145 - PHYSICAL ACTIVITY BETWEEN STUDENTS FROM PUBLIC AND PRIVATE HIGH SCHOOL

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INTRODUCTION

There are a growing number of studies that demonstrate the benefits from regular physical activity in the adolescents healthy and wellness index (VIEIRA, PRIORE & FISBERG, 2002). However, regular exercise is not a part of the daily life of most teenagers (TENÓRIO et. al., 2010). From World Health Organization (2002) between 60% and 85% of the population of developed and developing countries, like Brazil, has a sedentary lifestyle.

Physical inactivity is one of the factors that contribute for the overweight and obesity process (PIOVESAN et. al., 2002). These variables have been detected in Brazilian students aged between 7 and 18, regardless of gender, age and socioeconomic status (GUEDES et. al., 2006). Cavalcanti et al. al. (2010) demonstrated that the presence of abdominal fat in northeast adolescents aged between 14 and 19 is associated with lack of physical activity; time spent watching TV and eating habits.

In large urban centers, it is evident the increase in sedentary lifestyle and its consequences, as Glaner (2002) showed that boys living in the capital are most exposed to risk of developing chronic diseases associated with physical fitness compared to their peers in rural. Piovesan et. al. (2002) found that children and adolescents of school age spent more than three hours daily watching TV, this behavior is highly correlated by Hancox, Milne & Poulton (2004) with obesity, poor fitness, smoking and hypercholesterolemia. For Vieira, Fisberg & Priore (2002), the factors that contribute to physical inactivity are the use of television, computer and video games as a form of entertainment, parental concern about the safety of children and lack of interest of schools in promoting this kind of activity.

According to Moraes et. al. (2009), a problem that can be identified in adolescents is the metabolic syndrome, the interaction among hypertension central fat deposition, insulin resistance and dyslipidemia. According to Buff et. al. (2007) abdominal obesity is the major determinant for the presence of metabolic syndrome in children and adolescents. Recent studies have shown the development of atherosclerosis in childhood and a lower rate of total cholesterol and triglycerides in people with higher levels of physical activity (SANTOS et. al., 2008; VASCOCELOS et. al., 2008). The type 2 diabetes in youth is an emergent problem due to the increasing obesity and regular activity can combat the onset of this disease (GABBAY, CESARINA & DIB, 2003; OLIVEIRA et. al., 2004). Aydos & Ferreira (2010) confirmed the presence of hypertension, a disease previously attributed only to adults, in obese children between 13 and 14 years old, demonstrating the improper functioning of the cardiovascular system due to obesity.

Studies evolving gender, physical activity and socioeconomic status have been realized in south Brazilian cities (GUEDES et. al., 2001; GUEDES et. al., 2006; FARIAS JUNIOR, 2006; OEHLSCHLAEGER et. al., 2004; SANTOS et. al., 2010), southeast, in São Paulo city (CESCHINI, 2007; CESCHINI et. al., 2009; MATSUDO et. al., 1998) and Brazil northeast (FREITAS et. al., 2010; FARIAS JUNIOR, 2008; SILVA et. al., 2005), however similar studies have not been found in adolescents living in the city of Rio de Janeiro. Therefore, this study aimed to determine the prevalence of physical activity among the different economic conditions of young students from public and private high schools in Rio de Janeiro city.

METODOLOGICAL PROCEDIMENTS

Subjects

After the authorization given by the Principal of the schools used in this study and signed the informed consent of the parents of teenagers involved, it was selected a sample of 214 young high school students from a private school (n=100) and two state schools (n=114), located in the northern of Rio de Janeiro city, of both genders (male=93 and female=121). The 100 students from the private schools had a mean of age of 15,7±1,0, 45 boys (15.6 ± 0.9) and 55 girls (15.8 ± 0.9), while 114 of the public school students had a mean of age of 16.4 ± 1.0, 8, 48 boys (16, 4 ± 1.0) and 66 girls (16.4 ± 1.0). The age distribution is shown in Table 1.

Table 1 – Age distribution of the adolescents interviewed

Age	Private Schools		Public Schools	
	Boys	Girls	Boys	Girls
14	6	3	0	0
15	13	19	11	13
16	20	23	17	25
17	4	7	12	16
18	2	3	8	12
Total	45	55	48	66
Mean	15,6	15,8	16,4	16,4
SD	0,9	0,9	1,0	1,0

Materials and Data Collection

In order to identify the economic class of adolescents, we used a questionnaire called Brazil Economic Classification

Criterion (BECC) formulated by ABEP (Brazilian Association of Research Companies - 2010), already used by the Brazilian Institute of Public Opinion and Statistics (IBOPE) to determine the family income by classes and the distribution of population by metropolitan area. This instrument has easily understanding markings to identify the amount of some household items and the level of education of the household head. According to ABEP, the BECC has the function of estimating the purchasing power of urban people and families, without the intention to classify the population in terms of social classes, but economic classes according to the score, including: A1, A2, B1, B2, C1, C2, D and E. For a better analysis and understanding of the data, subgroups of each class have been gathered, resulting in five distinct classes: A, B, C, D and E.

A second questionnaire was administered in order to determine gender, age, public or private school and the practice of any kind of physical activity in formal settings (gyms, clubs and others under the supervision of a physical education), including extracurricular activities at school, ignoring the lessons of physical education curriculum, and informal settings (recreational activities, sports with friends on the street or public square, cross-country running, hiking, and others). Individuals who reported practicing physical activity have been asked about the week frequency and it was included in this class only the ones who mentioned to perform it at least twice a week. Those who reported not doing physical activities were asked about the reason for not practicing it. It was given the following options: "I dislike", "because I have no time (housework, kids, work, studies and "other option" with space for explanation)," "because I have no money", "because it will not bring benefits to my health "and "other reasons" with new space for justification.

For classification, will be called physically active (PA) those who reported practicing physical activity, and physically inactive (PI) those who reported not doing it.

Data Analysis

From the responses was carried out a descriptive analysis of data in order to determine the prevalence of physical activity between private and public schools students, genders and economic classes. As for the PI group, we analyzed the main reasons for this group not practicing it.

RESULTS

According to data collected from 214 individuals, a few more than a half of the students were classified as PA, only 51% and the other 49% as PI. This proportion was slightly higher in public schools over to the private one, due to the fact that the students from the public system , 56% were inactive, compared with 40% of their peers in the private. The factor that called more attention was the difference between the different genres. Of the 121 girls, 69% were considered inactive, while the 93 boys, only 22% had this feature. This factor was observed in two spheres of education, especially in public, because 77% of the girls of this system have been classified as PI compared to only 27% of the boys. In the private 58% of the girls were classified as PI versus 16% of the boys. These data are described in table 2.

Table 2 – Description of PA and PI in public and private schools

Students	Total	PA	%	PI	%
Total	214	110	51	104	49
Boys	93	73	78	20	22
Girls	121	38	31	83	69
Public					
Total	114	50	44	64	56
Boys	48	35	73	13	27
Girls	66	15	23	51	77
Private					
Total	100	60	60	40	40
Boys	45	38	84	7	16
Girls	55	23	42	32	58

According to the distribution of economic levels between public and private schools (Table 3), most young people interviewed belonged to the economic class level B, 45% of public schools and 55% of private schools. The level A students attend mostly private schools (94%) while the C-class youths attend predominantly public schools (86%). The only student identified as belonging to Class D is a student of the public school. There were no students classified as E level on both schools.

Table 3 - Distribution of levels between the public and private schools

Levels	Total	Public	%	Private	%
A	33	2	6	31	94
B	107	48	45	59	55
C	73	63	86	10	14
D	1	1	100	0	0
E	0	0	0	0	0

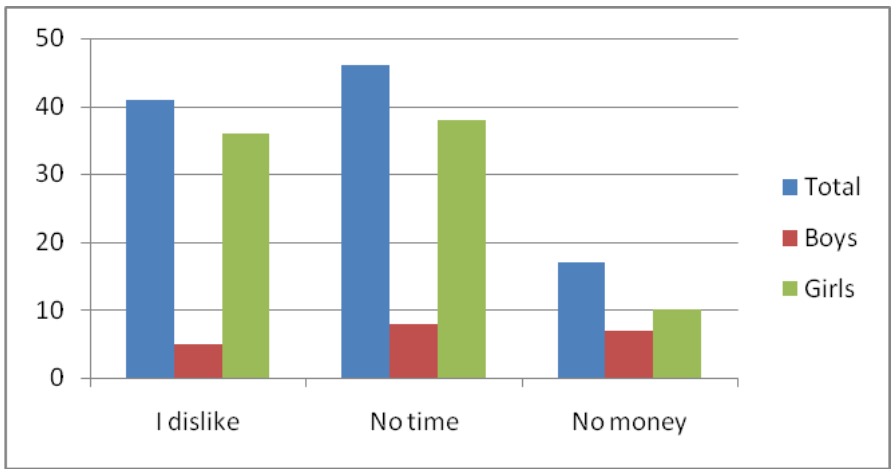
In the distribution of PA and PI by economic levels (Table 4) we see the influence of the financial condition on the lifestyle of these young people. Physical inactivity is prevalent among the poorest. The proportion of PA decreases linearly with decreasing purchasing power of the student. This process has been identified both among boys and among girls, despite the greater balance between the male Class A and B (81% and 83% respectively). Also noteworthy is the fact that 89% of the 44 girls belonging to lower economic class observed were classified as PI.

Table 4 – PA and PI according economical levels.

Classe	Total	PA	%	PI	%
A	33	25	76	8	24
B	107	60	56	47	44
C	73	25	34	48	66
D	1	0	0	1	100
E	0	0	0	0	0
Boys					
A	16	13	81	3	19
B	47	39	83	8	17
C	29	20	69	9	31
D	1	0	0	1	100
E	0	0	0	0	0
Girls					
A	17	12	71	5	29
B	60	21	35	39	65
C	44	5	11	39	89
D	0	0	0	0	0
E	0	0	0	0	0

In this study, those who reported PI, were asked about the reasons they do not perform any physical activity. Of the 104 students who said they do not do it, 41 students ,5 males (12%) and 36 females (88%), answered " I dislike" it, 46, 8 males (17%) and 38 females (83%), answered "because I have no time for it" and 17, 7 males (41%) and 10 females (59%), answered "because I have no money" for such. There were no records for the option "because it will not benefit my health" and for the "other reason" option indicating that young people interviewed recognize the positive influences of physical exercise on health indexes. The results are shown in figure 1.

Figure 1 – Reasons justifying PI



DISCUSSION

The major finding of this study was that a larger number of girls were classified as PI compared to the boys and that the economic level can have a great influence on it. For higher levels of physical activity, several studies have shown that since infancy until adulthood, males are more active. (SILVA & MALINA, 2000, GUEDES et al., 2001, GUEDES et. al. Al. 2002; SALLES-COSTA et. al. 2003; OEHLSCLAEGER et. al. 2004; GOMES, SICHIERI & SIQUEIRA, 2005; SOUZA & DUARTE, 2005, SILVA et. al. 2005; JUNIOR FARIAS, 2006; CESCHINI, 2007; SEABRA et. al., 2008; JUNIOR FARIAS, 2008; CESCHINI et. al., 2009, Freitas et. al. 2010). Salles-Costa et. al. (2003) associated the major women sedentary lifestyle to the long working hours, added to household work. Several surveys were conducted in Brazil involving different regions of the country by using the classification of economic level and they have sometimes shown contradictory results. Guedes et. al. (2001), found that young people belonging to the intermediate level were more active and in the high purchasing power level, none of the girls was involved in any type of physical activity. Corroborating these findings, Farias Junior (2008) stated that women of a privileged class (A and B) and with parents with higher education had higher rates of inactivity. Ceschini (2007) demonstrated more activity in the levels D and E and a lower proportion of assets in level B. In another study, Ceschini et. al. (2009) found that classes A and B were significantly less active.

Conversely, some studies have shown a progressive increase in the level of inactivity of individuals according to the decrease in the economy class with a higher prevalence in classes C, D and E (OEHLSCHLAEGER et. al., 2004; SILVA et. al, 2005). By analyzing the cardiorespiratory fitness of adolescents, Vasques, Silva & Lopes, 2007 showed that the lowest values in VO2 max were identified in individuals belonging to levels D and E.

Complementing the previous ideas, Matsudo et. al. (1998) presented a third way of understanding. By studying children and adolescents from different areas of economic development, they have noted a low level of physical activity in both bands to monitor them, both on weekdays and on weekends when in theory, there would be more time to perform activities with greater force and energy demand. They demonstrated a low intensity of movements, which turned around about 100 bpm. Santos et al. (2010) could see that "not having the company of friends" and "lazy" were the biggest barriers to find a more active life of adolescents. According to Darido (2004), those who practiced physical activity, 52.6% of 382 students from 5th grade, 44.4% of 417 students from 7th grade and 46.1% of 373 high school students among 1,172 students from public schools in a city of São Paulo State, said that they conduct such activities because they are beneficial to health, demonstrating to understand the association between exercise and health. This study also demonstrated this relationship once that the teenagers involved, classified as PI, chose not to answer questions about the lack of health benefits provided by exercise.

CONCLUSIONS

There is a global concern by adopting healthy habits of men and women in adulthood, and especially in childhood and adolescence, due to continuing this lifestyle over the years. However, the equation: female added to a low financial condition corresponds to a high prevalence of physical inactivity.

Developing policies to encourage sports activities in adolescents, especially those from underprivileged economic class, is an action that should be encouraged. Social projects, NGOs and others that offer free activities to the popular classes could include activities without competition or those activities historically attributed to women, such as synchronized swimming, artistic gymnastics, rhythmic gymnastics and dance sports, to encourage the participation of more females.

In addition, the educational policies of the schools could make an investment in health field offering interested students an extracurricular sport or equipping schools to offer diverse options for physical activity. Finally, we must have a way to attract more young people into an exercise of a continuous nature, in spaces that are perpetuated beyond years and school walls.

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THE PHYSICAL ACTIVITY AMONG STUDENTS FROM PUBLIC AND PRIVATE HIGH SCHOOL
ABSTRACT

The aim of this study was on verifying the prevalence of physical activity between the genders with different economical conditions of young students in the city of Rio de Janeiro. It was selected 214 students from a private school (n = 100; age = 15, 7 ± 1,0) and from two public schools (n = 114; age = 16,4 ± 1,0). We used two questionnaires, one aiming on verify economical class and another on identifying gender, age, study place, physical activity participants and the reasons of the non-participants. After descriptive analyses, among the 214 subjects, 51% are physically active (PA) and 49% physically inactive (PI). The PA proportion reduces linearly while the economical class reduces the same for young men as for young women. The main reason for the inactivity was "lack of time" in both genders. The results indicated high level of PI between the young students, principally young women from a lower economical class.

KEY-WORDS: social class, physical activity, students

L'ACTIVITÉ PHYSIQUE ENTRE LES ÉLÈVES DE L'ÉCOLE SECONDAIRE PUBLICS ET PRIVES
RÉSUMÉ

Le but de cette étude était de vérifier sur la fréquence de l'activité physique entre les sexes avec les différentes conditions économiques des jeunes étudiants dans la ville de Rio de Janeiro.

Nous avons sélectionné 214 étudiants d'une école privée (n = 100, âge = 15, 7 ± 1,0) et deux écoles publiques (n = 114, âge = 16,4 ± 1,0). Nous avons utilisé deux questionnaires, l'un visant de vérifier la classe économique et l'autre sur l'identification des sexes, l'âge, lieu d'étude, l'activité physique des participants et les raisons des non-participants.

Après des analyses descriptives, parmi les 214 sujets, 51% sont physiquement actifs (PA) et 49% physiquement inactifs (PI). La proportion PA diminue linéairement alors que la proportion de la classe économique baisse autant pour les jeunes hommes comme pour les jeunes femmes. La principale raison de l'inactivité était de «manque de temps» dans les deux sexes. Les résultats ont indiqué un haut niveau de PI entre les jeunes étudiants, principalement les jeunes femmes d'une classe inférieure économiques.

MOTS-CLÉS: condition économique, l'activité physique, étudiants

LA ATIVIDAD FÍSICA ENTRE ESTUDIANTES DEL ENSINO MEDIO DE ESCUELAS ESTADUALES Y PARTICULARES
RESUMEN

El objetivo de esta investigación fue verificar la prevalencia de actividad física entre los géneros de diferentes condiciones econômicas de jóvenes estudiantes de Rio de Janeiro. Fueron selecionados 214 estudiantes de una escuela particular (n = 100; edad = 15,7 ± 1,0) y 214 estudiantes de dos escuelas estaduales (n = 114; edad = 16.4 ± 1,0). Se aplicaron dos cuestionarios, uno con el objetivo de verificar la clase económica y el otro para identificar el género, la edad, el lugar donde estudia, si hace alguna actividad física y el motivo por el cuál no la hace, en el caso de los que respondieran que no hacen ninguna actividad física. Después de realizar un análisis descriptivo, de los 214 individuos, 51% son fisicamente activos (FA) mientras que 49% fisicamente inactivos (FI). Esa proporción fue un poco mayor en las escuelas públicas en una proporción de 56%(FA) contra 40%(FI). Jóvenes del sexo feminino (69%) son más FI que los jóvenes del sexo masculino (22%), principalmente las de las escuelas públicas (77%) en comparación a las jóvenes de la particular (56%). La proporción de FA se reduce linearmente a medida que disminuye el poder adquisitivo, en los jóvenes de ambos sexos. El principal motivo para la inactividad física (FI) es justificada con la frase: "falta de tiempo", también en ambos géneros. Los resultados indicaron un alto índice de FI entre los estudiantes, principalmente entre las jóvenes de menor clase económica.

PALABRAS-LLAVE: clase social, actividad física, estudiantes

A ATIVIDADE FÍSICA ENTRE ALUNOS DO ENSINO MÉDIO DAS REDES PÚBLICA E PARTICULAR
RESUMO

O objetivo deste estudo foi verificar a prevalência de atividade física entre os gêneros de diferentes condições econômicas de jovens estudantes do Rio de Janeiro. Foram selecionados 214 estudantes de uma escola particular (n = 100; idade = 15,7 ± 1,0) e duas escolas estaduais (n = 114; idade = 16,4 ± 1,0). Foram aplicados dois questionários, um com o objetivo de verificar a classe econômica e outro para identificar gênero, idade, onde estuda, se pratica atividade física e porque não pratica para os que não fazem. Após análise descritiva, dos 214 indivíduos, 51% são fisicamente ativos (FA) e 49% fisicamente inativos (FI). Essa proporção foi um pouco maior nas escolas públicas 56% contra 40%. Moças (69%) são mais FI que rapazes (22%), principalmente as das escolas públicas (77%) em comparação às da escola particular (56%). A proporção de FA reduz linearmente à medida que diminui o poder aquisitivo dos estudantes tanto em rapazes quanto em moças. O principal motivo alegado para a inatividade foi "falta de tempo" em ambos os gêneros. Os resultados indicaram alto índice de FI entre os jovens estudantes, principalmente em moças de menor classe econômica.

PALAVRAS-CHAVE: classe social, atividade física, estudantes