06 - THE GYMNASTICS AS A TOOL FOR STRESS RELIEF OF PRÉ-VESTIBULAR

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INTRODUCTION

Nowadays for most people and especially for teens, the entrance exam is a process of paramount importance to the professional life, due to this very important preparation for facing a vestibular sometimes becomes exhausting and stressfull into your routine. Because it is a decisive period, this process can be seen as a stressor and, thereby, undermine the adaptability and quality of life of young school students. (F et al., 2010).

From situations experienced in the school environment, such as access difficulties in the realization of the exercises and the non-participation of some educators in preparing the same, arose the interest to investigate what is the relationship between the activities carried out and how it can be Educational in their Political Projects, schools to meet this weakness through which pass the vestibular.

But Ridge that the importance of promoting this linkage between staff and student leaders, needs to be constant, because through dialogue all democratically can contribute to an education that guarantees the Act of preservation and integrity with higher quality of learning.

The theme selected for research had its origin in the diagnostic activity to detect the difficulties of pré-vestibulando which primarily should be overcome. In this way, it is a critical study on the benefits of gymnastics, which makes it possible to overcome the problem by running the intervention project conducted. The goal is to find the extent of stress and so experienced at school, as well as show the fundamentals of gymnastics and create means that come to help address this gap in a democratic fashion and participatory effectively where there will be proposals that will be reviewed, discussed and restructured continuously.

This article aims to analyze if the gymnastics (GL) applied to students in the last year of high school, a private school in the city of Campo Grande, Mato Grosso do Sul, contributes to the reduction of stress caused by vestibular approaching

1-THEORETICAL

The Gymnastics (GL) is not a recent practice, it was initially named as "gymnastics pause" in Poland in 1925, intended for manual workers and employees during the workday. Later the GL was held also in the Netherlands, Russia, Bulgaria, East Germany and other countries at the same time. (MARIA and milk, 2008).

In 1928 in Japan, was regulated the practice of Taissô Radio (radio calisthenics) that involves a traditional rhythmic gymnastics, with specific exercises accompanied by music, which happen every morning, transmitted by radio by specially trained people, adopted by companies, services and schools as a daily activity for unwinding and administer health, not being practiced only in factories, but also in the streets and homes. Second Polito and Bergamashi (2002), since 1996 in São Paulo, by State Law No. 9,345 was promulgated by Governor Mario Covas, naming the day of the Radio Taissô, celebrated on June 18.In 1960 also in Japan happened to consolidation and compulsory compensatory labor gymnastic (G.L.C) (2007).

In Brazil the first manifestation of physical activity at work, was in 1901 in a textile factory in Bangu in Rio de Janeiro (AHMAD and SHAIKH, 2008). According to Oliveira, (2007) the GL had its initial proposal published in 1973.

Still in the year 1973 in Brazil, the physical education school of the Federation of schools of Novo Hamburgo/RS (FEEVALE) with a proposal of exercises based on a biomechanical analysis, was developed a project called "Compensatory and recreation physical education project" and became a pioneer in gymnastics. SESI/RS in partnership with the FEEVALE developed the "Compensatory labor gymnastic project" in 1978. In this same year in Betim, Minas Gerais, in the Fiat car factory, started the "fitness program in the company" based on the principles of Gymnastics, at the initiative of SESI/MG, a program that covers every country today. (2007).

CONCEPTS AND DEFINITIONS:

The gymnastics is based on specific stretching exercises, relaxation, muscle strengthening, coordination and massage, usually performed in the working environment, having as main objective to reduce and prevent cases of RSI/wmsd. (OLIVEIRA, 2007).

Longen, (2003) defines LER/DORT as being "the source of name" affecting occupational fingers, wrists, forearms, elbows, arms, shoulders, neck and scapular regions, resulting from wear and tear, articular and neurological tendon muscle caused by inadequacy at work and repetitive movements.

For Lima (2007), the GL is held collectively, during working hours, applied according to the function performed by the developer, in order to prevent occupational diseases and promote health and individual well-being.

According to Oliveira (2007), are exercises performed on-site, with 5 sessions, 10 or 15 minutes, having as main objective the prevention of occupational diseases and decreased stress with the achievement of stretching exercises and relaxation.

Gymnastics programs or gymnastics in the company emerged in parallel with the quality of life programs and health promotion and leisure, aimed at alleviating the effects deletéricos that the misuse of technology can bring. (LEE and WEBPAGE, 2011). The gymnastics within a company, whether small or large, is a physics-driven activity carried out before, during and after office hours, aiming at personal and benefits at work. (Saints and FERREIRA, 2008).

The (GL) back for an increase in productivity, decreased incidence of occupational illnesses, lower spending on medical expenses, (SILVA and SALATE, 2007). The working environment has become more humanized in the sense that the GL interferes so overwhelmingly positive to the developer in biopsychosocial aspects. (AHMAD and SHAIKH, 2008).

Kalinine and Goller (2002), says that company-Gymnastics serves mainly to assist in increasing production, and physical and mental improvement of employees. In the school of Gymnastics, she will regain the mental work capacity of students, and can relieve the fatigue of students mental and benefit their mental health.

The gymnastics (GL) in addition to avoid repetitive stress injuries, avoid sedentary life, reduces stress,

improves employee performance, improves self-esteem, and promotes a relaxation and interaction among co-workers. Oliveira, (2007), Therefore the present study is to assess whether these benefits can happen in students as a physical and mental quality to students, helping in the correction of posture, socialization, aiding in the ability to concentrate, improving the students ' intellectual performance and wellbeing.

The GL not only inside the school has the same goal, that applied in company that mostly this focused specifically as compensation. At school the goal goes far beyond that, he seeks to accomplish a break in activities, to devote themselves to their own body, through stretching, recreational activities and relaxation for a few minutes. (POLIO and BERGAMASHI, 2002). The realization of a project of gymnastics at school, will provide students with activities that lead to greater insight about your body, and somehow help them understand the answer he gives when exposed to situations of fatigue and stress, seeking to promote improvements in their quality of life. (C.P. and GARDNER, 2010).

TYPES OF GYMNASTICS

The lack of physical activity can lead to a gradual decline of the functional capacity of various organs and systems of the body, many people just start to give due value to the practice of exercises, when passing through a difficult state in life such as a heart attack or increased blood pressure, anything with the practice of activity can improve your status, and also when you get older or arrive at old age, we feel that we no longer have so much available.(C.P. and GARDNER, 2010).

The Gymnastics is sorted according to the time of execution, and as for the goal you want to achieve. Is classified into three types:

- Preparatory labor Gymnastic or Heating:

Activities executed before working hours, arousing and warming up the employees, aiming to prevent occupational accidents, occupational diseases and muscle sprains (OLIVEIRA, 2007).

Giordani (2011), defines preparatory exercises as an enhancement to coordination, through a set of exercises that prepares the individual depending on the requirements of strength, endurance or speed for your work.Already Giordani (2011) says are exercises conducted before the workday, aiming to prepare the individual for the beginning of his work, warming up the muscle groups required in their tasks and arousing them to feel more prepared.

- Compensatory labor Gymnastic or Pause:

Kolling (1980), one of the pioneers of Gymnastics in Brazil, States that the Compensatory labor gymnastic (G. L. C) aims to work the muscles and relax the muscles that are in contraction throughout most of the workday (2007).

Following the same reasoning, Giordani (2011), quotes that the Compensatory labor gymnastic is composed of physical activities performed during working hours, acting Therapeutics, i.e. exercising muscles that have been worked with excess during office hours, providing a physical, mental and social well-being to the employee. Having the same opinion, Lima (2007), defines the GLC as exercise practiced during office hours, normally taking a pause activates 3 the 4:0 after the beginning of the workday, breaking the monotony, there is a performing exercises to compensate for heavy structures of individuals, strengthening muscles and alleviating tensions.

- Gymnastics or relaxation Late office hours:

Is of paramount importance to develop specific exercises of relaxation at the end of the day, because it aims to relax the muscular structures involved in the task of all day.(2007). In this sense, Oliveira, (2007), States that relaxation Gymnastics (G.L. R), being practiced at the end of the workday aims, relax the body and specifically vent regions tensions that accumulate more tension.

These three types of gymnastics are essential, because in the beginning serves to heat, in awakening; in the middle of the workday, or study the GL serves to compensate, relax the muscles that are taken out most of the time; and at the end of the day or the end of the lesson, the GL in to assist in relaxation of the body, specifically the regions which have accumulated tensions spilling over more tension during the day.

So the gymnastics will be crafted in this way with pré-vestibulandos students, seeking to awaken them at the start of classes, looking for stretch and relax muscles contracted in most of the time in the middle school, and finally at the end of the lesson trying to relieve some tension and relax the whole body.

The benefits of Gymnastics

The Gymnastics (GL) provides benefits for both the employee and the company, she has been showing faster results and direct the improvement of interpersonal relationship and the relief of body pain, besides preventing LER/DORT. (OLIVEIRA, 2007).

At school the GL benefits students both in the part of muscle relaxation, as well as expansion of capacity of concentration, increased blood circulation promoting the intellectual capacity, improved self-esteem, interfere with personal attitudes and habits, enabling the reduction of chronic fatigue and provides relief to stress. (C.P. and GARDNER, 2010).

There are 4 types of benefits that Gymnastics promotes physiological, psychological, social, and business.(LEE et al, 2008).

Fisiological: promotes feeling of provision and welfare to work; Combat and prevent occupational diseases, sedentary lifestyle, stress, depression, anxiety; Improves flexibility, coordination and strength, promoting greater mobility and better posture; Decreases inflammation and trauma; Reduces unnecessary muscle tension; Reduces the effort in the execution of daily tasks.

Psychological: favors routine change; Strengthens self-esteem and improves self-image; Improves attention and concentration at work; Develops body consciousness; Fighting emotional tensions.

Social: Awakens the emergence of new leadership; Encourages personal contact; Promotes social integration; Encourages teamwork; Improves interpersonal relations.

The stress and the students.

The end of high school for entry into higher education, is a very important event in the life of an individual who usually implies big changes. The last year of high school is what seems to bring students to this awareness, getting more anxious, worried, restless and often sold out, a reality that can be experienced as stressful (NASSER et al, 2012).

Today with the world becoming increasingly global, competitive, fast and stress is a component that is increasingly dominating people, even young people. But ultimately what is stress? Is a disease or not?

According to Nasser et al (2012), the stress can be understood as a Psychophysiological response, because it involves psychological aspects such as: emotions, thoughts and behaviour presented by people; and physiological aspects as: changes in eating habits, sleep changes, physical symptoms such as gastritis, ulcers, hypertension and others. In this sense one can say that stress itself is not a disease, but can be the starting point for that develops some disease.

Stress has always been present since the dawn of human evolution, but today the intensity of stimuli in our day to day is bigger and generates a need for adaptation on the part of the body, this body's resistance wear can generate numerous physical and psychological illnesses. (MASSOLA et al, 2003).

Stress is a reaction of the organism with physical, mental and psychological, hormonal, which occurs when the need arises for a great adaptation to an event or situation of importance, This event can be something negative or positive. The negative is the excess stress, occurs when the person goes beyond its limits and exhausts its adaptability. Positive stress is the stress in their initial phase, of the alert. The body produces adrenaline that the courage, stamina and energy, is the phase of productivity, but nobody can be on alert for a long time, because the stress becomes excessive when too harsh. (PEREIRA and JESUS, 2011).

Adolescence is a period characterized by a process of maturing biopsychosocial and the onset of puberty and sexual maturation signal the first brands of adolescence, (fair, 2005). This was a rich period in destabilizing possibilities, it is also a time to various settings, including the selection of a professional field, and this choice is influenced by political, economic, social, educational, psychological and family. Because it is a decisive period, this process can be seen as a stressor and, thereby, undermine the adaptability and quality of life of young school students. (F et al., 2010).

This period also marks the end of school-the final stage of basic education-and early preparation for the entry into the world of work, which by itself is voltage generator. And with so many implications, this phase assumes the emergence of conflicts, anxiety and stress, as well as formation of bereavements, as the decision by a choice leads to resignation of others, however the young must soon choose a profession, a choice that seems to be final. (F et al., 2010).

The tension caused by the stress can cause impatience, loss of concentration, and are directly correlated to the problems and learning disabilities, depression, decreased memory, irritability, among other consequences. (F et al., 2010). For F et al (2010), signs and symptoms, in psychological terms, that can occur are: insomnia, anxiety, anguish, anxiety, difficulty of relax, irritability, among others. Stressed out students have a lower perception of their health status and lower self-esteem. (LIGHT et al, 2009).

During the period of school life, the concern with the vestibular meets the desires of adolescents, because they need to take a mature and responsible attitude to identify what are your priorities, often leaving to other background activities that consider enjoyable. These people end up decreasing their hours of sleep, passing part of dawn to study; do not travel if not fun on vacation, sometimes feed on evil not to lose time with meals and abandon the social conviviality. (NASSER et al, 2012).

The proposal is to use the gymnastics with responsibility and maturity, being an innovative agent to effectuate change process of learning, focusing on the needs of the learner. (SAHA et al, 2011).

With this the Gymnastics aims to try to help these students to everyone else has removed theirs and relax a little this tension of the College, providing to them a few minutes before the lesson a little relaxation, interaction between colleagues, relaxation, more provision for class to start, relief mental fatigue and muscle tension relief.

Methodology

This article is of a qualitative character.

The sample of this study consists of 61 students at a private school in the city of Campo Grande m. S of which 21 males and 40 females, aged between 16 and 26 years composing a panel of 3° year of high school.

To assess whether the gymnastics (GL) brought some benefit and relief in pré-vestibulandos stress, we conducted a questionnaire containing 11 questions.

The classes are held in the GL period of one month, and 1 time per week lasting 7 to 10 min. Were applied stretching exercises, relaxation and warming, and some used materials such as polka dots and bladders. Before the beginning of the lesson in the afternoon was held in the first week GL heat in second week was applied to compensatory GL; the third week was held the GL of relaxation with the useful of the balls, and in the last week was a dynamic gymnastics using bladders.

For the statistical analysis of this research evaluated the possible improvements in students ' stress levels, we used the program Microsoft Excel 2003.

Results and discussion

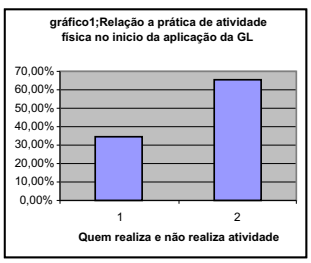
In the interpretation of the results of this descriptive study, qualitative analysis was used, which is the most suitable for the identification and understanding of social events. (MINAYO, 1993).

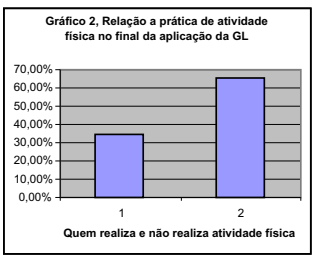
The collected data were classified into three categories of analysis: 1° personal questions and related to practice physical activity (such as: drink alcohol, if you smoke, performs some physical activity); 2° questions related to consequences and/or reflexes of stress (such as: excessive irritability, desire to disappear, anxiety, sleep disturbance, fatigue to get up in the morning and feel that nothing else worth); 3° day of study-related questions (such as: the willingness to start lessons, available at the end of classes, if includes muscle tension at the beginning of the lesson, feels will and concentration for the classes).

1° Against the practice of exercises:

In graph 1 related to physical activity, carried out before the start of the application of gymnastics, the total of students represent 34.23% who perform any physical activity, 65.20% and do not perform any physical activity.

In the chart 2 related activity practice, held at the end of the application of gymnastics, the total of students represented the same 34.23% who perform any physical activity, and 65.20% that do not actually perform any physical activity, that is an alarming picture of sedenarismo between these estudanes on that age group.





Physical inactivity can be defined as lack of sufficient activity and can affect health, and also happens when the person spends fewer daily calories with physical activity. (DOMINGUES ET AL, 2008).

This result shows that physical inactivity among young students of 3° year of high school is very high, maybe this deficiency exists because the MEC does not require that the physical education class for the 3° high school year in schools, thereby bringing to students a deficiency in this area.

The lack of physical activity can bring to these young people various dangers such as: obesity, muscle atrophy, premature aging, among others. The deployment of gymnastics come to aid in the absence of this activity due to a lack of practice time for most students, they study all day, it is important to emphasize that it is important and recommended that physical education at school, because it is through the practice of physical activity they get benefits like: help keep bones, muscles and healthy joints, helps prevent and reduce obesity and unassuming that promotes well-being.

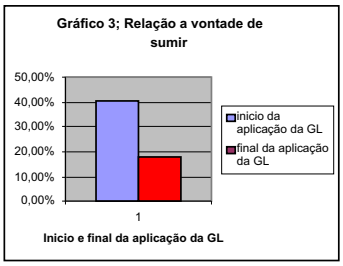
2° the consequences and/or reflexes of stress:

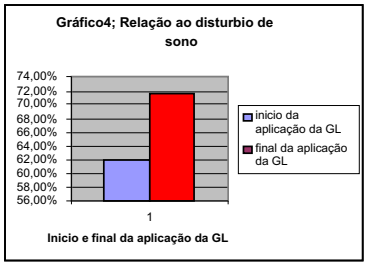
The collection held before the beginning of the application of gymnastics, the total number of students who have excessive irritability represented being 63.57%, the total number of students who feel the urge to disappear were 40.75%, being the total of students who feel anxiety accounted for 81.5%, being the total of students presenting sleep disorder accounted for being 61.94, the total number of students who feel tired when you get up in the morning 86.39% being represented, the total number of students who feel that nothing else worth represented being 19.56%.

The collection held at the end of the application of gymnastics, the total number of students who have excessive irritability represented being 57.05%, studies indicate that the feelings of irritability is part of the emotional dimension of subjects who are experiencing stressful moments. (PAFARO and MARTINO, 2004). The total number of students who feel the urge to disappear represented being 17.93%, the total number of students who feel anxiety showed being 81.5%, the total number of students who have represented sleep disorder being 71.72%, studies indicate that not sleeping well can be an indication of stress level. (LEVY, 2008). The total number of students who feel tired when you get up in the morning presented being 70.09%, this fatigue is perhaps excessive load of daily study of these students. The total number of students who feel that nothing more worth it represents being 9.78%.

Chart 3 shows that the willingness to disappear of the students had a considerable decrease.

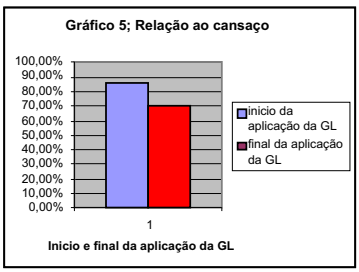
In graph 4 shows that the sleep disorder of students increased a little.

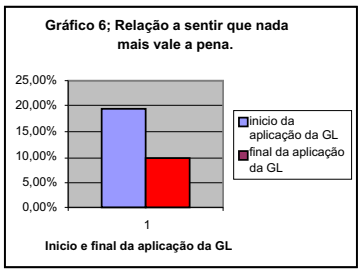




In graph 5 shows that the tiredness to get up in the morning subsided a bit as well

In chart 6 shows that feel that nothing else worth also declined fairly





In terms of qualitative analysis in the processing of the data, one may realize that these young people are experiencing the time of preparation for college entrance, thereby bringing the stress phenomenon that seems to be quite present. Allied to this, it should be noted also that school activities are well in intensive final stretch from high school.

Apart from the issue of stress that includes irritability, insomnia, fatigue, discomfort and anxiety, while suffering greater recovery by the middle part of managing family.

On the issue of anxiety, it was submitted that the majority of the total number of students are girls who feel more anxiety. The emergence of anxiety, which in many cases exceeds the bounds of normality can impair the performance of students in the learning process. (RAO and PELISOLI, 2008, APUD, F, et al, 2010)

These results showed the difference in wanting to disappear, in tiredness to get up in the morning and feel that nothing else worth prior to application of gymnastics (GL) and after application of GL that there was a considerable decrease in sleep disorder issue there was a small increase, but it involves many other aspects and also the issue of stress which is one of the major causes of insomnia. It is believed that with the regular practice of physical activity can improve these aspects.

3° the study journey

The collection held before the beginning of the application of gymnastics, the total number of students who study journey begins well prepared 42.38% being represented, the total number of students who began the journey of study unwilling to represent being 53.79%, the total number of students who began the journey of study unwell represent being 32.6%.

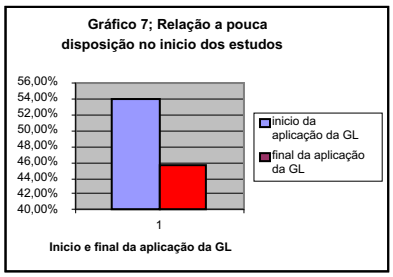
The collection held before the beginning of the application of gymnastics, the total number of students at the end of the studies feels well prepared, represent being 14.67%, the total number of students who feel unwilling to represent being 45.64%, the total number of students who feel unwell at the end of the studies represent being 39.12%.

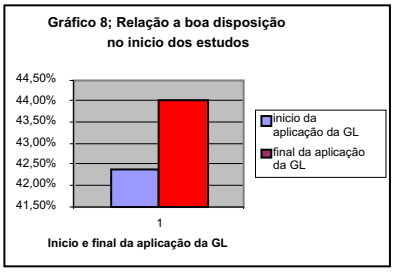
Total students who never owned a muscle strain at the beginning of the studies represent being 9.78%, the total

number of students who rarely feel muscular tension represents being 24.45%, the total number of students who feel a little muscle tension at the beginning of the studies represent being 42.38%, the total number of students who feel enough muscle tension represent being 16.3%, the total number of students who feel the whole time muscle tension at the beginning of the studies represent being 6.52%. Total students who never feels mood and concentration for the classes represents being 1.63%, total students who rarely feel mood and concentration for the classes represents being 4.82%, the total number of students who feel a bit of mood and concentration for the classes represents being 45.64%, the total number of students who feel enough will and concentration for the classes represents being 37.49%, the total number of students who feel the whole time and concentration to the classes represent being 8.15%

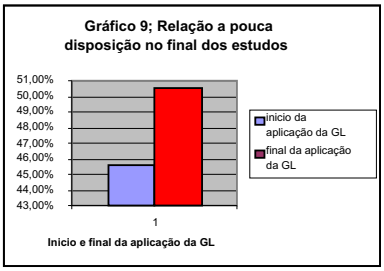
Data collection held at the end of the application of gymnastics, the total number of students who study journey begins well to represent being 44.01%, the total number of students who began the journey of study unwilling represented being 45.64%, the total number of students who began the journey of study unwell represent 48.9%, being the total number of students at the end of the studies they feel well arranged represent being 11.41%, the total number of students who feel unwilling to represent being 50.53%, the total number of students who feel unwell at the end of the studies represent being 29.34%. The total number of students who never has a muscle strain at the beginning of the studies represent 4.89%, being the total of students who rarely feel muscular tension represents being 26.08%, the total number of students who feel a little muscle tension represents being 42.38%, the total number of students who feel enough muscle tension represents being 8.15%, the total number of students who feel the whole time muscle tension at the beginning of the studies represent being 3.26%. The total number of students who never feels in the mood and concentration for the classes represents being 0%, the total number of students who rarely available and concentration for the classes represent being 1.63%, the total number of students who feel a bit of mood and concentration represents being 30.97%, the total number of students who feel enough will and concentration represents being 50.53%, the total number of students who feel the whole time and concentration to the classes represent being 4.89%.

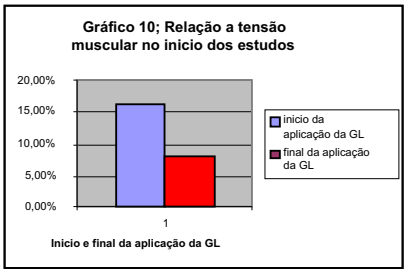
At Gráfico7, shows that there was a decrease of students who feel unwilling in the lessons. In chart 8 shows that students well prepared at the beginning of classes has increased a little.





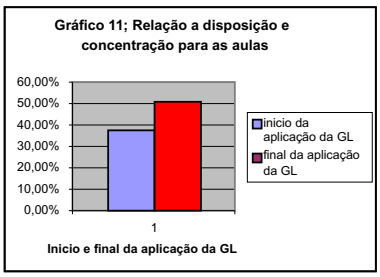
In Graph 9 shows that there has been an increase of students who feel unwilling at the end of classes. In chart 10, shows that decreased enough students who feel muscle tension at the beginning of the studies.





With regard to the beginning and end of classes students can observe that in some ways the gymnastics managed to contribute in terms of willingness to start classes and at the end of classes. Showing that the practice of physical activity is essential for young students.

In Chart 11, shows that there has been a considerable increase in the number of students who feel will and concentration for the classes.



According to Pat et al., (2008), in the life of a young man, the vestibular examination can be considered a strong stress generator, which is expressed through the loss of concentration as well as the decrease in memory.

With these results we found that gymnastics has contributed significantly on the issue of students feel muscle tension at the beginning of the studies and helped considerably in terms of mood and concentration of students to classes. But for that we have a more effective and satisfactory result in decrease of stress of these students, you will need to obtain the realization of physical activity regularly. Only in this way will these students will get a better quality of life.

CONSIDERATIONS FINALS

The entrance exam, and more specifically the time of vocational choice, usually is a time causing stress, because it involves specific factors like the professional choice, fear of disapproval in the midst of so many candidates per acancy, worrying so many young people.

Stress is a phenomenon that is increasingly present in the lives of young people, mainly in a capitalist society, that charges of individuals an appropriateness to the new times of globalization and fierce competition.

The perceived stressors events designed in this study: lack of physical activity, anxiety, sleep disturbance, fatigue, muscle tension and mood and concentration for the classes. We realize that adolescence is a period very susceptible to stress and that young people are exposed to a variety of transformations in a short space of time, which requires constant adjustments, thus making the phenomenon of a constant stress. The perceived stressors events designed in this study: lack of physical activity, anxiety, sleep disturbance, fatigue, muscle tension and mood and concentration for the classes. We realize that adolescence is a period very susceptible to stress and that young people are exposed to a variety of transformations in a short space of time, which requires constant adjustments, thus making the phenomenon of a constant stress.

The data collected on the perception of stress among the high school students can also serve as a basis for the proposition of other research projects which have as objective to draw the profile of the young graduate from high school, as well as determine the causes more stress related in these subjects, seeking strategies on physical activity to help students ' stress relief.

In conclusion, it is of paramount importance to realization of physical activity among students of 3° year of high school, because they are going through the phase of professional choices, giving more emphasis to the studies and leaving aside the practice of physical activity, it is important to note that this research students realize their educational activities in the morning and evening periods, and most of them are cram at nightnot left so no time slot during the week for physical activity. However the gymnastics comes as an option of physical activity for students who don't have the time to perform the same.

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THE GYMNASTICS AS A TOOL FOR STRESS RELIEF OF PRÉ-VESTIBULAR

SUMMARY

The aim of this study was to analyze whether the workplace contributes to the

the stress of pré-vestibulandos, and if there is improvement in the performance of studies and in the quality of life for middle school students. Participated in this study 61 students of both sexes, from a private school teaching, with an average age of 21 ± 5 years. Through the individual questionnaire, buscou-se avaliar a prática de atividade física e o nível de est We sought to evaluate the practice of physical activity and the stress level of students. The young participants of this survey indicated a high percentage with respect to physical inactivity, anxiety and sleep disorder, and an improvement in mood and concentration for the classes. The stage of adolescence is a period very susceptible to stress and that young people are exposed to a variety of transformations in a short space of time, which requires constant adjustments, thus making the phenomenon of a constant stress. Is of paramount importance to realization of physical activity among students of 3° year of high school, because they are going through the phase of career choices But the gymnastics comes as an option for physical activity for the young students who don't have the time to perform the same.

KEYWORDS: Gymnastics; Stress; Pré-Vestibular

LA GYMNASTIQUE COMME UN OUTIL POUR SOULAGER LE STRESS DE LA PRÉ-VESTIBULAIRE

RÉSUMÉ

Le but de cette étude était d'analyser si le lieu de travail contribue à diminuer le stress de la pré-vestibulandos, et s'il y a amélioration dans l'exécution d'études et de la qualité de vie pour les élèves du Collège. Ont participé à cette étude 61 étudiants des deux sexes, d'une école privée d'enseignement, avec un âge moyen de 21 ± 5 ans. Au moyen du questionnaire individuel, nous avons cherché à évaluer la pratique de l'activité physique et le niveau stress de ces étudiants. Les jeunes participants à ce sondage ont indiqué un pourcentage élevé en ce qui concerne l'inactivité physique, l'anxiété et troubles du sommeil et une amélioration de l'humeur et de concentration pour les classes. Le stade de l'adolescence est une période très sensible au stress et que les jeunes sont exposés à une variété de transformations dans un court laps de temps, ce qui nécessite des ajustements constants, rendant ainsi le phénomène d'un stress constant. Est d'une importance primordiale à la réalisation de l'activité physique chez les élèves de la 3 ° année d'école secondaire, parce qu'ils passent par la phase du choix de carrière, mais la gymnastique est livré en option pour l'activité physique pour les étudiants qui n'ont pas le temps pour accomplir la même chose.

MOTS CLÉS: Gymnastique ; Stress ; Pré-vestibulaire.

LA GIMNASIA COMO UNA HERRAMIENTA PARA ALIVIAR EL ESTRÉS DE PRÉ-VESTIBULAR

RESUMEN

El objetivo de este estudio fue analizar si el lugar de trabajo contribuye a disminuir el estrés de pré-vestibulandos, y si hay mejora en la realización de estudios y en la calidad de vida para los estudiantes de secundaria. Participaron en este estudio 61 estudiantes de ambos sexos, de una escuela privada de enseñanza, con una edad promedio de 21 ± 5 años. Mediante el cuestionario individual, se buscó evaluar la práctica de actividad física y el nivel de estrés de los estudiantes. Los jóvenes participantes de esta encuesta indican un alto porcentaje con respecto a la inactividad física, ansiedad y trastorno del sueño y una mejora en el estado de ánimo y concentración para las clases. La etapa de la adolescencia es un período muy susceptible al estrés y que los jóvenes están expuestos a una variedad de transformaciones en un corto espacio de tiempo, lo cual requiere constantes ajustes, por lo que el fenómeno de un estrés constante. Es de primordial importancia para la realización de actividad física entre los estudiantes de 3 ° año de secundaria, porque están pasando por la fase de carreras pero la gimnasia viene como una opción para la actividad física para los estudiantes que no tienen el tiempo para realizar la misma.

PALABRAS CLAVE: Gimnasia; Estrés; Pré-Vestibular.

A GINÁSTICA LABORAL COMO FERRAMENTA DE ALÍVIO DO ESTRESSE DOS PRÉ-VESTIBULANDOS

RESUMO

O intuito do presente estudo foi analisar se a ginástica laboral contribui para a diminuição do estresse dos pré-vestibulandos, e se há melhora no rendimento dos estudos e na qualidade de vida dos alunos do ensino médio. Participaram do estudo 61 estudantes de ambos os sexos, proveniente de uma escola particular de ensino, com idade média de 21 ± 5 anos. Por meio de questionário individual, buscou-se avaliar a prática de atividade física e o nível de estresse desses estudantes. Os jovens participantes desta pesquisa indicaram uma porcentagem alta com relação a inatividade física, ansiedade e distúrbio de sono, e uma melhora na questão de disposição e concentração para as aulas. A fase da adolescência é um período muito suscetível ao estresse e que os jovens estão expostos a diversas transformações em um curto espaço de tempo, o que exige constantes adaptações, tornando assim o fenômeno do estresse uma constante. É de suma importância a realização de atividade física, por parte dos estudantes do 3°ano do ensino médio, pois estes estão passando pela fase de escolhas profissionais Contudo a ginástica laboral vem como uma proposta de opção para a realização de atividade física para os jovens estudantes que não tem tempo para a realização do mesmo.

PALAVRAS-CHAVE: Ginástica Laboral; Estresse; Pré-Vestibulandos.