23 - INFLUENCE OF CAPOTHERAPY ON THE PHYSICAL ASPECT OF ELDERLIES OF A SOCIAL PROJECT OF OLD PEOPLE IN DOURADOS-MS

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INTRODUCTION

The elderly population has been increasing every day, and with this the need of organizing new public policies with efficacy to serve this population. In Brazil, according to a statistic projection of the WHO, the elderly population will increase sixteen times against five times of the total population. The elderly proportion will pass 7,5% in data obtained in 1991, for about 15% in 2025, which is the same proportion of European countries (KUHNEN, et al., 2002).

Capotherapy is a new physical activity, but it has been increasing every day with a great acceptance by the new participants, it was developed by the “master in capoeira Gilvan Alves de Andrade” in the city of Brasília (DF) in 1998, when the idea of applying the ludic elements appears mixing with old songs and circle games, creating the capotherapy method, a physical activity and a therapy through capoeira (LIMA, 2005; LIMA, 2009).

Respecting particularly the physic conditions of the elderlies, Capotherapy is an adaptation of Brazilian martial arts which is capoeira and the leisure activities without high impact (SILVA, 2008). Remembering that capoeira for elderlies does not need to have a high return, because they look for life quality, that is, improvement of strength, not sedentary life, fun, socialization and a better physical conditioning, obviously within their limits (CAVALIERI JUNIOR; GONÇALVES, 2009).

This research was justified by its relevance as much on the social and as much on the health, what is also related to the benefits offered to the capotherapy regulars, because it is a physical activity that is directed to special groups and values the Brazilian culture due to being an adjustment of Capoeira and the circle games. It also let clear the need of more studies, mainly in the seek of alternatives for a better life quality of the elderlies (LIMA, 2009).

This way, the study looked toward a qualitative approach, showing the not passive data of math mensuration, trying to learn the common and uncommon perceptions on the subjectivity of the people involved in the research, especially on the subject-object condition (MARQUES, et al., 2006).

So, the perspective of inference propose to identify the benefits offered by the capotherapy for the old people, what justified the study, making a follow-up of the regular community of a social project of a Center of companionship of the elderlies in Dourados-MS, looking for a bigger level of scientific information about an approach of physical exercises possibilities trying to improve the life quality through the theme, what justified the accomplishment of the study.

MATERIAL AND METHODS

This exploratory, descriptive, with qualitative approach study related the data based on the common and uncommon perceptions present in the subjectivity of the people involved in the research, especially in the condition of subject-objective (MARQUES et. al., 2006). It was considered this inference a field study, once, it sought the comprehension of the society aspects (MARCONI; LAKATOS, 2008; MINAYO, 2010).

The research attended the ethical and scientific requisites fundamental disposed by the National Health Council (CNS-Brazil) in the resolution number 196 of October, 10th, 1996, about the guidelines and rules that involve the researches with human beings (BRASIL, 2002). The research was approved by the Ethical Committee in Researches with Human Beings of Unigran, under the protocol number 218/11, according to the responsibility by the scientific conduction, assuring the seal of the intervieweds' identity and the criterions of inclusion and exclusion previously organized.

The sample was composed by 32 elderlies, most of them women (n=30) and 02 men, with ages between 60 to 93 that were interested and ready to participate of all the stages of the research, regulars in a Companionship Center in Dourados/MS, whose name will not be published aiming to preserve the anonymity of the involved in the study.

Two data collection with half-structured interview were made, with open questions, according to Salvador (2006), one before the inference and another after the application of the Capotherapy activities, that happened during 30 days, twice a week, on Tuesdays and Thursdays, with duration of 45 to 60 minutes each class. The research on the qualitative performance presents the results expressed on interviewed's opinion with the content analyzed, using Bardin's technique (2009), which had as object the precious analysis on the project form, exploration of the data obtained on the collected material, on the treatment of the results with its inference and interpretation.

RESULTS AND DISCUSSION

The results obtained during the previous test (before the inference), through the intervieweds' opinions evinced that most of them knew capoeira only to watch the performances, but just one of them had already practiced capoeira and none of them knew the term Capotherapy or that its means of practice are adapted to any age or social level. There are very few studies about the practice of this modality or about the elderlies who are regulars in such activity, also about the correlational factors between its practice and the aging, including, considering the sociocultural and historic aspects involved, due to the fact of this practice be a recent innovation of capoeira. (LUSSAC, 2009).

Through Capotherapy the regulars said have changed even the conception that they had about capoeira, due to the lack of knowledge or to the judgment based on only one aspect of this modality, the one of fight, which prevailed on the first period of its construction, related to the slaves' corporal defense in the fights against the overseers. But from the general knowledge transmitted about the modality changed into dance/art, acquired on its evolution throughout the history, being shown as a Brazilian modality and recognized as a Brazilian Cultural and Immaterial Patrimony by the National Historic and Artistic Patrimony- IPHAN (2009), the interviewed admit that they started stimulating their children and grandchildren to practice it.

The people who were interviewed are listed by numbers aiming to preserve their identity and as an answer to the guide question related to the knowledge about capoeira, presented before the inference of the applied classes, shown the following results: 22 people answered “to know capoeira” and this happened in “watched performances”; 01 affirmed that “had already practiced” and 09 “ignored totally”. Related to the knowledge about the term Capotherapy and its meanings as a physical practice

or activity/exercise, all the interieweds affirmed to know or never heard about.

As in Brazil as in other countries, there are not official data about the regulars or about the capoeira teachers, that are elderlies and the lack of data make impossible to have basic answers about the issue, requiring more involvement of the organizational institutions of the modality, its federations, associations, while seeking for indicators through researches that let clear the effects of this practice among elderlies, making feasible more efficient actions of public policy on the diffusion of the Capotherapy practice (LUSSAC, 2010).

After the inference with the practice of Capotherapy, it was aimed the comprehension and the perception among the regulars about the modality, obtaining the same answer among the involved on the research about the answers “really like” and “great activities”.

Capoeira worked in particular respecting the physical conditions of the elderlies, being it an adaptation of the Brazilian martial art that is capoeira and leisure activities without a high impact (SILVA, 2008), using only its ludic elements, mixed with songs and circle games (LIMA, 2009).

Answering to the questions about the physical effects noticed with the practice of capotherapy, it was obtained the following results for the improvement of the goodwill and autonomy in the everyday tasks execution:

(…) I am really fine, now I clean the backyard, the house and before I could not do it (Interviewed 01; 66 years old).

(…) I felt more goodwill, before I felt my body tired (Interviewed 02; 62 years old).

(…) For me it was the best thing that happened to me, so far, I was just sat, I could not stoop down, bend the knees, my toes were rigid, the doctor prescribed a lot of medicines and they did not work, now I do not use any medicines, and I am much better. I could not do many things, for example, cleaning the kitchen, sweeping the house, and now I do it, there are more than 5 years that I could not be on my knees to pray, and now I can, I am very happy. (Interviewed 03, 70 years old).

(…) There were many improvements in the body what is “cool”, it is nice to do the stuffs at home, walking. (Interviewed 04, 63 years old).

(…) I have more goodwill now, I do my tasks faster. (Interviewed 30, 61 years old).

(…) When I leave here, I have the will of running, fly… I can do my tasks faster, and even to get out of bed which was hard, now, I can jump out of the bed. (Interviewed 05, 60 years old).

(…) On the day of the class I get more tired, but in the following day I feel much better. (Interviewed 06, 64 years old).

(…) I am feeling much better. (Interviewed 11, 68 years old).

(…) Now it is much better; before it was a sacrifice getting out of the bed, I always suffered from pains in the whole body, now it is different, I wake up better and I do my tasks without problems. (Interviewed 13, 80 years old).

(…) I felt my body weightless, even better to sleep. (Interviewed 07, 69 years old).

(…) It is very good; I like because I feel very well. It is better, I feel good and my body is light. (Interviewed 14, 66 years old).

(…) Now it is much better to accomplish my tasks at home, I can raise my legs very high, I could not even dance anymore, and now I can do it again. (Interviewed 19, 77 years old).

(…) I am more disposed, I can do my tasks faster. (Interviewed 27, 76 years old).

(…) I am very well, more disposed. (Interviewed 21 and 24, 63 and 62 years old).

Sarcopenia, term that denotes the extreme loss of the size of a muscle, is the responsible for letting the elderlies weak and incapable of doing many of all the everyday activities, making impossible their contact with the world, what takes them to the isolation and consequent neuron, motor and psychological dysfunctions. The combination of an adequate diet allied to the physical inactivity provoke the loss of lean body mass and the consequent strength capacity; while the muscles get weak the locomotive capacity, the act of climbing steps, the deceleration of the walking speed and the progressive decline on the load that the muscles can lift are reduced (SHEPHARD, 2003). To revert these situations, only with the orientated practice of physical exercises, considering the elderlies limits.

About the physical effects noticed on the improvement of the physical pains due to the degenerative process and by the absence of the physical exercise, it was obtained the following opinions:

(…) The pains I felt on my arms decreased a lot. (Interviewed 08, 60 years old).

(…) The pains I felt on my knee decreased, and when I practice Capotherapy I feel my body better until the next day; but as it is few …it would be good if there were classes more times a week. (Interviewed 09, 64 years old).

(…) It is much better, my toes were dormant due to a spine problem, after the classes it does not happen anymore. (Interviewed 10, 62 years old).

(…) It is much better, many pains that I felt in the body are not present anymore, and when I do not come to the Capotherapy I miss it. (Interviewed 12, 75 years old).

(…) I am much better, I suffered from many pains in the body, and now I do not feel them anymore. (Interviewed 22, 74 years old).

(…) I felt an improvement, I was full of pains, and now I do not suffer from them anymore. (Interviewed 29, 71 years old).

(…) Sometimes I arrive at the class with pains on my ankles, knees, back, and when the class finishes I do not feel any pain anymore. I feel myself lighter, happier and more content. (Interviewed 15, 72 years old).

(…) I am much better; I have problem on my knee and after the capotherapy it is much better. (Interviewed 26, 69 years old).

(…) I have arthrosis on my hips that frequently hurt, and with the Capotherapy it is much better. (Interviewed 32, 60 years old).

(…) I think that Capotherapy is very cool, it works since the whisker to the toes. It improved everything, even the “mood”; I had a problem in the spin and I took medicines to relief the pain, but now I do not need the medicines anymore. (Interviewed 25, 68 years old).

The abilities to create, transmit and sustain the required strength, need to the movements, depend on a balance among the bone, muscle and conjunctive tissue functional capacity, components responsible of the muscle-skeletal.

The total mass of a bone reflects the strength that a muscle is able to exert on the bones that it is connected to. If there is the loss of the lean body mass, it is a consequence of the loss of density of bony mass and many studies have shown a significative positive correlation among the bony density mineral, the strength and the mass of the musculature linked (SIMÃO, 2008). The positive reflexes of the proposal interference in this study can explain the improvements on the physical pains reported by the studied people.

Some of the interieweds reported loss of weight with the practice of physical activity proposed and among them:

(…) It is very nice to entertain, it provides certain calm and a revitalizing sleep / I am very light and happy because

since I started practicing Capotherapy I lost three and a half kilos, I feel really disposed and decreased the pain I felt on my knee. (Interviewed 16, 71 years old).

(…)Now I feel much better; I lost weight a lot, and I almost do not feel tiredness. (Interviewed 31, 63 years old).

The physical activity influences in a positive way the physical and psycho-social health, being important in all stages of life, but it is in the advanced age that this practice is fundamental, because it interferes in the recovery of several metabolic disturbs caused by the sedentarism, bad nourishment or inadequate habit of life; the regular physical activity decreases the risk of chronic diseases through the weight control (ALLSEN et. al., 2001).

Other reports pointed the perception of improvements in the physical capacity such as:

(…) My body is better, I have more flexibility. (Interviewed 23, 93 years old).

(…) It is much better, I have more agility. (Interviewed 28, 67 years old).

Simão (2008) grants to the physical capacities fundamental components to a good health, since they are responsible for the ability of executing everyday tasks with vigor and attention, eliminating the tiredness and fatigue, maintaining the energy to usufruct the leisure time and being ready to attend the possible emergencies, therefore, activities that develop the strength, flexibility and resistance must be done in a systematic and frequent way.

One of the differences of the traditional Capoeira for this new method is on the rhythm and intensity. There is saunter in Capotherapy, traditional movement of Capoeira, and the students have little notions of sidestep, that is the act of avoiding being hit. But obviously there are no springs, or more bruising stroke, that can expose the elderlies to accident and lesions. Capotherapy is indicated to any age, including for blind ones, people with mental deficit or motor sequel, for handicapped ones in wheelchairs. Only for people with serious cardiac disease must avoid such activity, because in this case any more intense physical effort is a threat for their health (LIMA, 2009).

To Corazza (2009), while starting a physical work with an elderly it is necessary that his abilities and limitations be taken into consideration, without forcing him to a practice that he is not prepared, making him to feel insecure and incapable. In this sense, it is a duty of the Physical Education Professional observe the general conditions of the elderly, his motor coordination, the level of physic limitations that the life provoked naturally, extracting the maximum of his potentiality with happiness and pleasure on the physical activities accomplished.

CONCLUSION

It can be concluded that Capotherapy brought contributions to the improvement on the physic aspect on the elderlies' view, providing them health through the practice of an orientated physical activity. This brings a bigger credibility to this method, that besides new, has been showing a great result, according to what has been descripted in this research, being efficient while respecting the elderlies' physical conditions. The attention is called to the fact that many of these elderlies did not practice any kind of physical exercise in their adult life, but nowadays, through the orientations received during the research, they have results of a simple and efficient practice of Capotherapy.

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INFLUENCE OF CAPOTHERAPY ON THE PHYSICAL ASPECT OF ELDERLIES OF A SOCIAL PROJECT OF OLD PEOPLE IN DOURADOS-MS

ABSTRACT

Identify the influences of the Capotherapy on the elderlies' physical aspect in a Social Project of a Companionship Center in Dourados/MS while investigating the concept of Capotherapy among the sample and analyzing the physical influences provided by the practice of this modality of physical activity/exercise. The research inference was through a qualitative approach, with questions half-structured, with the population composed by 32 elderly people with ages between 60 to 93 of both genders. Most part of the interviewed affirmed to know capoeira only by performances, being that just one of them had already practiced and they ignored the term Capotherapy and its mean of practice adapted to any age or social level. After the intervention, all of them liked the activities offered by the capotherapy very much and they said to get an improvement on the physical aspect due to the dynamic applied. It can be concluded that the Capotherapy brought a large contribution on the improvement of the physical pains and consequent of the getting old process allied to the sedentarism, providing them physical welfare with the practice of physical activity well orientated, what makes believe even more in this method, that besides new, shows a positive result, according reports of interviewed people in this search.

KEY-WORDS: Elderly, Capotherapy, Physical Activity.

INFLUENCE DE LA CAPOTHÉRAPIE AU ASPECT PHISIQUE DES ÂGÉS D'UM PROJET SOCIAL DE LA TROISIÈME ÂGE DE DOURADOS-MS

RÉSUMÉ

Identifier les influences de la Capothérapie au aspect physique des âgés d'un projet social d'un centre de convivialité de Dourados-MS a enquêter sur le concept de Capothérapie entre l'échantillon et analyser les influences physiques proportionée pour la pratique de cette modalité d'activité/exercice physique. La recherche si est faite pour l'approche qualitatif, avec question sémi-estruturé, avec une population composé par 32 personnes de troisième age, englobant les âges entre 60 a 93 ans, de tous les deux genres. La plupart des répondants a afirme connaître la “Capoeira” seulement des présentations, étant que seulement une personne avait déjâ pratique et connaissaient le terme Capothérapie et ses moyens de pratique adaptes a quelque âge ou niveau social. Après d'invention, tous ont aimé beaucoup les activités offertes pour la Capotherapie et ont dit avoir obtenu amélioration au aspect physique à cause des dynamiques apliquées. Pouvons conclure que, la Capothérapie a apporté contribuition dans l'amélioration des douleurs physiques en conséquence du processus de vieillissemt allié au sedentarisme, en proportionant bien-être physique avec la pratique d'activité orientée, ce que nous apporte à croire plus dans ce méthode, que malgré de nouveau, demontre un résultat positif, comme rapports des répondants de cette recherché.

MOTS-CLÉS: Troisième âge, Capothérapie, Activité phyisique.

INFLUENCIA DE LA CAPOTERAPIA EN EL ASPECTO FÍSICO DE ANCIANO DE UN PROYECTO SOCIALE DE LA TERCERA EDAD DE DOURADOS-MS

RESUMEN

Identificar las influencias de la Capoterapia en el aspecto físico de ancianos de un proyecto social de un centro de convivencia de Dourados-MS al investigar el concepto de Capoterapia entre las muestras y analizar las influencias fisicas proporcionadas por la practica de esta modalidad de actividad / ejercicio. La inferencia de la pesquisa fue realiazada por medio del enfoque cualitativo con cuestiones semi- estruturadas, con una probación compuesta por 32 personas de la tercera edad, que abarca las edads entre 60 a 93 años de ambos los sexos. La mayoría de los encuestados han dijo conocer "Capoeira" sólo de presentaciones, es que sólo una persona ya había practicado y desconocia el termino Capoterapia y sus medios de práctica adaptados a cualquier edad o nivel social. Después de la intervención todos gustaran de las actividades ofrecidas por la Capoterapia y informaron haber recibido mejoramiento físico debido a dinámicas aplicadas. Se puede concluir que la Capoterapia ha contibuido en la mejora de el dolor físico como consecuencia de el proceso de envejecimiento aliado al sedentarismo, proporcionando en el bienestar físico con la práctica de actividad fisica orientada, lo que nos hace creer en el metodo, que a pesar de nuevo demostra un resultado positivo, co los informes de los encuestados en esta pesquisa.

PALABRAS CLAVE: Capoterapia, Tercera Edad, Actividad Fisica.

INFLUÊNCIAS DA CAPOTERAPIA NO ASPECTO FÍSICO DE IDOSOS DE UM PROJETO SOCIAL DA TERCEIRA IDADE DE DOURADOS-MS

RESUMO

Identificar as influências da Capoterapia no aspecto físico de idosos de um Projeto Social de um Centro de Convivência de Dourados/MS ao investigar o conceito de Capoterapia entre a amostra e analisar as influências físicas proporcionadas pela pratica dessa modalidade de atividade/exercício físico. A inferência da pesquisa se fez por meio da abordagem qualitativa, com questões semi-estruturadas, com população composta por 32 pessoas da terceira idade com idades entre 60 a 93 anos, de ambos os gêneros. A maioria dos entrevistados afirmou conhecer a capoeira só de apresentações, sendo que, apenas um já a tinha praticado e desconheciam o termo Capoterapia e seus meios de prática adaptados a qualquer faixa etária ou nível social. Depois da intervenção, todos gostaram muito das atividades oferecidas pela Capoterapia e disseram ter obtido melhora no aspecto físico devido às dinâmicas aplicadas. Pode-se concluir que, a Capoterapia trouxe grande contribuição na melhora das dores físicas consequentes do processo de envelhecimento aliado ao sedentarismo, proporcionando-lhes bem-estar físico com a prática da atividade física bem orientada, o que faz acreditar ainda mais neste método, que apesar de novo, demonstra um resultado positivo, conforme relatos dos entrevistados nesta pesquisa.

PALAVRAS-CHAVE: Terceira Idade, Capoterapia, Atividade Física.