43 - PROFILE OF THE EMPLOYEE OF THE INDUSTRY OF SANTA CATARINA STATE THAT PARTICIPATES OF WORKPLACE EXERCISE SESSIONS – OVERVIEW OF LIFESTYLE INDICATORS

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INTRODUCTION

Systematization of new demands at work, imposed to organizations and passed to their employees, has become the triggering source of occupational diseases. When they are associated with reduced physical activity, result of modernization of the means of production and transportation, it contributes to the adoption of more passive actions. The increasing sedentary lifestyle, isolated or associated with continuous stress and other behavioral risk factors, can result in much harm to people's health; besides compromising well-being and productivity at work (SESI, 2008).

In contrast to this fact, new studies have shown that employees who adhere to an active and healthy lifestyle constitute a population subgroup that that tends to get sick less often and has lower incidence of cardiovascular diseases, diabetes and certain types of cancer. In this context, there is evidence that these individuals tend to be more productive and are less exposed to the risk of occupational diseases (OMS, 2003; NAHAS, 2010; BARROS, 2011).

In this scenario, physical activity at the workplace has come to play an important role in the industrial society. Industrial Social Service of Santa Catarina State (Serviço Social da Indústria de Santa Catarina) SESI/SC), whose mission is to contribute to improving the quality of life of industrial employees, in 1998 began the program SESI Gymnastics at the Workplace ((SESI Ginástica na Empresa) SESIGE). At first, focusing on occupational disease prevention, it added to its aims improvement of lifestyle, disseminating the concept of health promotion, and encouraging the adoption of a more physically active and healthier lifestyle (SESI/SC, 2010).

Ogata and Simurro (2009) claim that the main idea behind health promotion is to enable individuals or groups to adopt healthy lifestyles so that they identify and fulfill their aspirations, satisfy their needs, as well as change or adapt themselves to the environment, resulting in a state of complete physical, mental and social well-being.

SESIGE program verifies through the Individual Profile Research - SESI Gymnastics at the Workplace - indicators associated with employees' lifestyle. Surveys are conducted periodically, so that it is possible to track employees' current situation (SESI/SC, 2010).

This study aims to analyze lifestyle indicators of employees of the companies served by SESIGE in Santa Catarina State, collected in 2011. It also an aim of this research to present an overview of the results of the indicators obtained in 2010 and 2011.

MATERIAL AND METHOD

This survey was carried out in 2012 with the research projects suggested in 2011 by SESIGE program in the 12 Regional Units that make up SESI/SC, using the Individual Profile questionnaire - SESI Gymnastics at the Workplace - that was adapted from FIESC-SESI (1999). This is a descriptive research study, applied as it generates knowledge for practical guidance aimed at solving specific problems, with a quantitative approach by the scale of measurement.

The questionnaire contains 30 questions related to lifestyle (Physical Activity in Leisure Time, Smoking Habit, Individual Health Perception, Perceived Stress, and Perceived Mood States after Work Hours), to the satisfaction about the program, to discomfort or bodily pain, and sociodemographic information. For this article the results about lifestyle and sociodemographic issues (gender, age, and sector of work) were used.

The content of the questionnaire was explained and confidentiality of research data was assured as well as absence of personal identification was ensured. Its application was systematically monitored by the physical activity advisor of SESI/SC and, when necessary, by monitors of the company during exercise sessions.

Processing, data handling, and statistical analysis were carried out using software Sphinx, version 5.1.0.5. For data processing we used the descriptive analysis, considering frequency, percentage and confidence interval of 95.0%. For the statistical test, the chi-square test was used, adopting the statistical significance level of 99.9% ($p < 0,01$). The analysis allows to verify whether there was prevalence among the found values, disregarding questions that were not answered.

RESULTS AND DISCUSSIONS

The study population consisted of 44,857 employees that belong to 266 companies of Santa Catarina State served by SESIGE program in 2011.

Table 1. Frequency and Percentage of sociodemographic characteristics of employees of Santa Catarina State (SESI/SC, 2011).

Characterization	n.	%
Gender		
Male	20,884	57.2
Female	15,638	42.8
Age		
Less than 18 years of age	754	1.7
From 18 to 25 years of age	14,713	33.2
From 26 to 35 years of age	15,599	35.2
From 36 to 45 years of age	9,064	20.5
From 46 to 55 years of age	3,603	8.1
Above 55 years of age	566	1.3
Sector		
Administrative	10,881	24.9
Production	32,891	75.1

According to Table 1, 57.2% of the employees are men. Prevalence of male gender was also verified in other studies with Brazilian industrial employees – 62.5% according to Nahas and Fonseca (2004), 84.8% as stated by Hofelmann and Blank (2007), and 74.5% in the Diagnóstico de Saúde e Estilo de Vida Brasileiro (Survey of Brazilian Health Status and Lifestyle Behaviors) DSEV BR (2011)).

It was found that most of the employees, 68.4% is in the age group between 18 and 35 years. Some studies support this profile, as DSEV BR, 2011, in which 60.8% are up to 34 years of age. Nahas and Fonseca (2004), in the study about industrial employees have also observed that 53.3% of the employees were under 29 years of age.

Of the participants of this research 75.1% belong to the production sector and 24.9%.to the administrative sector. The predominance of the production sector can also be found in the study of Picoloto and Silveira (2008) with industrial employees of a metallurgy industry of Rio Grande do Sul State in which 64.2% of employees hold positions in the manufacturing sector, and 31.3%, administrative positions.

Table 2. Frequency and Percentage of lifestyle indicators of employees of Santa Catarina State (SESI/SC, 2011).

Indicators	n.	%
Practice of Physical Activity in Leisure Time		
Active in leisure time	9,491	21.4
Insufficiently active in leisure time	17,238	38.8
Physically inactive during leisure	17,688	39.8
Mood States after Work Hours		
Positive perception	9,975	22.4
Neutral perception	16,717	37.6
Negative perception	17,814	40.0
Perceived Stress		
Positive perception	36,272	81.7
Negative perception	8,135	18.3
Individual Health Perception		
Positive perception	36,114	81.1
Negative perception	8,396	18.9
Interpersonal Relationship at the Workplace		
Positive perception	41,956	94.2
Negative perception	2,587	5.8
Smoking Habit		
No	39,080	90.6
Yes	4,048	9.4

It was verified that 39.8% (17,688) of the employees do not practice physical activities. The study accomplished by Camargo and Duarte (2012) with employees of industries of Santa Catarina State also found the predominance of 41.3% (14,490) of non-practitioners. Nahas (2009) showed physical inactivity of 45.4% among Brazilian industry employees, being higher than the same author's study in 2004 that indicated 32.4% among industrial workers of Santa Catarina State.

According to estimates of World Health Organization (WHO), physical inactivity is the cause of about two million deaths annually, accounting for about 10% to 16% of cases of breast cancer, colon cancer and diabetes mellitus, and 22% of cases of coronary heart disease (WHO, 2003).

It is observed that 40% (17,814) of participants indicate a negative perception (tired and very tired) in terms of the mood states after work hours. This reflects how a person is prepared to perform normal daily tasks, using for this physical, mental, social and the spiritual aspects (SESI/SC, 2010).

Nahas (2009), in the study with Brazilian industrial employees, obtained a similar result to the one reached by this research in which 34.7% of respondents reported feeling physically tired and very tired after their day's work.

It is observed that 18.3% (8,135) of the study population express a negative perception (stressed and very stressed). Occupational stress has caused many problems for employees and for organizations in general. When the individual is exposed to recurrent stressful situations, he/she may develop the Burnout Syndrome, which Almeida and Silva (2006) define as a response to chronic occupational stress that can be characterized when the individual has a perception of professional failure, a feeling of being emotionally drained as well as the presence of negative attitudes towards people at work.

Employees of industries of Santa Catarina State investigated by Camargo and Duarte (2012) reported similar results to this study reaching 18.6%. A study conducted with telemarketers of São Paulo State noted that 46.8% of female operators reported a perception that the work has caused stress, and for men the figure was only 15.4% (ROCHA et al, 2006).

It is observed that 18.9% (8,396) of the participants express a negative perception (fair and poor) in relation to health. A lower result (16.6%) was obtained in a study conducted through self assessment of industrial employees' negative perception of health (HOFELMANN and BLACK, 2007).

Fonseca et al (2008) in their study with industrial employees of Santa Catarina State noted that the negative perception of health was low (11.8%) and associated with age, physical activity in leisure time, perception of sleep quality, perceived stress, and sex.

Camargo and Duarte (2012) found similar results with industrial employees in Santa Catarina State, with 18.2%. However, the results found by Nahas (2009) were better as it was observed a value of 16.2% among employees of the domestic industry and 11.4% among employees of Santa Catarina State industry.

According to the World Health Organization (WHO), health is a state of complete physical, mental, and social well-being and not merely the absence of disease. According Ogata and Simurro (2009), health goes far beyond the physical dimension of a person. In this sense, it is clear that health care is not only restricted to access to services (exams, hospitals, doctors' offices, etc.) or disease prevention. Health, as it is defined, is a subjective and dynamic process that comprises the continuous search for balance between physical, mental, social, and emotional aspects that permeate a person's life.

Individual perception of health has proved to be strongly correlated with measures such as morbidity and mortality (VIGITEL, 2012).

Regarding the perception of interpersonal relationships in the workplace, 5.8% (2,587) reported having a negative perception (fair and poor). Value found by Camargo and Duarte (2012) corroborates this research, which is 5.6%. Another study carried out by Souza et al (2009) in a furniture industry of Minas Gerais State found results close to the ones obtained, when 6.3% of participants mentioned a negative perception in terms of the relationship with coworkers.

It was found that 9.4% (4,048) of the survey participants smoke. The result of tobacco use indicator showed better results than those obtained among industrial employees of Santa Catarina State in 2004 - 13.0% (NAHAS e FONSECA, 2004),

among Brazilian industrial employees in 2009 - 13,1% (NAHAS, 2009), among industrial employees of Santa Catarina State in 2010 - 10,9% (SESI/SC, 2010), and by the survey accomplished by VIGITEL in 2011 in Santa Catarina State - 14.8% (VIGITEL, 2012).

Table 3 shows the profile of employees surveyed in 2010 and 2011. The number of respondents was 35,077 in 2010 and 44,857 in 2011. It was observed that the 174 companies that took part in data collection in 2010 also participated in 2011. It was noted that four of the six indicators examined - Physical Inactivity in Leisure Time, Negative Perception of Mood States, Negative Perception of Stress, and Smoking Habit - had better results in 2011, which were verified with a confidence interval of 95.0%.

Table 3: Frequency, Percentage and Confidence Interval of 95% of lifestyle indicators of employees of Santa Catarina State (SESI/SC, 2011).

Indicator	2010			2011		
	n.	%	CI 95%	n.	%	CI 95%
Physical inactivity in leisure time	14,490	42.6	(42.1-43.1)	17,688	39.8*	(39.4-40.3)
Negative perception of mood states	14,940	43.4	(42.9-43.9)	17,814	40.0*	(39.6-40.5)
Negative perception of stress	6,530	19.1	(18.7-19.5)	8,135	18.3*	(18.0-18.7)
Negative perception of health	6,388	18.5	(18.1-18.9)	8,396	18.9	(18.5-19.2)
Negative perception of interpersonal relationship	1,931	5.6	(5.4-5.8)	2,587	5.8	(5.6-6.0)
Smoking habit	3,712	10.9	(10.5-11.2)	4,048	9.4*	(9.1-9.7)

* There was a trend toward reduction in indicators of 2010-2011, for a confidence interval of 95%.

In general, health indicators are positive since most of the values found in 2011 are better than those observed in 2010.

The negative perception of the relationship at the workplace remained stable from 2010 to 2011 and, as this value can be considered low, it is a positive indicator. It is noteworthy that in the statements obtained through open-ended questions of the questionnaire, there is a significant frequency of reports of positive perceptions emphasizing integration, interaction and relationship between employees who participate in the exercise sessions. Thus, it is suggested that studies content using open-ended questions be conducted to verify and demonstrate the benefits perceived by actions like workplace exercises.

It is important to emphasize the indicator of Individual Health Perception, as there was a small increase in the percentage values from 2010 to 2011. This increase may be associated with bodily discomfort or pain, which has been discussed by many researchers (FONSECA et al, 2008, RESENDE et al, 2006).

The workplace exercise program demonstrated to have beneficial effects on employees' health, reducing reports of fatigue and stress, increasing the willingness to work and interaction among colleagues, and decreasing the complaints of pain (RESENDE et al, 2006).

CONCLUSION

Based on the observed data, it was found that four of the six indicators examined - Physical Inactivity in Leisure Time, Negative Perception of Mood States, Negative Perception of Stress, and Smoking Habit - had better results in 2011 compared to 2010.

Based on the findings of this study, it is recommended the expansion of strategies for improving employees' and workers' health and quality of life, with interventions focused on and guided by the search for social solutions.

It is suggested that indicators should be reassessed and further studies be carried out, and it is also important to continue encouraging healthy lifestyles in order to generate positive results for society.

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PROFILE OF THE EMPLOYEE OF THE INDUSTRY OF SANTA CATARINA STATE THAT PARTICIPATES OF WORKPLACE EXERCISE SESSIONS – OVERVIEW OF LIFESTYLE INDICATORS

ABSTRACT

This study aimed to verify lifestyle indicators, such as Physical Activity in Leisure Time, Smoking Habit, Individual Health Perception, Perceived Stress, and Perceived Mood States after Work Hours, of employees of the companies served by SESIGE in Santa Catarina State that were collected in 2011. It also aims to present an overview of the results of these indicators obtained in 2010 and 2011. This survey was carried out in 2012 with the research projects suggested in 2011. Data handling and processing, and statistical analysis were carried out using software Sphinx, version 5.1.0.5. It was used the descriptive analysis considering frequency, percentage and confidence interval of 95.0%, and the chi-square test, adopting the statistical significance level of 99.9% ($p < 0,01$). Participants of the research totaled 44,857 employees that belong to 266 companies of Santa Catarina State served by SESIGE program, being that 57.2% of the employees are men, the predominant age group is from 18 to 35 years with 68.4% (30,312), and 75.1% (32,891) work in the production sector. It was found that 39.8% (17,688) are physically inactive in leisure time, 40.0% (17,814) have a negative perception of mood states after work, 18.3% (8,135) express a negative perception in relation to stress, 18.9% (8,396) report a negative perception of their own health, 5.8% (2,587) state a negative perception of interpersonal relationships in the workplace, and 9.4% (4,048) smoke. Based on the observed data, it was found that four of the six indicators examined - Physical Inactivity in Leisure Time, Negative Perception of Mood States, Negative Perception of Stress, and Smoking Habit – presented better results in 2011.

KEY WORDS: Lifestyle indicators, Employees, Workplace exercises.

TRABAJADORES PROFESIONALES DE LA INDUSTRIA DEL PERFIL CATARINENSE GIMNASIA - INDICADORES PANORAMA DEL ESTILO DE VIDA.

RESUMEN

El objetivo de este estudio fue evaluar algunos indicadores de estilo de vida y actividad física en tiempo libre, Fumando, percepción de la salud individual, el estrés percibido y la percepción del diseño después del Día del Trabajo los trabajadores de las empresas atendidas por el programa SESIGE Santa Catarina y el presente visión general de los resultados de estos indicadores, obtenidos en 2010 y 2011. Esta encuesta se llevó a cabo en el año 2012, a través de propuestas de investigación en 2011. Procesamiento de datos y análisis estadísticos se realizaron utilizando la versión 5.1.0.5 del software Sphinx. Se utilizó el análisis descriptivo, teniendo en cuenta el intervalo de frecuencias, porcentajes y confianza de 95,0% y la prueba de chi-cuadrado, adoptándose el nivel de significación estadística del 99,9% ($p < 0,01$). Los participantes fueron 44.857 los trabajadores pertenecientes a 266 empresas atendidas por el Programa SESIGE, con el 57,2% (20.884) son hombres, el grupo de edad predominante de 18 a 35 años con un 68,4% (30.312) y 75.1% (32891) trabajan en el sector manufacturero. Se encontró que el 39,8% (17.688) son físicamente inactivos durante el tiempo libre, el 40,0% (17.814) tienen una percepción negativa de la disposición después del trabajo, el 18,3% (8135) expresan una percepción negativa en relación con el estrés, 18 9% (8396) reportan una percepción negativa de su propia salud, el 5,8% (2587) estado una percepción negativa de las relaciones interpersonales en el lugar de trabajo y el 9,4% (4.048) de humo. Se observó que cuatro de los seis indicadores examinados - La inactividad física en tiempo libre, Disposición percepción negativa, Percepción negativos del estrés y el tabaquismo - tuvieron mejores resultados en 2011.

PALABRAS CLAVE: Indicadores del estilo de vida, trabajador, Gimnasia.

TRAVAILLEURS DE L'INDUSTRIE LE PROFIL PRATICIENS CATARINENSE GYMNASTIQUE - INDICATEURS PANORAMA DE STYLE DE VIE.

RÉSUMÉ

Le but de cette étude était d'évaluer certains indicateurs de mode de vie et l'activité physique dans les loisirs, fumeurs, Perception de la santé individuelle, le stress perçu et la perception de la disposition des travailleurs après la fête du Travail des entreprises desservies par le programme SESIGE Catarina Santa et présents vue d'ensemble des résultats de ces indicateurs, obtenus en 2010 et 2011. Cette enquête a été réalisée en 2012, à travers des projets de recherche en 2011. Le traitement des données et l'analyse statistique ont été effectuées en utilisant la version du logiciel Sphinx 5.1.0.5. Nous avons utilisé l'analyse descriptive, compte tenu de l'intervalle de fréquence, le pourcentage et la confiance de 95,0% et le test du chi-carré, en adoptant le niveau de signification statistique de 99,9% ($p < 0,01$). Les participants étaient 44 857 travailleurs appartenant à 266 entreprises aidées par l'SESIGE programme, avec 57,2% (20 884) sont des hommes, le groupe d'âge prédominante de 18 à 35 ans avec

68,4% (30 312) et 75,1% (32891) travail dans le secteur manufacturier. Il a été constaté que 39,8% (17 688) sont physiquement inactifs durant leurs loisirs, 40,0% (17 814) ont une perception négative de l'accord après le travail, 18,3% (8135) expriment une perception négative par rapport au stress, 18 9% (8396) font état d'une perception négative de leur propre santé, 5,8% (2587) l'état d'une perception négative des relations interpersonnelles en milieu de travail et 9,4% (4048) de la fumée. Il a été constaté que quatre des six indicateurs examinés - l'inactivité physique dans les loisirs, Disposition perception négative, perception négative du stress et le tabagisme - ont de meilleurs résultats en 2011.

MOTS-CLÉS: Indicateurs de mode de vie, Worker, Gymnastique.

PERFIL DO TRABALHADOR DA INDÚSTRIA CATARINENSE PRATICANTES DE GINÁSTICA LABORAL – PANORAMA DOS INDICADORES DO ESTILO DE VIDA.

RESUMO

O objetivo deste estudo foi verificar alguns indicadores de estilo de vida como Prática de Atividade Física no Lazer, Tabagismo, Percepção Individual de Saúde, Percepção de Estresse e Percepção da Disposição após Jornada de Trabalho dos trabalhadores das empresas atendidas pelo programa SESIGE Santa Catarina e apresentar o panorama dos resultados destes indicadores, obtidos em 2010 e 2011. Este levantamento foi realizado em 2012, por intermédio de pesquisas propostas em 2011. O tratamento dos dados e a análise estatística foram realizados por meio do software Sphinx versão 5.1.0.5. Utilizou-se a análise descritiva, considerando a frequência, o percentual e o Intervalo de Confiança de 95,0% e o teste Qui-quadrado, adotando-se o nível de significância estatística de 99,9% ($p\langle 0,01$). Participaram da pesquisa 44.857 trabalhadores, pertencentes a 266 empresas atendidas pelo Programa SESIGE, sendo que 57,2% (20.884) são homens, a faixa etária predominante de 18 até 35 anos com 68,4% (30.312) e 75,1% (32.891) trabalham no setor de produção. Verificou-se que 39,8% (17.688) são inativos fisicamente no lazer, 40,0% (17.814) possuem percepção negativa da disposição após o trabalho, 18,3% (8.135) expressam uma percepção negativa em relação ao estresse, 18,9% (8.396) relatam uma percepção negativa à própria saúde, 5,8% (2.587) afirmam uma percepção negativa do relacionamento interpessoal no ambiente de trabalho e 9,4% (4.048) fumam. Observou-se que quatro dos seis indicadores analisados - Inatividade Física no Lazer, Percepção Negativa da Disposição, Percepção Negativa de Estresse e Tabagismo - apresentaram resultados melhores em 2011.

PALAVRAS-CHAVE: Indicadores de estilo de vida, Trabalhador, Ginástica Laboral.