137 - A PROGRAM OF PHYSICAL EXERCISES AND TOTAL MOOD DISTURBANCE OF INDIVIDUALS REGISTERED AT ESF / SPRING

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INTRODUCTION

Personal relationships have become increasingly complex, and many people do not feel calm and satisfied in their family and social life, with this, levels of tension and insecurity are becoming significant, changing your mood, influencing the emotional. And the emotional is directly linked to several feelings, whether negative (tension, anger, fatigue and depression) or positive (self-esteem, strength and well-being).

Emotions, feelings, emotions, and humor are the four essential elements that constitute the emotional life of the individual and provide life to all human experiences. Emotions are affective reactions acute and temporary, caused by a significant stimulus followed by a somatic discharge, while feelings are affective states and, when confronted with the emotions, are more stable and less intense. Affect is the emotional quality that is followed by a representation or idea. The humor plays in the affective sphere, the same role that consciousness plays in the intellectual sphere, so pervades every thought or intentional act, as they always are armed with a meaning (GAZZANIGA AND HEATHERTON, 2005).

Rebustini et. al. (2005) mentions that there is no way to ignore that emotional factors affect on the physical and vice versa, this means that we can do a limited reading of the human, not addressing the issue piecemeal, one must understand the multidimensionality of human phenomenon.

For Polito and Bergamaschi (2003), the feelings are one of the main reasons for performing that particular act, too often, become motives of human behavior. Just as has been reported effects of physical activity and exercise on biological and health-related, the evidence also indicate effects on the psychological and social aspects such as improved self-concept, improved self-esteem, improved mood improves body image, development of self-efficacy, reducing stress and anxiety, improves muscle tension and insomnia, decreased drug use, improves cognitive function and socialization. (Matsudo, 2001).

Okuma (2002) notes that people feel good about herself after physical activity, which may be due to numerous factors, such as improved body image resulting from weight loss or increased muscle mass. Okuma also makes reference to increased self-worth, resulting from the domain expertise, felt by conducting an effort to complete as previously thought impossible, or to occur first. These experiences, according to author, generate positive emotional states and increase self-esteem.

Analyzing the allusions made by the authors and considering that we evolve from the assessment of physical aspects to emotional variables related to physical exercise is proposed that this study aimed to determine whether an exercise program influences the emotional state related to the total disruption mood of subjects enrolled in ESF-spring.

METHODOLOGY

It is a quasi-experimental research, for investigating the influence of an exercise program in the emotional state related to the total mood disturbance of its practitioners.

The population was composed of subjects enrolled in the FHS / Spring Cruz Alta / RS. The criteria for inclusion / exclusion of subjects in the sample for spontaneity after signing the term sheet had been signed. It was composed of 14 females with a mean age of 54.64 ± 8.2 years. The option for the spring-ESF is due to the fact that it is in progress the extension projects of the Center for Health Sciences UNICRUZ (courses of Physical Education and Physiotherapy) entitled "Movement and Action in the ESF-Spring Cardiopulmonary Rehabilitation and Prevention and the ES -Spring ", proposed by the Multidisciplinary Group on Health, with the purpose of promoting the practice of regular exercise for people with hypertension and diabetic, with prospects for improving their quality of life and health (PANDA & KRUG, 2011; Callegari & KRUG, 2011).

The program consists of one hour lessons (30 minutes of aerobic exercise, exercise located 20min 10min and stretching), twice a week, the third weekly session is a walk of forty minutes performed individually. We performed an evaluation of exercise-oriented classes, with application of the instrument before and after exercise.

For the assessment of mood states POMS test was used (Profile Of Mood States), which assesses 06 states (Voltage - TS; Depression - SD; Anger - RV; force - VG; Fatigue - FD; Mental Confusion - CM). This test was translated by Brandão et al (1996). Will adopt the method of Cross and Mota (1997), to obtain the Total Mood Disturbance (PTH), obtained by the sum of the negative variables decreasing positive variable and adding 100 points.

The study was approved by the Ethics Committee in Research of UNICRUZ 0007.0.417.000-11 under the CAAE.

The data were processed using descriptive statistics, mean and standard deviation and "t" student in SPSS.

RESULTS AND DISCUSSION

This study presents the influence of physical exercise in the mood of its practitioners. The results can be seen in the following table.

Table 1: Total Mood Disturbance (PTH), the study subjects

	Pre - test X ± S	Post - test X ± S
Total Mood Disturbance (PTH)	141,85 ± 39,6	102,5 ± 21,03*

*There is a highly significant difference to the level of p 0.000.

As can be seen in the table the exercise program, consisting of thirty minutes of cardio, twenty minutes of muscular endurance exercises and ten minutes of stretching is a highly significant influence on the improvement in PTH - Total Mood Disturbance, because of a score of 141.85 points before the exercise session oriented, the group dropped to 102.5 points after

class. As exercise produces improvements in energy and physical strength, it means that the positive factor of the mood, in this case the physical force when increased has the ability to reduce the negative factors of the mood, Tension, Depression, Anger , Fatigue and Confusion, greatly improving mood.

Stort et al (2006) found similar results in research with workers in a company. Verified the effects of physical activity (gymnastics) in the moods in the workplace. We evaluated 26 employees of a company from São Paulo. It was evident that the interference from physical activity on mood states were clear and denoted that physical activity in the workplace can be an effective tool in an attempt to drive the employee a sense of well-being and, consequently, improved their job performance, the researchers said.

Giacobbi et. al. 2005 laboratory studies conducted with individuals from different age groups. The researchers' findings were similar to that obtained in this study. Research results showed that physical exercise can improve mood and reduce the positive negative mood. Individuals who exercised less during weeks perceived more sources of stress than those who exercised more. The authors note that there is growing evidence that an acute bout of exercise is related to a reduction in anxiety, depressive symptoms, negative mood and gains in positive mood and well-being.

Days (2007) evaluated the relationships and differences between the Profile of Mood States (POMS), changes in training load and results achieved by athletes in competitive swimming in a sample of 19 subjects during 29 weeks in 15 moments . The results showed that the moments in which the POMS gives better results coincide with the period in which the intensity of training load is lower.

The assertion of the researcher suggests that the intensity of the exercise program should be moderate, so that it has positive influence on the mood of the practitioners. And, considering the variables that influence the structure of the class, frequency, duration and intensity of exercise, they were performed at moderate intensity, as suggested in a study by researcher. It is considered therefore that this was an important factor in the result obtained in this study.

CONLUSION

The exercise program proposed by the study is a highly significant influence on the improvement in PTH - Total Mood Disturbance. Considering that physical exercise produces improvements in energy and physical strength, this suggests that the positive factor of the mood, physical strength in the case when increased has the ability to reduce the negative factors of the mood, tension, depression , Anger, Fatigue and Confusion, greatly improving mood. It must be emphasized that the intensity of exercise was moderate, variable structuring of the second class that has the scientific study cited positive influence on the mood of those who practice physical exercises.

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A PROGRAM OF PHYSICAL EXERCISES AND TOTAL MOOD DISTURBANCE OF INDIVIDUALS REGISTERED AT ESF / SPRING

SUMMARY

Quasi-experimental research in order to investigate the influence of an exercise program in the emotional state related to the total mood disturbance of its practitioners. The population was composed of subjects enrolled in the FHS / Spring Cruz Alta / RS. The criteria for inclusion / exclusion of subjects in the sample for spontaneity after signing the term sheet had been signed. It was composed of 14 females with a mean age of 54.64 ± 8.2 years. Evaluation was performed in a class-oriented exercise (30 minutes of aerobic exercise, exercise located 20min 10min and stretching), with application of the instrument before and after exercise. For the assessment of mood states POMS test was used (Profile Of Mood States), which assesses 06 states (Voltage - TS; Depression - SD; Anger - RV; force - VG; Fatigue - FD; Mental Confusion - CM). This test was translated by Brandão et al (1996). We adopted the method of Cross and Mota (1997), to obtain the Total Mood Disturbance (PTH). The data were processed using descriptive statistics, mean and standard deviation and "t" student in SPSS. The study was approved by

the Ethics Committee in Research of UNICRUZ 0007.0.417.000-11 under the CAAE. The study concluded that the exercise program has a highly significant influence on the improvement in PTH - Total Mood Disturbance. Physical exercise produces improvements in energy and physical strength, it means that the positive factor of the mood, physical strength in the case when increased has the ability to reduce the negative factors of the mood, tension, depression, anger; Fatigue and confusion, greatly improving the overall mood.

KEYWORDS: Physical Activity, Emotional State, Health.

UN PROGRAMME D'EXERCICES PHYSIQUES ET PERTURBATION DE L'HUMEUR TOTAL DE PERSONNES INSCRITES A L'ESF / PRINTEMPS

SOMMAIRE

Quasi-expérimental de recherche afin d'étudier l'influence d'un programme d'exercice dans l'état émotionnel lié à la perturbation de l'humeur total de ses pratiquants. La population était composée de sujets enrôlés dans l'Alta FHS / Printemps Cruz / RS. Les critères d'inclusion / exclusion des sujets de l'échantillon pour la spontanéité, après la signature de la feuille terme a été signé. Il était composé de 14 femmes avec un âge moyen de 54,64 ± 8,2 ans. L'évaluation a été réalisée dans un exercice axé sur la classe (30 minutes d'exercice aérobie, l'exercice situé 10min 20min et étirements), avec application de l'instrument avant et après l'exercice. Pour l'évaluation de l'humeur des États POMS test a été utilisé (Profile of Mood States), qui évalue 06 Etats (Voltage - TS; Dépression - SD; Colère - RV; vigueur - VG; Fatigue - FD; Confusion mentale - CM). Ce test a été traduit par Brandão et al (1996). Nous avons adopté la méthode de Croix et Mota (1997), pour obtenir la perturbation de l'humeur totale (PTH). Les données ont été traitées en utilisant des statistiques descriptives, moyenne et l'écart standard et «t» des étudiants dans SPSS. L'étude a été approuvée par le Comité d'éthique en recherche d'UNICRUZ 0007.0.417.000-11 sous le CAAE. L'étude a conclu que le programme d'exercice a une influence très significative sur l'amélioration des taux de PTH - perturbation de l'humeur totale. L'exercice physique produit des améliorations en matière d'énergie et la force physique, cela signifie que le facteur positif de l'humeur, la force physique dans le cas où accrue a la capacité de réduire les facteurs négatifs de l'humeur, tension, dépression, colère; La fatigue et la confusion, améliorant considérablement l'ambiance générale.

MOTS-CLÉS: activité physique, état émotionnel, la santé.

UN PROGRAMA DE EJERCICIOS FÍSICOS Y PERTURBACIÓN DE ÁNIMO TOTAL DE PERSONAS REGISTRADAS EN EL ESF / PRIMAVERA

RESUMEN

Investigación cuasi-experimental con el fin de investigar la influencia de un programa de ejercicios en el estado emocional relacionado con la alteración del estado de ánimo total de sus practicantes. La población estaba compuesta de sujetos inscritos en la Alta FHS / Primavera Cruz / RS. Los criterios de inclusión / exclusión de los sujetos de la muestra para la espontaneidad tras la firma del pliego de condiciones se había firmado. Estaba compuesto por 14 mujeres con una edad media de 54,64 ± 8,2 años. La evaluación se realizó en un ejercicio de orientación de clase (30 minutos de ejercicio aeróbico, ejercicio localizado 10 minutos 20 minutos y estiramientos), con la aplicación del instrumento antes y después del ejercicio. Para la evaluación del estado de ánimo estados de prueba POMS se utilizó (Perfil de Estados de ánimo), que evalúa 06 estados (de tensión - TS, la depresión - SD; Anger - RV, la fuerza - VG; Fatiga - FD, confusión mental - CM). Esta prueba ha sido traducido por Brandão et al (1996). Hemos adoptado el método de la Cruz y Mota (1997), para obtener la perturbación de ánimo total (PTH). Los datos fueron procesados mediante estadística descriptiva, media y desviación estándar y la "t" de estudiantes en SPSS. El estudio fue aprobado por el Comité de Ética en Investigación de UNICRUZ 0007.0.417.000-11 en el CAAE. El estudio concluyó que el programa de ejercicios tiene una influencia muy significativa en la mejora de la PTH - Alteración del estado de ánimo total. El ejercicio físico produce mejorías en la energía y la fuerza física, significa que el factor positivo del estado de ánimo, la fuerza física en el caso de que se ha incrementado la capacidad de reducir los factores negativos del estado de ánimo, tensión, depresión, ira; La fatiga y la confusión, lo que mejora el estado de ánimo general.

PALABRAS CLAVE: Actividad física, estado emocional, la salud.

UM PROGRAMA DE EXERCÍCIOS FÍSICOS E A PERTURBAÇÃO TOTAL DE HUMOR DOS INDIVÍDUOS CADASTRADOS NO ESF/PRIMAVERA

RESUMO

Pesquisa quase experimental com o objetivo de investigar a influência de um programa de exercícios físicos no estado emocional relacionado à perturbação total de humor de seus praticantes. A população foi composta pelos indivíduos cadastrados na ESF/ Primavera de Cruz Alta/RS. O critério de inclusão/exclusão dos sujeitos na amostra foi por espontaneidade após assinar o termo de compromisso livre e esclarecido. Ficou constituída por 14 indivíduos do sexo feminino com média de idade de 54,64 ± 8,2 anos. Foi realizada a avaliação em uma aula de exercícios físicos orientados (30min de exercícios aeróbicos, 20min de exercícios localizados e 10min de alongamento), com aplicação do instrumento antes e após os exercícios. Para a avaliação dos estados de humor foi utilizado o teste POMS (Profile Of Mood States) que avalia 06 estados (Tensão - TS; Depressão – DP; Raiva – RV; Vigor – VG; Fadiga – FD; Confusão Mental - CM). Esse teste foi traduzido por Brandão e colaboradores (1996). Foi adotado o método de Cruz e Mota (1997), para a obtenção da Perturbação Total de Humor (PTH). Os dados foram tratados utilizando a estatística descritiva, média e desvio padrão e o teste “t” de student, no programa SPSS. O estudo teve aprovação do Comitê de Ética em Pesquisa da UNICRUZ sob o CAAE 0007.0.417.000-11. O estudo concluiu que o programa de exercícios físicos tem uma influência altamente significativa na melhora da PTH – Perturbação Total do Humor. O exercício físico produz melhoramentos na energia e força física, isso quer dizer que o fator positivo do estado de humor, no caso o Vigor Físico, quando aumentado tem a capacidade de reduzir os fatores negativos do estado de humor, Tensão; Depressão; Raiva; Fadiga e Confusão Mental, melhorando consideravelmente o estado geral de humor.

PALAVRAS CHAVES: Atividade Física; Estado Emocional; Saúde.