28 - THE DESIGN OF QUALITY OF LIFE IN OLDER PRACTITIONERS "AEROBICS"

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INTRODUCTION

Aging is a heterogeneous experience, ie may occur differently for individuals and cohorts living in different social and historical contexts. This differentiation depends on the influence of historical-cultural circumstances, factors and intellectual personality, habits and physical activity throughout life and the incidence of diseases during normal aging. Old age is analyzed as "a stage of life in which, due to the high chronological age, biopsychosocial changes occur that affect the individual's relationship with the environment" (Salgado, 1982).

The experience of older people who can not be understood unless we realize that the aging process produces a fundamental change in a person's position in society and, therefore, in all their relations with others (Elias, 2001). And thanks to changes in quality of life, we can say that aging is not the end, but the beginning of a new stage. Quality of life in old age is directly related to perceived wellbeing. Old age is not reduced to a simple biological phenomenon, is a social phenomenon. Age, ultimately measured not so much by the number of years you have, but how the person feels like he lives as it relates to life and with others.

Within this context, physical activity has been one of the most widely used non-pharmacological medications for enhancing the quality of life in aging.

Studies on physical activity for older people left highlighted the positive effects of a regular and continuous motor activity. These improvements are reflected not only in the ability of resistance exercise and therefore the effort, which is determined by physical training, but also in intellectual abilities, with vivacity and intellectual state of mental development than the average observed in the present idosos.Assim study we will be using the aquatic physical activity (aerobics), because according Scarton (2003) it is an activity held upright, consisting of specific exercises enjoying water resistance, directly promoting the bio-psychosocial aspects we sociais.Não using any measuring instrument for assessing the quality of life for seniors, because we want to know what their subjective conceptions before her.

METHODOLOGY

The research has a descriptive, exploratory, based gerontology. The study was conducted at the Municipal Sports Center Caieiras, located 32 km from the city of São Paulo. We selected 15 subjects aged 60 to 79 years, all practicing gymnastics over 3 anos.Todos subjects were informed about the objectives of the investigation and instructed regarding the procedures to be performed, then signed a Consent clarifica ¬ Receipt which guarantees the anonymity and the possibility of withdrawal. For this research we chose not to use any specific instrument for measuring quality of life of individuals but through a semi-structured interview individuail composed of three issues, permeating his views on the subjective quality of life. The survey was conducted from August to November 2011. Regarding the interviews, data analysis was based on the technique of discourse analysis (Bardin, 2009). For the author this procedure as a method becomes a set of analysis techniques communications that uses systematic and objective procedures to describe the content of the messages. Still, the analysis of mass communications to the author, brings questions necessary to understand another way of doing analysis.

RESULTS AND DISCUSSION

Even with the acquired habit of physical activity in their lives, at first there remained no other alternative, since the elderly belatedly begin the practice of physical activity (in this case water) in an attempt to reduce pain and limitations that they cause in DLA. Thus we see the subjects' statements, that one of the reasons that led him to choose the location (CEM), has been through medical recommendation:

"He was sent by the doctor because he said that was the only way to improve pain [...]"

"[...] I was sent by the doctor [...]

"[...] The talk of another Paul Caieiras that offers a lot to nóis and that one of them is water aerobics [...}"

"[...] My reumata said I can not stop because then I'll feel a lot of pain in the body."

Anxious to develop an aquatic physical activity that can meet the needs of physical and psychosocial elderly, we can see that the elderly have this perception, since it is observed that they have experienced this activity in previous situations:

"Ah! It's because here is the only one I know who does this kind of exercise, I had colleagues who were right, then the doctor always guiding me so I can do here, so I did. "

"[...] I kept hearing about this teacher well, the water aerobics classes here [...] even have good references"

"Well I always, many years ago I do, right; ever done in relevé, already went to Franco da Rocha, stopped after a while, I started to walk, I can not walk more because I have osteoarthritis in the spine, so I did my ID card [...] here is 10 "

The distance factor shows that the closer the location for aquatic physical activity, the greater the possibility of membership of the elderly:

"It's because I live here in the center, and is the closest place I could practice this activity"

"[...] I live here close at Vila dos Pinheiros, is much easier"

"It's because in Laranjeiras where I live has no right, so here is closer, although it has two pools but there ta there so the flies and the mayor does nothing [...]"

Agreeing with Diogo et al. (2009) where he tells us that regular physical activity physiological benefits (increased muscle strength, blood flow, range of motion, maintaining bone density, reducing the factors that cause falls, etc. .), psychological (improved esthetics, self esteem, self image, decreased anxiety and depression, etc..) and social (greater integration, integration into a social group and socialization) where they are associated with improved health and the reduction of morbidity and mortality in the elderly.

We emphasize this framework through 'speech, when asked about the perceived improvements through aquatic

physical activity after one year of participation.

It was noticed that when there are pauses in aquatic physical activity, the intensity of pain increases, bringing daily physical discomfort for the elderly.

"Improved seen enough!! Because I had crooked spine, parrot beak and a lot of pain right?,

And when we enter the holiday we really misses the hydro pool. [...] Is that I have bursitis and improves bastante.É a very good place. "

"Ah! Improved greatly; kind ... ah! Precisely the right part of the column, I do not feel much pain, you know, usually when I took medicines after a while I started to do, no more medicine I take, I sometimes aliased when I take on holiday I miss there need to take some medicine to relieve pain that né.É dorzonha so right!! when I'm doing and I have no pain. "

Benefits the social aspects:

"I have found that ... more personnel known, others not as well known, we end up creating friendship in the pool and out of it too. "

"Improved self esteem that also gets people more active, I was very shy and now I have more to loose"

It is noticed that in addition to social benefits, leisure activities are enriched by people who practice manual activities:

"Ah! It was great because we talk a lot of people, changing our crochets, knits our recipes, is very good! "

Improvements perceived as anxiety and depression:

"For me it helped a lot, I have depression, many, many years I take medicine; continuous depression but then it opens the mind helps a lot of people, right [...] I come here [...] then there gives loophole for bad things [...] we communicate, legal personnel, it is good to be here. "

"We leave here well with the mild mind, because I was very depressed so, does the activity is good for me"

"[...] I have a lot of anxiety and activity here when I practice I feel I think my anxiety improved 100%."

Decreased use of drugs and tests:

"I think also improved, because you see, I do not use medicine to pressure, diabetes, because I have diabetes problems, I believe that with the help here, I did not have to take more medicine"

"Ah! Had gastritis, gastritis gastritis was nervous though .. I think I spent at the doctor these days he said he did not need to do anything endoscopy, thank God, I had a pain .. I think I saw was nervous !! was not I'm sure, from 2006 to here I was overjoyed, I got another Zeze, even the clothes I buy now everything is colorful. "

"So I have coleterol, diabetes and triglycerides, right" "business from high blood pressure also improved, my diabetes is that balance, because I also do not take more medicine, food controlled my [...]"

For this research we chose not to use any specific instrument for measuring quality of life of individuals. Agreeing with thought Neri (2008) to assess quality of life consists in comparing the conditions available with desirable, the results will be expressed by exactly indices of well-being, pleasure or satisfaction and desirability. Still, values and are affected by individual and collective expectations leading to investigations around subjective indicators such as perceived health, satisfaction with life and perspective for the future. A key factor contributing to the choice of this measurement tool was the presence of very low educational level where 55% of all subjects had only the 1st degree, and since 14% did not complete, which could compromise the search results.

Are perceived improvements in activities of daily living (ADLs):

"Ah! In every sense huh!!, Disposition, I am a more relaxed [...] formerly paid people to clean my house today and also decrease my home that is only my husband and I paid more today not the person to clean . myself do the service of my house, to clean tile on top of the cabinet, before I could not pay "

"[...] I was very excited, nervous, then she calmed us well, everything, everything!! So squatting, lifting, climbing stairs, in the joints."

"Look various activities that I had to make moves on my arm I was in pain, but these days I came back regularly to classes already doing and not have to move pain and decreased pain and also on my psychological state leave here excited , happier chat is very good, my doctor gave me congratulations because I'm coming four years and she said it is still the same. "

We realized that, besides influencing components of the physical domain, improvement or maintenance of functional abilities also influence the perception of self-esteem, self-concept, anxiety and irritability, thus showing more be a bridge to the areas studied quality of life.

FINAL THOUGHTS

The quality of life of each season is defined as the values that each social group attaches to the way of life (Geis, 2003). The society is constantly evolving, and the variables that define the quality of life of every season evoluem.Assim also listen to the speech of subjects according to their perceptions, shows us that quality of life can have many meanings depending on the values that society assigns each . Currently physical activity has been increasing between these values, regardless of the type which determines the choice is the motivation and the procedures of how it is presented to the idosos.No moment that is self-interest, the elderly takes awareness the necessity of physical exercise as a mediator to improve their quality of life.

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THE DESIGN OF QUALITY OF LIFE IN OLDER PRACTITIONERS "AEROBICS"

ABSTRACT

This study assesses subjective conceptions about quality of life in elderly physically active aquatic, specifically in the water aerobics. The research was conducted in the Municipal Sports Center, located in the city of Caieiras-SP. We selected 15 subjects between 60 and 79 years practicing gymnastics for three years. Was used for data collection, a semi-structured individual interviews from August to November 2011. For data analysis we used Bardin, where it was possible to understand the speech of individuals involved in the process and, therefore, perform the analysis of the responses of the interviewees. The data showed that before joining the practice of the elderly, looking through the commitment level of ADLs, with medical referral, but after a time you realize that roam the improvements, improvements in social, psychological, such as depression and anxiety . furthermore the design according to the data quality of life is directly linked to the feeling of well-being, life expectancy and performance of ADLs.

KEYWORDS: Quality of life, seniors, water aerobics.

LA CONCEPTION DE LA QUALITÉ DE VIE EN PLUS DES PRATICIENS "AÉROBIC"

RÉSUMÉ

Cette étude évalue les conceptions subjectives sur la qualité de vie dans les milieux aquatiques de l'activité physique des personnes âgées, en particulier dans le cours d'aquagym. La recherche a été menée dans le Centre Municipal des Sports, situé dans la ville de Caieiras-SP. Nous avons sélectionné 15 sujets entre 60 et 79 ans à pratiquer la gymnastique pendant trois ans. A été utilisé pour la collecte de données, un entrevues semi-structurées individuelles d'Août à Novembre 2011. Pour l'analyse des données, nous avons utilisé Bardin, où il était possible de comprendre le discours des individus impliqués dans le processus et, par conséquent, procéder à l'analyse des réponses des personnes interrogées. Les données montrent que, avant de rejoindre la pratique des personnes âgées, en regardant à travers le niveau d'engagement des AVQ, avec référence médicale, mais après un certain temps vous vous rendez compte que parcourent les améliorations, des améliorations dans la dépression sociaux, psychologiques, tels que l'anxiété et . outre la conception en fonction de la qualité des données de la vie est directement liée à la sensation de bien-être l'espérance de vie et les performances des AVQ.

MOTS-CLÉS: Qualité de vie, les personnes âgées, aquagym.

EL DISEÑO DE LA CALIDAD DE VIDA DE LOS PROFESIONALES MÁS "AEROBICS"

RESUMEN

Este estudio evalúa las concepciones subjetivas sobre la calidad de vida acuática en ancianos físicamente activos, específicamente en el aeróbic en el agua. La investigación se realizó en el Centro Municipal de Deportes, situado en la ciudad de Caieiras-SP. Se seleccionaron 15 sujetos entre 60 y 79 años practicando gimnasia durante tres años. Fue utilizado para la recolección de datos, a las entrevistas individuales semi-estructuradas, de agosto a noviembre de 2011. Para el análisis de datos se utilizó Bardin, donde era posible entender el habla de las personas que participan en el proceso y, por lo tanto, realizar el análisis de las respuestas de los entrevistados. Los datos mostraron que antes de incorporarse a la práctica de los ancianos, mirando a través del nivel de compromiso de las AVD, con derivación médica, pero después de un tiempo te das cuenta que deambulan por las mejoras, mejoras en la depresión social, psicológico, como tal y la ansiedad . Además, el diseño de acuerdo con la calidad de los datos de vida está directamente relacionado con la sensación de bienestar de la esperanza de vida y el rendimiento de las AVD.

PALABRAS CLAVE: Calidad de vida, personas mayores, aeróbic acuático.

A CONCEPÇÃO DE QUALIDADE DE VIDA EM IDOSOS PRATICANTES DE "HIDROGINÁSTICA"

RESUMO

O presente estudo busca analisar as concepções subjetivas sobre qualidade de vida em idosos praticantes de atividade física aquática, em especificamente a hidroginástica. A pesquisa foi realizada no Centro Esportivo Municipal, localizado na cidade de Caieiras-SP. Foram selecionados 15 sujeitos entre 60 a 79 anos praticantes de hidroginástica há três anos. Utilizou-se para coleta de dados, uma entrevista individual semi-estruturada no período de agosto a novembro de 2011. Para análise de dados utilizou-se Bardin,onde foi possível compreender as falas dos sujeitos envolvidos no processo e, conseqüentemente, realizar a análise das respostas dos entrevistados. Os dados mostraram que antes de aderir a prática de atividade o idoso, procura através do nível de comprometimento das AVD,com encaminhamento médico,mas que após um determinado tempo percebe-se que as melhorias percorrem,nas melhorias sociais,psicológicas como depressão e ansiedade.além disto segundo os dados a concepção de qualidade de vida está diretamente ligada a sensação de bem-estar,perspectiva de vida e realização das AVD.

PALAVRAS-CHAVE: Qualidade de vida, idosos, hidroginástica.