114 - IMPROVING THE QUALITY OF LIFE IN WORK OF EMPLOYEES PRODUCTION THROUGH THE GYM WORK AT THE UNIVERSITY PAULISTA - UNIP.

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INTRODUCTION

The higher education institution to be inserted in a technological society and capitalist presents the same problems for any changes in lifestyle that affect workers in other institutions (Mendes, 2008). The way of life adopted by people potentiated the increase of hypokinetic diseases in all age groups, affecting both the students in the school, such as teachers and other staff that make up the general framework for the functioning of this institution. The individual must be educated about the healthy lifestyle before starting work, so that when he reaches this stage has learned to understand the sedentary lifestyle and eating habits, as well as re-educate the adults of which belong to this medium thus helping in the process of quality of life within the work environment.

We know that the habits of daily life have changed in school environments, families and professionals in all countries, developed or not, in the last three decades. The rapid urban growth, industrialization and the decrease in energy expenditure in daily tasks and displacements resulted in reduction of human movement. There were also changes in the cultural habits of feeding, including the type, quantity and quality of food eaten (Martins, 2008).

Despite the achievement of better working conditions in recent times, the demands of a higher qualification imposed on workers provided a dehumanization, which negatively affects the quality of life of employees (Pilatti, 2007).

Besides these questions themselves the reality of educational institutions, sedentary lifestyle also affects the members of this institution. Employees, while working on this site, have low educational workshops and meet elsewhere to supplement the salary. The result is a progressive decrease in the amplitude and strength in their movements, with the reduction of regular physical activity in daily life, at work and at play leading to physical inactivity (Leite, 2008).

Mendes (2008) draws attention to the lifestyle, because it has become a major cause in the rise of chronic diseases such as obesity and cardiovascular diseases, which are major causes of mortality in several countries including Brazil. The main causes of removal are to work stress and musculoskeletal diseases such as back pain and RSI / WMSD, that will also related decrease in physical activity, and obesity will the repetitive work of employees (Carvalho, 2007).

Injuring the discipline of Gymnastics at Universidade Paulista - UNIP, felt the need to assist employees of the cleaning sector in particular of two units: Marquis and Alphaville.

So to promote a better quality life in the workplace and in activities of daily living (ADL) through the implementation of the program of Gymnastics, was offered for free by showing that the objective of this study was designed to guide and assist in seeking an improvement to uncomfortable obtained in this sector.

METHODOLOGY

To carry out the research option fell on the quantitative-descriptive exploratory research. The study was conducted between August and December 2011 at two units of Universidade Paulista - UNIP, specifically in the cleaning industry. We selected 20 subjects, 12 of the unit Marquis - SP and 8 unit Alphaville - Santana de Parnaíba. / SP. We chose to perform the data collection with the cleaning industry by presenting a larger number of employees in the sector of production and the viability of releasing employees for participation of the deployment program Gymnastics.

All subjects were informed of 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.

Were used for initial diagnosis three assessment instruments: (1) Questionnaire topography and pain intensity (MILK, 1992) which marks the region that experiences pain through a doll representing the front and back of the body, (2) test stress level (NIEMAM, 1993) comprised 18 closed questions, with scales of zero to five to account for the results previously presented at the end and, (3) Questionnaire to assess quality of life and health (QVS-80) composed of 80 closed questions permeating personal information, lifestyle and health, physical activity in the company, the work environment and quality of life.

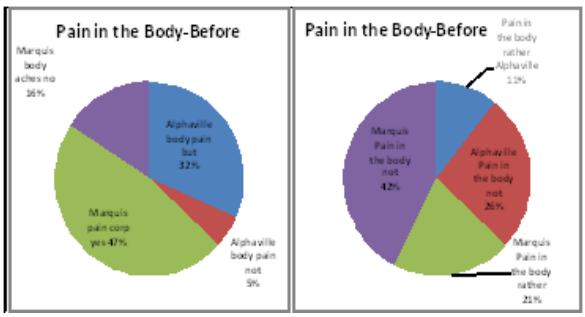
The data contained in the application forms were entered and tabulated using Microsoft Office Excel 2007. Observed data, analyzed six of the thirty charts tabulated: body aches, discomfort during working hours, sleep, stress levels, illness and activities of daily living (ADLs), emerging more items that caused absenteeism, withdrawal and drop production. Later, he performed the profile of the sector for all employees in explanatory lecture, illustrating the procedures to be adopted in an attempt to reverse this situation. We applied the preparatory gymnastics for 120 days with a frequency of twice a week, lasting 10 to 15 minutes of class. After this period showed again the same diagnosis for comparison of results.

RESULTS

The charts below illustrate the data most relevant search, where there was an improvement in all studied items.

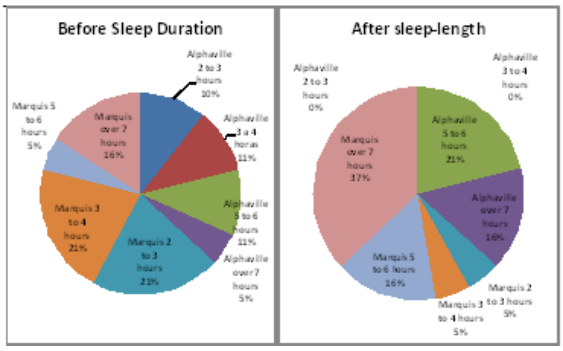
Regarding the body aches, the data show that 79% of employees feel pain before starting the workday, and 47% of the unit Marquis. After the application period of Gymnastics, the data were reduced by 48%, as shown in Figure 1 below:

CHART 1



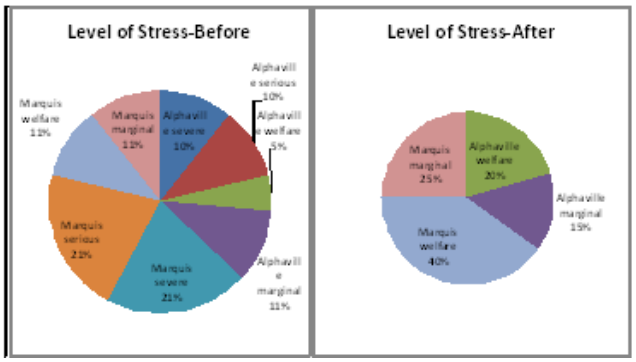
Graph 2 shows the relative hours of sleep, that 31% of employees initially slept only 2-3 hours a noite. Após the period of implementation of the program of gymnastics, it was noticed that 43% of employees have improved their quality sleeping with an increase of 43% 7 to 8 hours of sleep.

CHART 2



The stress level shown by the data in Figure 3, shows that 62% of employees have critical framework of stress, needing a clinical follow-up, and in which not all had less knowledge of this framework, transferring to other occupations day-to-dia. Observed that after a period of workplace exercise program, there was the disappearance of this framework, achieving a significant improvement of 42% who had a state of well-being.

CHART 3



DISCUSSION OF RESULTS

The school is a very important area of health education (Mendes, 2008). The quality of life programs and health promotion can be developed and deployed in different types of educational institutions like schools and universities. Often, the programs include only teachers and students, neglecting other sectors that comprise this work, are of paramount importance.

Data from this study revealed that low education (69% only completed the 1st grade) can influence the maintenance of quality of life of workers, as well as less access to information on occupational health and body awareness, and feeding conditions less favorable for economic and cultural (Carvalho, 2007), a fact that has revealed that 100% of employees have problems with high blood pressure and cholesterol. Called attention to this fact because these health problems have a family history too high, even leading to death. Within this context, we can not rule out another disease that presented alarming data: stress.

Knowing that stress is a natural and spontaneous reaction that occurs in all people and that interferes daily in all body systems, allowing bodily movement to the fight or flight (Hildebrandt, 2000), the results clearly show that this framework directly connected everyday problems, such as instability of employment (all work less than 5 five years), pressure generated by consumerism (80% are married and have children) and accumulation functions (80% have double or triple shift working) leading to a constant state of stress but without perception of the group (IIDA, 1990). Within the program of gymnastics, I managed to improve awareness, information and reducing the stress status of these employees who were able to change their style and quality reduce their working hours.

Still, the issue of physical inactivity caused by a sedentary lifestyle which leads to a low fitness and not necessarily related to this age, as shown in this study where the age range was between 23 to 49 years, leads a person to not perform normally physical activity with sufficient intensity, volume and frequency compatible suitable for the development of physical fitness (Pegado, 1990), resulting directly in reduced productivity in the workplace, since the function of this working group presents the necessity of application the capacities of physical strength and endurance. It turned out the installation of MSDs, such as constant pain in the upper and lower limbs in 79% of functionaries. Mites employees now have a more active activity, after the implementation of the program of gymnastics, a decrease of 26% uncomfortable with the pain.

FINAL THOUGHTS

It is evident in this work that benefits the gymnastics program contributes directly and indirectly to improve the quality of life within the work environment, interpersonal relationships, reducing accidents at work by injury, promoting health and better working conditions for human.

Thus it is necessary that within educational institutions, have a penchant for employees who do not necessarily participate effectively in the teaching-learning process, but its function within the workplace also deserve respect and professional development.

Any human being gets sick within the work environment that is independent of education level, social class and function.

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IMPROVING THE QUALITY OF LIFE IN WORK OF EMPLOYEES PRODUCTION THROUGH THE GYM WORK AT THE UNIVERSITY PAULISTA - UNIP.

ABSTRACT

This study aimed to implement a program of gymnastics within two units of a higher education institution (UNIP-SP), benefiting employees of the cleaning sector to improve activity of daily living (ADLs), quality of work life and preventing occupational injuries. The study was conducted between the periods from August to December 2011. We selected 20 subjects in total being 12 unit Marquis (Neighborhood Water White-SP) and 8 unit Alphaville (City of Santana de Parnaíba-SP). All subjects signed an Informed Consent Form and Receipt clarifica ¬ guaranteeing the anonymity and the possibility of withdrawal. Were used for the initial diagnosis three assessment tools: (1) Questionnaire topography and intensity of pain, (2) stress level test comprised 18 closed questions, with scales of zero to five and, (3) Evaluation Questionnaire quality of life and health (QVS-80) composed of 80 closed questions permeating personal information, lifestyle and health, physical activity in the company, the work environment and quality of life. The data contained in the application forms were entered and tabulated using Microsoft Office Excel 2007. Only six items most emerging were studied: pain, discomfort during working hours, sleep, stress levels, illness and activities of daily living (ADL), the 30 graphs tabulated. Initially it was applied to a preparatory Gymnastics period of 120 days being held twice a week lasting 10 to 15 minutes of class. After this period was applied again diagnosis, seeking positive changes. The results showed a reduction of 26% and 21% in body pain, improvement in quality of sleep and stress reduction, proving the importance of the permanence of physical activity within the work environment through Gymnastics.

KEYWORDS: Gymnastics, Education Institution, Physical Activity.

AMÉLIORER LA QUALITÉ DE VIE DANS LE TRAVAIL DES EMPLOYÉS PRODUCTION PAR LE TRAVAIL À LA GYM PAULISTA UNIVERSITY - UNIP.

RÉSUMÉ

Cette étude vise à mettre en œuvre un programme de gymnastique au sein de deux unités d'un établissement d'enseignement supérieur (UNIP-SP), bénéficiant des employés du secteur du nettoyage pour améliorer l'activité de la vie quotidienne (AVQ), la qualité de vie au travail et prévenir les lésions professionnelles. L'étude a été réalisée entre Août to Décembre 2011. Nous avons sélectionné 20 sujets au total: Marquis Unité 12 (White Water quartier-SP) et huit unité de Alphaville (ville de Santana de Parnaíba-SP). Tous les sujets ont signé un formulaire de consentement éclairé et de réception des clarifications ¬ garantir l'anonymat et la possibilité de retrait. Ont été utilisés pour les outils de diagnostic initial d'évaluation de trois: la topographie Questionnaire (1) et de l'intensité de la douleur, (2) le niveau de stress tests comprenait 18 questions fermées, avec des échelles de zéro à cinq ans et, questionnaire d'évaluation (3) qualité de la vie et de la santé (QVS-80) composé de 80 questions fermées qui imprègnent renseignements personnels, style de vie et de la santé, l'activité physique dans la société, l'environnement de travail et la qualité de vie. Les données contenues dans les formulaires de demande ont été saisies et compilées à l'aide de Microsoft Office Excel 2007. Seuls six points les plus émergents ont été étudiés: la douleur, de l'inconfort pendant les heures de travail, le sommeil, le stress, la maladie et les activités de la vie quotidienne (AVQ), les 30 tableaux graphiques appliqué par la suite les travaux préparatoires de gymnastique sur une période de 120 jours organisé deux semaine durant 10 à 15 minutes de classe. Après cette période a été appliquée à nouveau diagnostic pour réclamer des changements positifs. Les résultats ont montré une réduction de 26% et de 21% dans la douleur du corps, l'amélioration de la qualité de la réduction de sommeil et le stress, ce qui prouve l'importance du maintien de l'activité physique au sein de l'environnement de travail par le biais de gymnastique

MOTS-CLÉS: gymnastique, établissement d'enseignement, de l'activité physique.

MEJORAR LA CALIDAD DE VIDA EN EL TRABAJO DE LOS EMPLEADOS PRODUCCIÓN MEDIANTE EL TRABAJO EN EL GYM UNIVERSIDAD PAULISTA - UNIP.

RESUMEN

Este estudio tuvo como objetivo implementar un programa de gimnasia dentro de dos unidades de una institución de educación superior (UNIP-SP), en beneficio de los empleados del sector de la limpieza para mejorar la actividad de la vida diaria (AVD), la calidad de la vida laboral y la prevención de accidentes de trabajo. El estudio se llevó a cabo entre agosto y diciembre de 2011. Se seleccionaron 20 sujetos en total: Marquis Unidad 12 (distrito de Agua Blanca-SP) y ocho unidades Alphaville (municipio de Santana de Parnaíba-SP). Todos los sujetos firmaron un consentimiento informado y Recibo aclaración ¬

garantizar el anonimato y la posibilidad de retirada. Se utiliza para las herramientas de diagnóstico inicial de evaluación de tres: (1) Cuestionario de topografía e intensidad del dolor, (2) prueba de esfuerzo nivel compuesto por 18 preguntas cerradas, con escalas de cero a cinco años y, Cuestionario de Evaluación (3) calidad de vida y la salud (QVS-80) compuesto por 80 preguntas cerradas que impregnan datos personales, estilo de vida y la salud, la actividad física en la empresa, el ambiente de trabajo y la calidad de vida. Los datos contenidos en los formularios de solicitud se introdujeron y se tabularon mediante Microsoft Office Excel 2007. Sólo seis artículos más emergentes fueron estudiados: el dolor, la incomodidad durante las horas de trabajo, el sueño, los niveles de estrés, las enfermedades y las actividades de la vida diaria (AVD), las 30 gráficos tabulados después aplicó los trabajos preparatorios de Gimnasia en un período de 120 días celebrado dos semanas que dura 10 a 15 minutos de clase. Después de este período se aplicó de nuevo diagnóstico, en busca de cambios positivos. Los resultados mostraron una reducción de 26% y 21% en el dolor corporal, mejora en la calidad de la reducción del sueño y el estrés, lo que demuestra la importancia de mantener la actividad física en el ambiente de trabajo a través de Gimnasia.

PALABRAS CLAVE: Gimnasia, institución educativa, la actividad física.

A MELHORIA DA QUALIDADE DE VIDA NO TRABALHO EM FUNCIONÁRIOS DE PRODUÇÃO ATRAVÉS DA GINÁSTICA LABORAL NA UNIVERSIDADE PAULISTA - UNIP.

RESUMO

Este trabalho teve como objetivo implantar um programa de ginástica laboral dentro de duas unidades de uma instituição de ensino superior (UNIP-SP), beneficiando funcionários do setor de limpeza para melhoria de atividade da vida diária (AVD), qualidade de vida no trabalho e prevenção lesões ocupacionais. O estudo foi realizado entre os períodos de agosto a dezembro de 2011. Foram selecionados 20 sujeitos no total sendo 12 da unidade Marquês (Bairro da Água Branca-SP) e 8 da unidade de Alphaville (Cidade de Santana de Parnaíba-SP). Todos os sujeitos assinaram um Termo de Consentimento Livre e Esclarecido que garante o anonimato e a possibilidade de desistência. Foram utilizados para o diagnóstico inicial três instrumentos de avaliação: (1) Questionário de topografia e intensidade de dor; (2) teste de nível estresse, composto por 18 perguntas fechadas, com escalas de zero a cinco e; (3) Questionário de avaliação de qualidade de vida e saúde (QVS-80) composto por 80 perguntas fechadas permeando informações pessoais, estilo de vida e saúde, atividade física na empresa, ambiente ocupacional e qualidade de vida. Os dados contidos na aplicação dos formulários foram digitados e tabulados no programa Microsoft Office Excel 2007. Apenas seis itens mais emergentes foram estudados: dores, desconforto durante a jornada de trabalho, sono, nível de estresse, doenças e atividades da vida diária (AVD), dos 30 gráficos tabulados. Inicialmente foi aplicada a Ginástica Laboral preparatória num período de 120 dias sendo realizadas duas vezes na semana com duração de 10 a 15 minutos de aula. Após este período aplicou-se novamente o diagnóstico, buscando alterações positivas. Os resultados mostraram uma redução de 26% e 21% nas dores no corpo; melhoria na qualidade de sono e redução do estresse, comprovando a importância da permanência da atividade física dentro do ambiente do trabalho através da Ginástica Laboral.

PALAVRAS-CHAVE: Ginástica Laboral, Instituição de Ensino, Atividade Física.