24 - MOTIVACIONAL FACTORS FOR THE PRACTICE OF PHYSICAL EXERCISES AMONG REGULAR AT OUTDOOR FITNESS CNETES IN AMAMBAI-MS

AUILERSON MORAIS LIMA
ZELIA APARECIDA MILANI PARIZOTTO
UNIGRAN – DOURADOS – MATO GROSSO DO SUL - BRASIL
auilersonmorais@hotmail.com

INTRODUCTION

The physical activity is defined as a group of action that a person, or a group of people, practices involving the expenditure of energy and alteration of the organism, through exercises that involve body movements, with the application of one or more physical aptitude, in a way that it will have as results the benefits to the health (MONTTI, 2005), mainly when performed according to the needs of the organism, being essential for the healthy functioning of the human body, since that all its systems answer favorably to the moderate physical activity (PEREIRA, 2002).

Valente Filho's conception (1997), in a study performed to describe the chronology of the term Sport for Everybody in Brazil (Esporte Para Todos no Brasil – EPT), in 1926, happened the "introduction of a square for sport and recreation, by Frederico Gaelzer, in Porto Alegre-RS, as a Free-time program offered to the population with local activities, and equipments adapted in public areas". In this initiative, it is already nexus with the action Sport for Everybody with an actual application as aim groups (schools, teenagers, adults, women) and strategies (streamlined volleyball offered on the street, proper to female participants), besides naturally, places of practicing free and ample access.

The equipments made of iron and wood usually in parks or even at the beach call the attention of everybody and make it possible the practice of physical exercising outdoor. The most common are the horizontal bars, parallel bars, plank for abdominal, balance beam and the rings. Some are similar to those military circuits. We can say that the outdoor fitness centers were always there, but nowadays, more modern, more colorful, calling more the attention and awaking the interest on its use more than in the past (CARCERONI, 2011).

"Introducing the prevention policy is as important as the building of new schools or hospitals. After all, a healthy society is, also, a more capable and more productive society." The assertion is Waldyr Soares', president of the Fitness Brazil Institute, which works in the moment on the argument about the physical activities importance for the adoption of a healthier life style (ÂNGELO, 2009).

Numbers from the World Health Organization (WHO) and from the Social Industry Service (Serviço Social da Indústria – SESI) prove the importance of the prevention policy to the public health not only for the community itself, but also for the budget devoted by the cities hall to the clinical service for the dwellers under its cares and responsibilities. So, the concept of the public fitness centers gains more and more followings. Other Hispanic countries have already resorted to the creation of spaces of the same nature, such as, Argentina, Chile, Colombia, Ecuador, Mexico, Paraguay, Peru, Uruguay and Venezuela (ÂNGELO, 2009).

The urban free spaces designed to the practice of physical activity are essential for the life quality of the population, being due to the possibility of a better aeration, insolation and diversity of the landscape, being due to the compensatory sense of the outdoor activity, big part of the population elects the urban free spaces as places of satisfaction of their daily or weekends leisure needs, and it is there where it is developed the most popular sports like soccer, walk and run (MAKI, 2009).

If the physical activity brings the welfare sensation, increases the "good humor", improves the quality of life while reducing the sedentarism and the sensation of physical and mental weariness of the people (ALMEIDA; BARBOSA, 2009), it makes necessary to know the reasons that make people practice the physical activity, mainly for the Physical Education professionals, because the specific actions that cater to the one's needs can be taken in the organization of a program with strategies on the health promotion of the population (PEREIRA, 2002; PAIM, 2003).

The theoretical foundation and the relevancy of the theme justified the accomplishment of the work, by actions that can be carried out with the population in case studied, while identify the mainly motivational factors to the practice of physical exercising among regulars in outdoor fitness centers in Amambai-MS, showing that besides the healthy influence of the practice of regular physical activity and the effects that these activities bring in these people's health. Furthermore, promote the argument about the need of the professional of Education's presence during the moment of the most attendance in the Parks of the city where there are the outdoor fitness centers is crucial in the sense of promoting the adequate orientation about the biomechanic and physiologic aspects in the execution of the gymnastical exercises by the community in general that cannot afford attending a fitness center.

MATERIAL AND METHODS

The field study, of transversal character, studied 23 people, of both sex, with ages between 18 and 67, chosen randomly, with the presentation of its results on the methods quantitative and qualitative: on the first condition, the protocol offered closed questions to achieve the proposal of the study (VIEIRA; HOSSNE, 2003; MARCONI. LAKATOS, 2008) while for the second method, some open questions stimulated the interviewed to think freely related to the object or concept of the theme investigated (VIEIRA; HOSSNE, 2003; LEITE et al.; 2009).

According to the responsibility for the scientific conduction, this project of research had its beginning only after the approval of the Ethic Committee in Research of Centro Universitário da Grande Dourados (UNIGRAN), under protocol number 148/2011 asserting the seal about the people's identity, and the enlightenment about the research objectives, ensuring the respect to the liberty of not to participating of the research; It was obtained the permission through a sign on the Term of Permission Free Enlightened (TPFE) (Termo de Consentimento Livre Esclarecido – TCLE), assuring to the people the right of recusing or abandon it anytime following the orientations of the Resolution number 196/96 from Health Minister (Ministério da Saúde) (BRASIL, 1996), with reference to the researches involving human beings.

RESULTS AND ARGUMENTS

The variables found related to the age of the people who made part of the sample mean that the most part is young adults attending the outdoors fitness centers (43%) and to the gender, highlighted the female in this practice (82,6%) and that the

years involved in the practice of physical exercise is around 1 to 2 years for the most part of the interviewed (60,9%). It is possible to notice similarities with other studies about the varieties age and gender for the practice of physical exercises, according to Souza and Castro's study (2010), what included that the women are those who more look for physical activities at the expense of the male gender and that the women feel pleasure in practicing such activities (all of them practice the activity in public places in Campo Largo, a city in the metropolitan nucleon of Curitiba, Brazil).

The results obtained in the present study, related to the factors that made the interviewed to the practice of the activities in the outdoor fitness center are in the Figure 1:



Figure 1: Motivational factors that made the practice of physical activity in outdoor fitness centers.
Source: Dates of research.

From the results obtained, the most part (56%) presents opposite reasons for the factor “health” (44%) and Coqueiro et al. (2006) corroborates this date while affirming that the population has the limited access about health information and that most of times the information happens through the media which in a big part retraces mistaken information for the esthetic issue, or, directly connected to the consume and the products commercialization. The authors suggest that many times the body is placed as a product, being at the mercy of excuse objectives.

It was questioning also during the research, what the interviewed understood by “health” and in the Figure 2 is the answer:

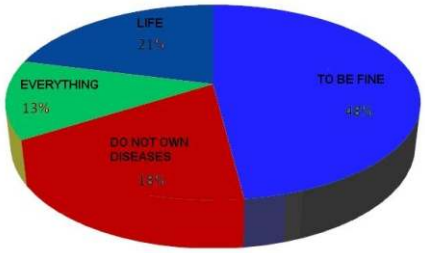


Figure 2: Sample dates about the health understanding.
Source: Dates of the research.

The answers go to Knobel's (2004) thought that relates health “with a condition where a person or a group of people is capable of realizing his/hers aspirations, satisfying his/hers needs and change or face the ambient. Health is a resource for the daily life, and not a life goal; it is a positive concept, emphasizing social and personal resources, as much as the physical aptitudes. It is a state characterized by the anatomic, physiologic and psychological integrity; by the capacity of performing personally the family, professional and social functions; by the ability to deal with physical, biological, psychological or social tension with a feeling of welfare and free from the risk of diseases or untimely death. It is a state of balance between the human beings and the physical, biological and social mean, compatible with a lot of functional activity”.

Health is not defined as the absence of malady anymore, but also, as a group of aspects where it can be observed the physical, mental and social states of the person. The World Health Organization (WHO) defines health as: the complete state of physical, mental and social welfare and not simply the absence of illness or malady (PITANGA, 1998).

It is right that the physical activity brings many changes to the body and to the mind, according to 87% of the interviewed the exercises brought some type of benefit for themselves while for only 13% the exercises did not bring any kind of effect. It was observed that among those who did not feel any physical or mental effect coming from the practice of physical exercise, is because they practice the activity for less than two weeks, what is normal, since Barbanti (1997), Foschini and Prestes (2010) stipulate between 10 and 12 weeks for the noticed effects with the practice of physical exercise, mainly those which involve the trainee of the brawn.

Related to the physical activity in the public health context, Coqueiro et al. (2006) emphasizes that not always the knowledge produced about physical activity and health is put or applied on duty to the community, crediting such situation to the old historic that surrounds the subject (the Professional seen only as a teacher) or even, to the unawareness of the community about the importance of this professional in service of public health groups what results on the absence of demanding for the public authorities its acting on the Public Health System.

The proposal of provoking changes must be on the duty of the profession regulator organ, CONFEF (Federal Council of Physical Education), CREF (Regional Council of Physical Education), Associations and the proper professionals that must strive to guarantee their space on the public health support.

CONCLUSION

It was concluded, in the end of this study, that the factor that motivated the people to attend the outdoor fitness centers to the practice of physical exercise was the seek of “health”, followed by the concomitant factor “slimming” and “brawn”. From these two last factors, as the slimming as the gain of brawn can present an improvement situation on the health and on the corporal esthetics and it can be associated to the phenomenon of the body worship be even more taken into consideration in the

interpersonal relationships, predominantly on the female gender of the sample.

After this study, it can be affirmed that health is a primordial question in the intervieweds' life. Health was previously considered as a state of absence of maladies, and nowadays, we can understand as the state of not malady or the control of them besides a good mental and social condition. This change can have happened due to the actual habits, some diseases started making part of people's life becoming a common pathology among the population and having them controlled can be already considered as a state of health.

It is a duty of the Physical Professional always observe the criterions that move the people that practice the physical exercise regularly on their everyday practice and direct them to questions related to the health, which can provoke changes in other situations, such as, on good nutrition, on the sleep/resting hours, on the salutary habits keeping away from the tobacco smoking and the excess of alcoholic beverages. For this, it is necessary that the Public Power be aware for the need of the presence of the Physical Education professional on the public areas offered for the physical training of the citizens who deserve this service toward the collective health.

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Professional of Physical Education, Dourados/MS- Brazil.
Address: 5.100, Sete de Setembro Street. Vila Cristina Neighborhood.
Zip Code: 79.990-000 – Amambai/MS
Email: auilersonmorais@hotmail.com

MOTIVACIONAL FACTORS FOR THE PRACTICE OF PHYSICAL EXERCISES AMONG REGULAR AT OUTDOOR FITNESS CNETES IN AMAMBAI-MS

ABSTRACT

Identify the mainly motivational factors for the practice of physical exercising among regulars at outdoor fitness centers in Amambai-MS. The exploratory study, having a transverse character, with 23 regulars of the outdoor fitness centers related to the city already mentioned, of both gender, showed the results on the methods: qualitative, when the interviewed were stimulated to think freely related to the theme here approached, to their object or concept, meantime the protocol open questions; and quantitative, for the percentage of the results acquired on the closed questions. 44% of the regulars answered that they attend the outdoor fitness centers “to be healthy”, making it possible to understand that this is the most important factor that motivates them to practice physical exercise, in a second place, but not less important, “losing weight” is what makes 31% of the people to this kind of training, and improving the muscle tone with 18% of them. The other 7% left use this practice to keep the weight, improve the asthmatic bronchitis and the anxiety, regular the arterial pressure, among others. Every practice must be orientated for the Physical Education Professional and it is necessary that the Public Power attempt for the need of the presence of this professional on the public areas offered for the physical training of the citizens who deserve this service for the acquirement of health and/or for the prevention of illness.

KEY-WORDS: Fitness center, Outdoor, Exercises.

FACTEURS DE MOTIVATION POUR LA PRATIQUE D'EXERCICE PHYSIQUE PARMI HABITUÉS DE L'ACADÉMIE A L'AIR LIBRE DE AMAMBAI-MS

RÉSUMÉ

Identifier les principaux facteurs de motivation pour la pratique d'exercice physique parmihabitués de l'académie a l'air libre de Amambaí- MS. L'étude exploratoire, de caractere transversal, avec 23 habitués des academies a l'air libre de la même ville, de tous les deux genres, a apresente les résultats dans les méthodes: qualificatifs, a estimule les répondants a penser librement en rélation au thème ici traité a son objet ou concept selon les questions ouvertes du protocole; et quantitatif, pour les résultats de pourcentage obtenus dans les questions fermées.44% des pratiquants ont répondu que vont a l'académie a l'air libre pour "être sain", en comprenat que c'est le facteur plus importats que les motivent la pratique d'exércice physique, em deuxième lieu, cependant, si important comme, "maigrir" c'est qui emmene 31% des personnes a ce type d'entraînement, et améliorer le tônus musculaire avec 18% des répondants. Les autres 7% qui restent, prenent en considération cette pratique pour maintenir les poids, améliorer la bronchite asthme et l'anxieté, régler la préssion arterial, en plus.Toute la pratique doit être orientée pour le professionnel d'éducation physique et il faut que le " Pouvoir Publique" fait attention pour la necessite de la présence de ce professionnel dans les zones publiques offertes pour l'entraînement physique des citoyens qui méritent cet accueil envers d'acquisition de santé et/ou prévention de malaties.

MOTS-CLÉS: Academie, Air libre, Exercice.

FACTORES MOTIVADORES PARA LA PRÁTICA DE EJERCICIO FÍSICO ENTRE LOS ASIDUOS DE LA ACADEMIA AL AIRE LIBRE DE AMAMBAÍ-MS

RESUMEN

Identificar las principales motivaciones para la práctica de ejercicio físico entre los asiduos a la academia al aire libre de Amambaí-MS. El estudio exploratorio, de carácter transversal, con 23 habituales de las academias al aire libre de misma ciudad ha presentado los resultados en los metodos: cualitativo, al estimular los entrevistados a pensar libremente en relación al tema tratado, al su objeto o concepto mediante las preguntas abiertas del protocolo y cuantitativos, para los resultados de porcentaje obtenidos en las preguntas cerradas. 44% de los practicantes respondieron que frequentan las academias al aire libre para " estar sano" entendiendo que eso es el factor más importante que los motiva la practica del ejercicio fisico, en el segundo lugar , sin embargo, no menos importante, "adelgazar" es que tiene el 31% de las personas a este tipo de entrenamiento, y mejora el tono muscular con el 18% de los encuestados. El otro 7% restante, consideran esta práctica para mantener El peso, mejorar el asma bronquitis y la ansiedad, ajuste la presión arterial, y más. Cualquier práctica debe estar orientada por el profesional de educación fisica y es necesario que el "poder público" presta atención a la necesidad de la presencia de este profesional en las áreas públicas disponibles para el entrenamiento físico de los ciudadanos que merecen ese tratamiento para aquisición de la salud y /o la prevención de enfermedades.

PALABRAS CLAVE: Academia, Ejercicios, Aire libre.

FATORES MOTIVACIONAIS PARA A PRÁTICA DE EXERCÍCIO FÍSICO ENTRE FREQUENTADORES DE ACADEMIA AO AR LIVRE DE AMAMBAI-MS

RESUMO

Identificar os principais fatores motivacionais para a prática de exercício físico entre frequentadores de academias ao ar livre na cidade de Amambaí/MS. O estudo exploratório, de caráter transversal, com 23 frequentadores das academias ao ar livre da referida cidade, de ambos os gêneros, apresentou os resultados nos métodos: qualitativo, ao estimular os entrevistados a pensarem livremente em relação ao tema aqui abordado, ao seu objeto ou conceito, mediante as questões abertas do protocolo; e quantitativo, pelos resultados percentuais obtidos nas questões fechadas. 44% dos praticantes responderam que frequentam as academias ao ar livre para "ser saudável", levando a entender que este é o fator mais importante que os motivam a prática do exercício físico, em segundo lugar, porém não menos importante, "emagrecer" é o que leva 31% das pessoas a este tipo de treinamento, e melhorar o tônus muscular com 18% dos investigados. Os outros 7% restantes, levam em conta essa pratica para manter o peso, melhorar a bronquite asmática e a ansiedade, regular a Pressão Arterial, entre outros. Toda prática deve ser orientada pelo Profissional de Educação Física e é necessário que o Poder Público atente para a necessidade da presença desse profissional nas áreas públicas oferecidas para o treinamento físico dos cidadãos que merecem esse atendimento voltado para aquisição de saúde e/ou prevenção de doenças.

PALAVRAS-CHAVE: Academia, Ar Livre, Exercícios.