-filled questionnaire, adapted from Barros' (1999). The processing, treatment of thedata and the statistical analysiswere executed through the Sphinx software, version 5.1.0.5. For data analysis,the number of responses was considered, and uni and bivariate statistics were employed. To evaluate the association between the two variables the chi-squared test was used, adopting a level of statistic significance of 99,9% ($p<0,01$).

RESULTS AND DISCUSSIONS

The population subject of the research was comprised of approximately 51,0% (17.767)males,the predominant age group was below the age of 35 with 66,7% (23.409), and close to 73,0% (25.462)worked in the production sector.

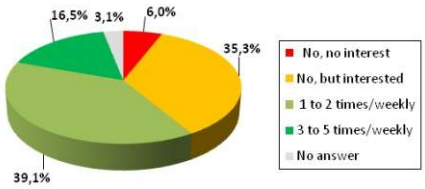

Figure 1. Practice of leisure physical activity

According to Figure 1, it was ascertained that 41,3% (14.490) of people do not practice physical activity, however 35,3% (12.383) manifested interest in beginning to practice it. 39.1% (13.727) of the surveyed were classed as insufficiently active, practicing activities up to twice weekly, and the regularly active totaled 16,5% (5.789) practicing activities three to five

times a week. It was observed that there was a predominance of women in relation to physical inactivity, people older than 46 years of age were found to practice physical activities most regularly and regular practice of physical activity was higher within the administrative sector. Among the most practiced physical activities by the respondents, Walks, Sport and Gym/Weight Lifting were cited.

According to Barros (2011), there is evidence within the national sphere indicating that approximately one out of two workers does not practice leisure physical activity. A study carried out by Nahas (2009) pointed to 45,4% ofphysical inactivity among Brazilian industry workers, this being higher in comparison to a study consisting of only industry workers from Santa Catarina, conducted by the same author in 2004, which found 32,4%.

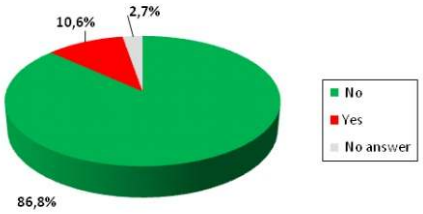

Figure 2. Tobacco Smoking

It was ascertained that 10,6% (3.712) of the surveyed declared themselves smokers. The incidence of tobacco smoking was found to be higher among males, and also higher among workers older than 46 years of age and lower within the administrative sector.

The figure found by Nahas (2009) within national industry workers who declared themselves smokers was 13,%, and a study carried out by the same author in 2004 with only industry workers from Santa Catarina indicated 13,0%. In a study conducted by VIGITEL (2010), the number of smokers in Florianópolis was 17,4%. Both studies indicated that the incidence of tobacco smoking is higher among males.

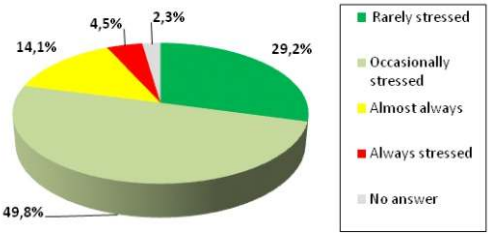

Figure 3: Perception of Stress in your Life - Taking into consideration positive perception: rarely and occasionally stressed; and negative perception: almost always and always stressed.

It was observed that 18,6% (6.530) of the people surveyed expressed a negative perception in relation to stress. It was noted that negative perception in relation to stress was higher among women and positive perception was higher among workers older than 46 years of age.

According to the study conducted by Nahas (2009), the figure found for negative perception in relation to stress among workers in the national industry was 13,8%, among industry workers in Santa Catarina it was 12,6%, and all studies pointed to a higher predominance among women

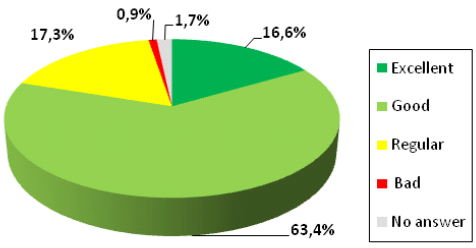

Figure 4: Individual Perception of Health - Taking into consideration positive perception: excellent and good and negative perception: regular and bad.

It was observed that 18,2% (6.388) of the surveyed expressed a negative perception in relation to health. It was noted that women presented a higher negative perception.

Questioning in relation to individual perception of health is an important forecaster of mortality, associated toa decline in functional capacity and subsequent chronic illnesses, among other. According to Nahas (2009), there is evidence that a negative perception of health is strongly associated to the increase in cost of hospital medicalassistance as well as untimely mortality. This is a measure employed by the World Health Organization (WHO) for monitoring a state of health.

A higher negative perception within this indicator was observed in this study when compared to the study by Nahas

(2009) conducted with national industry workers which found 16,2%,whilst the figure foundwith industry workers in Santa Catarina was 11,4%.

Figure 5 shows the data collected by the present study. It is observed that physical inactivity is most negativelyaffected indicator, pointing to a lifestyle habit to be improved. According to Nahas (2006), the practice of regular physical activity can provide many health benefits, among which, a reduction of the risk of developing chronic diseases, especially cardiovascular.

The practice of physical activities is the healthiest way of maintaining the overall health of the population, as interference to this indicator reflects positively upon other indicators, such as perception of stress and individual perception of health (SESI, 2010).

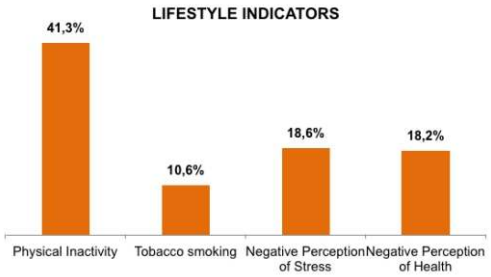

Figure 5: Lifestyle indicators

CONCLUSION

This study examined lifestyle indicators such as Practice of Leisure Physical Activity, Individual Perception of Health, Perception of Stress and Tobacco Smoking of the workers from companies served by SESIGE in the state of Santa Catarina.

It was concluded that the health and lifestyle indicators examined enable the industry to invest in increasing the level of health and well-being of the workforce and enables SESI to periodically update information on its field of action, comparing data and directing choices that lead to greater efficiency and effectiveness in responding to clients.

REFERENCE

BARBETTA,P.A. **Estatística Aplicada às Ciências Sociais**. 4. Ed. Florianópolis : Editora UFSC, 2008.

BARROS, M. V. G. **Atividades físicas no lazer e outros comportamentos relacionados à saúde dos trabalhadores da indústria no estado de Santa Catarina, Brasil. 1999.** 131 f. Dissertação (Mestrado em Educação Física) Centro de Desportos, Universidade Federal de Santa Catarina, 1999.

_____. **Estilo de vida, hábitos de lazer e produtividade do trabalhador da indústria brasileira.** 2011. Publicação da Unidade de Tendências e Prospecção – UNITEP, Brasília, 2011.

BARROS, M. V. G.; REIS, R.S. **Análise de dados em atividade física e saúde: demonstrandoa utilização do SPSS.** 1 ed. Londrina: Midiograf, 2003.

VIGITEL.**Vigitel Brasil 2010: vigilância de fatores de risco e proteção para doenças crônicas por inquérito telefônico. Estimativas sobre frequência e distribuição sociodemográfica de fatores de risco e proteção para doenças crônicas nas capitais dos 26 estados brasileiros e no Distrito Federal em 2010.** Secretaria de Vigilância em Saúde, Secretaria de Gestão Estratégica, 2011.

LIMA, V. **Ginástica laboral**. 3 ed. São Paulo:Phorte, 2008.

NAHAS, M.V. et al. **Estilo de vida e hábitos de lazer dos trabalhadores das indústrias brasileiras: Relatório geral.** Brasília: SESI-DN, 2009.

NAHAS, M.V; FONSECA, S.A. **Estilo de vida e hábitos de lazer dos trabalhadores da indústria catarinense: Relatório geral.** Florianópolis: SESI - SC, 2004.

SESI. **Diretrizes de Gestão SESI Ginástica na Empresa.** Brasília: SESI-DN, 2007.

_____. **Manual SESI Lazer. Produto Ginástica na Empresa.** Modelo I - Foco em Estilo deVida, Caderno III. 1ª Edição, 2010.

AVENIDA ADMAR GONZAGA, 2475.
BAIRRO: ITACORUBI, FLORIANÓPOLIS/SC.
CEP: 88034-001
FONE: (48) 3332-3342

LIFE STYLE INDICATORS OF INDUSTRY WORKERS IN SANTA CATARINA IN THE SESI GINÁSTICA NA EMPRESA PROGRAM

ABSTRACT

The objective of this study was to verify some indicators of lifestyle and Practice of Physical Activity in Leisure, Individual Health Perception, Perception of Stress and smoking of workers in companies served by SESIGE in Santa Catarina, in order to become a reference to used in future research. This survey was conducted in 2011, through research proposals in 2010, which applied to employees of companies assisted by the Program SESIGE Santa Catarina. It is a descriptive and quantitative. Processing, data processing and statistical analysis were performed using the Sphinx software version 5.1.0.5. Data analysis considered the number of citations and we used univariate and bivariate statistics. To evaluate the association between two variables used the chi-square adopting the statistical significance level of 99.9% ($p < 0.01$). 35,077 workers participated in the survey, belonging to 214 companies assisted by the Program SESIGE in Santa Catarina, with approximately 51.0% (17,767) were men, predominantly aged 35 years at 66.7% (23,409) and about 73.0% (25,462) work in manufacturing. It was found that 41.3% (14,490) of workers in the industry of the state is physically inactive during leisure time, 10.6% (3712) reported smoking, 18.6% (6530) of people expressed a negative perception in relation to stress and 18.2% (6388) of people expressed a negative perception regarding their own health. It is concluded that the health indicators and lifestyle checked enable the industry to invest in raising the level of health and well-being of workers, the SESI, periodically update the information about your field, comparing data and directing choices that lead to greater effectiveness and efficiency in response to the client.

KEYWORDS: Indicators of lifestyle,Professional, Labor Gymnastics.

INDICATEURS DES TRAVAILLEURS DE L'INDUSTRIE DE VIE CATARINENSEENGAGÉ DANS LA PROGRAMME SESI GINÁSTICA NA EMPRESA

RÉSUMÉ

L'objectif de cette étude était de vérifier certains indicateurs de style de vie et la pratique de l'activité physique dans les loisirs, tabagisme, perception de la santé individuelle, la perception du stress par les salariés des entreprises a rencontré SESIGE à Santa Catarina, dans le but de corroborer les programmes de l'Entité Cette enquête a été menée en 2011, à travers des propositions de recherche en 2010, qui s'appliquait aux employés des entreprises aidées par le programme SESIGE Catarina Santa. Il s'agit d'un descriptif et quantitatif. Processing, traitement des données et des analyses statistiques ont été effectuées en utilisant la version 5.1.0.5 du logiciel Sphinx. L'analyse des données considérées comme le nombre de citations et nous avons utilisé les statistiques univariées et bivariées. Afin d'évaluer l'association entre deux variables utilisées l'adoption du chi-carré au niveau de signification statistique de 99,9% (p <0,01). 35077 travailleurs ont participé à l'enquête, appartenant à 214 entreprises aidées par le programme SESIGE à Santa Catarina, avec environ 51,0% (17 767) étaient des hommes, la tranche d'âge prédominante de jusqu'à 35 ans à 66,7% (23 409) et environ 73,0% (25 462) travaillent dans le secteur manufacturier. On a constaté que 41,3% (14 490) des travailleurs dans l'industrie de l'Etat est physiquement inactifs pendant leurs loisirs, 10,6% (3712) ont déclaré fumer, 18,6% (6530) de personnes ont exprimé une perception négative par rapport au stress et à 18,2% (6388) de personnes ont exprimé une perception négative à l'égard de leur propre santé. Il est conclu que les indicateurs de santé et de mode de vie vérifié permettre à l'industrie à investir dans l'élévation du niveau de la santé et le bien-être des travailleurs, le SESI, mettre à jour périodiquement les informations concernant votre domaine, la comparaison des données et de diriger les choix qui conduisent à une plus grande efficacité et d'efficience dans la réponse au client.

MOTS-CLÉS: Indicateurs de mode de vie, travailleur, Gymnastique du Travail.

INDICADORES DE LOS TRABAJADORES DE LA INDUSTRIA DE VIDA CATARINENSEQUE PARTICIPEN EN LA PROGRAMA SESI GINÁSTICA NA EMPRESA

RESUMEN

El objetivo de este estudio fue verificar algunos de los indicadores de estilo de vida y práctica de actividad física en tiempo libre, fumar, percepción de la salud individual, la percepción del estrés de los empleados de las empresas se reunieron SESIGE en Santa Catarina, a fin de corroborar los programas de la Entidad Esta encuesta fue realizada en 2011, a través de propuestas de investigación en 2010, que se aplica a los empleados de las empresas atendidas por el Programa de SESIGE Santa Catarina. Es un estudio descriptivo y cuantitativo. Procesamiento, el procesamiento de datos y análisis estadísticos se realizaron con la versión 5.1.0.5 del software Sphinx. Análisis de datos que se consideran el número de citas y hemos utilizado las estadísticas univariadas y bivariadas. Para evaluar la asociación entre dos variables que se utilizan el la adopción de chi-cuadrado al nivel de significación estadística del 99,9% (p <0,01). 35.077 trabajadores participaron en la encuesta, pertenecientes a 214 empresas atendidas por el Programa de SESIGE en Santa Catarina, con aproximadamente el 51,0% (17.767) eran hombres, el grupo de edad predominante de hasta 35 años en el 66,7% (23.409) y sobre 73,0% (25.462) trabaja en la manufactura. Se encontró que el 41,3% (14.490) de los trabajadores en la industria del estado es físicamente inactivo durante el tiempo libre, un 10,6% (3712) reportaron haber fumado, el 18,6% (6.530) de las personas expresan una percepción negativa en relación con el estrés y 18,2% (6.388) de las personas expresan una percepción negativa sobre su propia salud. Se concluye que los indicadores de salud y estilo de vida comprobado que la industria a invertir en elevar el nivel de la salud y el bienestar de los trabajadores, el SESI, actualizar periódicamente la información sobre su campo, la comparación de datos y la dirección de las opciones que conducen a una mayor eficacia y eficiencia en la respuesta al cliente.

PALABRAS CLAVE: Los indicadores de estilo de vida, Gimnasia profesional, laboral.

INDICADORES DE ESTILO DE VIDA DOS TRABALHADORES DA INDÚSTRIA CATARINENSE QUE PARTICIPAM DO PROGRAMA SESI GINÁSTICA NA EMPRESA

RESUMO

O objetivo deste estudo foi verificar alguns indicadores de estilo de vida como Prática de Atividade Física no Lazer, Tabagismo, Percepção Individual de Saúde, Percepção de Estresse dos trabalhadoresdas empresas atendidas pelo SESIGE em Santa Catarina, a fim de corroborar com os programas da Entidade Este levantamento foi realizado em 2011, por intermédio de pesquisas propostas em 2010, que foram aplicadas aos trabalhadores das empresas catarinenses atendidas pelo Programa SESIGE. Trata-se de uma pesquisa descritiva e quantitativa. O processamento, o tratamento dos dados e a análise estatística foram realizados por meio do software Sphinx versão 5.1.0.5. Para análise dos dados considerou-se o número de citações e empregou-se a estatística uni e bivariada. Para avaliar a associação entre duas variáveis utilizou-se o teste Qui-quadrado adotando-se o nível de significância estatística de 99,9% (p<0,01). Participaram da pesquisa 35.077 trabalhadores, pertencentes a 214 empresas atendidas pelo Programa SESIGE, em Santa Catarina, sendo que aproximadamente 51,0% (17.767) são homens, a faixa etária predominante de até 35 anos com 66,7% (23.409) e cerca de 73,0% (25.462) trabalham no setor de produção. Verificou-se que 41,3% (14.490) de trabalhadores da indústria catarinense é inativa fisicamente no lazer, 10,6% (3.712) relataram fumar, 18,6% (6.530) das pessoas expressaram uma percepção negativa em relação ao estresse e 18,2% (6.388) das pessoas expressaram uma percepção negativa em relação à própria saúde. Conclui-se que os indicadores de saúde e estilo de vida verificados possibilitam à indústria investir no aumento do nível de saúde e bem-estar dos trabalhadores e, ao SESI, atualizar periodicamente as informações sobre o seu campo de atuação, comparando dados e direcionando escolhas que o conduzam a maior efetividade e eficácia nas respostas ao cliente.

PALAVRAS-CHAVE: Indicadores de estilo de vida, Trabalhador, Ginástica Laboral.