94 - SENIOR DANCE AND BALLROOM DANCE: QUALITY OF LIFE IN THE UNATI-UNISUAM

FLAVIA FERNANDES DE OLIVEIRA
UNISUAM- RIO DE JANEIRO/RJ-BRASIL
tabininha@terra.com.br

1 - INTRODUCTION:

Quality of life is associated with factors such as health, longevity, satisfaction and pleasure in work, salary, leisure, family relationships and even spirituality. (Nahas, 2006) The quality of life of elderly is associated with health and lifestyle.

In Brazil the elderly population is defined as that from the age of 60 according to World Health Organization (WHO), this limit is valid for developing countries, but admits to a cutoff of 65 years of age to developed countries, in the tradition of using this index for several decades. (PEREIRA; CURIONI, VERAS, 2003, p.43)

The UNAT-UNISUAM today has about 150 elderly male and female participants in the activities offered by the courses of Physical Education, Physical Therapy, Esthetics and Cosmetology, Nutrition and Information Technology. The Physical Education course are offered activities and Senior Dance and Ballroom Dance for the Elderly which provides improved quality of life.

The objectives of Project Extension Senior Dance and Ballroom Dance UNAT-UNISUAM is to encourage and promote knowledge of dance from choreographic activities and performances, creating a playful, reflective and critical to promote the dissemination of culture and expand the possibilities improvement of the quality of public life in old age.

The experience of four years as teacher of the project, I realized the necessity of it to become a field of research, given that the projects are already required field internship course in Bachelor of Physical Education UNISUAM.

Senior Dance and Ballroom Dance projects of the UNAT-UNISUAM are characterized as a place that is the reflection about the triad Teaching / Research / Extension. Thus the objective of this study is to identify how the quality of life of older project participants, through the quality of life questionnaire SF-36.

2 - Senior Dance and Ballroom Dance and the quality of life for seniors:

The dance helps the elderly in several ways: losing inhibition, shyness, feeling more confident, makes your body language better, also helps your motor part and the maintenance and improvement of quality of life.

[...] Propose to initiate, continue or enhance the physical activity, the elderly may experience a substantial change in his inner life, which will help you increase your personal balance, improve your mood and your health , to stimulate your reflexes, stimulating him an agility that would be stagnant or decreased and improving their quality of life. (GEIS PONT, 2003, p. 7)

The contribution of dance in the lives of older people makes them realize their body, so that there is an improvement in their self-image and self esteem. Dancing is an enjoyable activity that results in the well being of the body, is a valuable adjunct in support and / or redemption of autonomy in daily activities. Dance can be a tool of socialization for the elderly, so you can get him out of isolation and routine (OLIVEIRA & TEXEIRA, 2010, p.91)

The interest of the elderly to seek out pleasurable activities such as dance, provide a physical wellbeing and mental. Segundo Corazza (2001, p.19) Aging is a complex process involving many variables (genetic, lifestyle and chronic diseases) that interact influencing the way we age.

Dance has the power to change the lives of older people, enabling them to live a better existential dimension. (SEVERO & DIAS, 2000 apud LEAL and HAAS, 2006) The dance, when practiced regularly, allows the acquisition of skills and assists in improving physical, psychological and social. It also has an influence on the prevention of degenerative diseases. (MARQUES et al, 1999 cited in LEAL & HAAS, 2006)

3 – Methodology:

Were descriptive type of research in order to analyze the main results and developments of the Senior Dance and Ballroom Dance Project of UNATI - UNISUAM, addressing the key variables that promote better quality of life of elderly participants in the projects. The description of the characteristics of a given population or the relationships between the variables is the object of research. (Gil, 2004)

The instrument used in the study was a quality of life questionnaire SF-36 Brazilian version.

Data collection was performed on the premises of UNISUAM - Bonsucesso, in the days of classes Senior Dance and Ballroom Dance during the months of March and April. On the day of the informers received an application term commitment free and clear, containing all the information about the study, researchers and procedures to be performed. The informant was warned that his identity would be guarded and could withdraw from the study if they so wished.

For data analysis we used descriptive statistics within the themes proposed in the questionnaire.

4 - Analysis of Data:

4.1 - Characteristics of the Sample

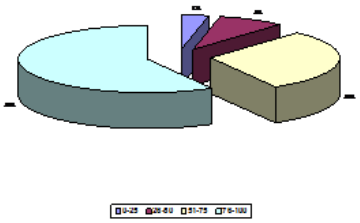
The elderly participants in this study have an average age of 68 years, where the youngest is 53 years with the age of 86, where 55 are women and 05 men are a total of 60 seniors. It can be seen that the adhesion is high, since approximately 50% of seniors attending the project about 2 years.

Data are presented according to the scores proposed by the SF-36 Brazilian version, where 0-25 very bad, 26-50 bad, 51-75 good and 76-100 very good.

4.2 - Functional Capacity

As the chart below we can see that 59% of seniors who participated in the survey, have very good functional capacity, 30% good, 8% bad and 3% very bad.

Figure 1 - Functional Capacity

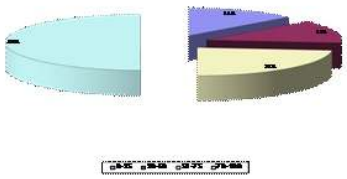


Dance is an important factor in the acquisition of an optimal functional capacity of the elderly.

4.3 - Aspects of Limitations Physical

It can be seen in the chart above that 50% of seniors participating in the activities offered have no limitations on the physical aspects, for another 23% this limitation was classified as good, 13% have bad and 14% very bad. The targeted exercises safely maintain and improve the physical aspects of this group 50% and can improve this limitation of the physical aspects of the other seniors.

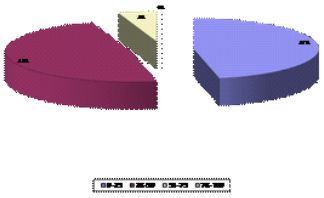
Figure 2 – Aspects of Limitations Physical



4.4 Pain

The pain status of the elderly in this study, as the graph below indicates that all have some type of pain, feel pain 5%, 48% feel moderate pain and 47% pain.

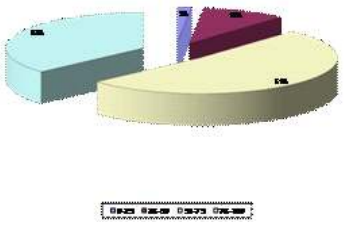
Figure 3 - Pain



4.5 General state of Health

The graph shows that 37% of individuals participating in the project includes the general state of health very good, 51% good, 10% poor and 2% very poor.

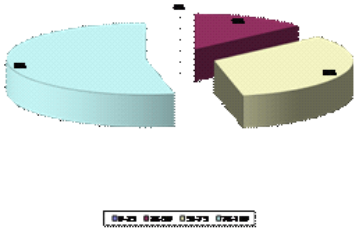
Figure 4 - General state of Health



4.6 Vitality

For these seniors have the energy to carry out their activities, dance contributes to become independent for a long period of time. The chart above shows the vitality of the project participants, where 53% of the elderly to that vitality is very good, 34% good, 13% have bad vitality.

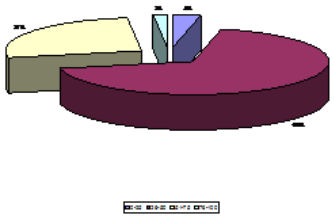
Figure 5 - Vitality



4.7 Social Aspects

With regard to social aspects of the subjects of the present study, as the chart below was that 2% of the elderly have the social good, 27% good, 68% poor and 3% very poor.

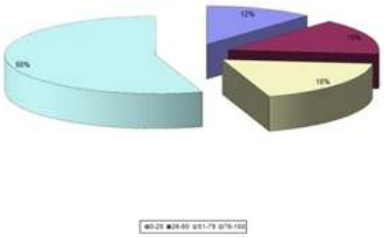
Figure 6 - Social Aspects



4.8 Limitations by Emotional Aspects

The graph shows the limitations of the emotional aspects, which for 55% of elderly respondents in the survey this question was very good, 18% good, 15% bad and 12% very bad.

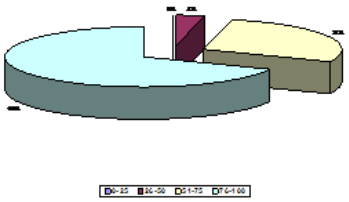
Figure 7 – Aspects and Emotional Limitations



4.9 Mental health

The mental health of participants in the project as the next chart was that 69% have mental health very good, 28% and 3% good mental health is bad.

Figure 8 - Mental Health



5- Conclusion:

The research aimed to identify how is the quality of life of senior participants of project Senior Dance and Ballroom Dance UNATI - UNISUAM through field research.

It was found the quality of life of elderly participants in the projects is very good, because although the elderly and older had a significant life change as well, starting to feel more prepared, more vigorously, increasing their self-esteem, improving their functional capacity providing autonomy for daily activities. Although in the social sphere, even having the opportunity to gain new friendships, not presented a good socialization.

Overall the project activities Senior Dance and Ballroom Dance UNATI-UNISUAM provided gains in quality of life of participants.

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SENIOR DANCE AND BALLROOM DANCE: QUALITY OF LIFE IN THE UNATI-UNISUAM

ABSTRACT:

The quality of life of elderly people has attracted attention of many researchers. Identify how is the quality of life of older project participants, through the quality of life questionnaire SF-36 is the objective of this study. The methodology used is a descriptive, where the data came from the SF-36 were administered to 60 elderly projects and Dance Senior Ballroom Dance of UNATI-UNISUAM. The conclusion of this research is that the elderly participants of the project despite having bad social aspects but have a good quality of life.

KEYWORDS: Elderly, dance and quality of life.

DANSE SENIOR ET DANSE DE BAL: QUALITE DE VIE DANS LE UNATI-UNISUAM

RÉSUMÉ:

La qualité de vie des personnes âgées a attiré l'attention de nombreux chercheurs. Identifier comment est la qualité de vie des anciens participants au projet, à travers le questionnaire de qualité de vie SF-36 est l'objectif de cette étude. La méthodologie utilisée est une analyse descriptive, où les données proviennent du SF-36, ont été respondu pour 60 personnes âgées del projets Danse Senior et Danse de bal de la UNATI-UNISUAM. La conclusion de cette recherche est que les participants âgés du projet en dépit de mauvaises aspects sociaux ont une bonne qualité de vie.

MOTS-CLÉS: personnes âgées, danse et qualité de vie.

DANZA SENIOR y BAILE DE SALON: CALIDAD DE VIDA EN LA UNATI-UNISUAM

RESUMEN:

La calidad de vida de las personas ancianas ha atraído la atención de muchos investigadores. Identificar cómo es la calidad de vida de los ancianos participantes en los proyectos, a través del cuestionario de calidad de vida SF-36 es el objetivo de este estudio. La metodología utilizada es de tipo descriptivo, donde los datos provienen del cuestionario SF-36, respondido por 60 mayores de los proyectos Danza Senior y Baile de Salon de la UNATI-UNISUAM. La conclusión de esta investigación es que los participantes ancianos del proyecto a pesar de tener mal los aspectos sociales tienen una buena calidad de vida

PALABRAS CLAVES: Ancianos, Danza y calidad de vida.

DANÇA SÊNIOR E DANÇA DE SALÃO: QUALIDADE DE VIDA NA UNATI- UNISUAM

RESUMO:

A qualidade de vida da população idosa tem despertado atenção de muitos pesquisadores. Identificar como está a qualidade de vida dos idosos participantes dos projetos, através do questionário de qualidade de vida SF-36 é o objetivo deste estudo. A metodologia utilizada é de uma pesquisa descritiva, onde os dados foram provenientes do questionário SF-36, respondidos por 60 idosos dos projetos Dança Sênior e Dança de Salão da UNATI-UNISUAM. A conclusão desta pesquisa é que os idosos participantes dos projetos apesar de apresentarem os aspectos sociais ruim têm uma boa qualidade de vida.

PALAVRAS CHAVE: Idosos, dança e qualidade de vida.