149 - NETWORKS VIRTUAL AND A FITNESS FOR SCHOOL NETWORK PRIVATE MOSSORÓ-RN

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INTRODUCTION

In technological society, the automated life in big cities, is leading the individual to spend less energy, imposing major obstacles to find that the same time, available locations and safety for physical activity (Mattos et al, 2011).

Undoubtedly, technological innovations have brought comfort and facilities for all persons. However, especially for children and adolescents, television, the big breakthrough and diversity of electronic games and computers have taken the place of play, games and sports activities, favored increasing sedentary lifestyle at this age (Silva MALINA (2003) Knackfuss (2004).

Social networks are most popular in Brazil Orkut, MSN, Facebook and Twitter, accounted for 62% of traffic on the Internet, whose audience is growing rapidly in our country (SERASA EXPERIAN, 2011).

For this reason, it is extremely important to encourage physical exercise since childhood, for developing and maintaining an active lifestyle through physical exercises reflect in promoting health, aiding in improving indicators of obesity and cardiovascular disease (EISENMANN, et al, 2005).

Sedentary behaviors as much time to devote to television and video games must be fought. Therefore the aim of this descriptive study was to evaluate the use of virtual social networks and physical fitness of students from Mater Christi College in the city of Mossoró-RN.

MATERIAL AND METHOD

This study is a descriptive, cross-sectional study was conducted with a sample group consisting of 71 students (29.6% of the population) of both sexes, aged between 15 and 16 years enrolled in the 1st and 2nd year school Mater Christi College, users of virtual social networks in the city of Mossoró-RN. It was used as a measuring tool, a questionnaire to identify the frequency of social networks as usual were also assessed body weight and height with the use of an anthropometric scale digital brand Welmy and a stadiometer Sanny, With these measures, we obtained the % BF and body mass index (BMI) (Lohman apud FERNANDES SON, 2003). During the application of instruments, was guarded to protect the privacy and anonymity of the participant in the presentation of results, ensuring ethical precepts advocated by 196/96-CNS Res. It also guaranteed clarification before and after the survey, the free participation and participant's right to withdraw from the study at any time.

RESULTS AND DISCUSSION

By analyzing the practice of physical activities at school, it was found that 41% of male students said they did not practice physical activities remaining 59% practitioners. In females the rates were 65% for non-practicing and the other 35% of practitioners. The men showed a much higher affinity to sports. In the study by Silva (2000) on the physical activity levels of teenagers from Niterói-RJ show similar results, where the indices showed 85% of boys and 95% of girls were sedentary, then checking greater physical activity for boys. Guedes (2001) when measured levels of habitual physical activity in adolescents found that boys were consistently more active than girls. Around 54% of the boys involved in the study were classified as active or moderately active, while approximately 65% of girls were found to be inactive or very inactive, resembling up to this study also showed a higher rate than males for activity practice física.No regard to physical activities or most practiced sports in school, the responses showed swimming (19%), volleyball (18 %), soccer (15%), handball (8%), basketball and dance (2%), and various modalities (35%). Fernandes et al (2006) points out that in adolescence, over recent decades, have been observed changes in preferences, with football and volleyball for men and volleyball and dance among women are the most popular activities. These results are similar to our study points when the volleyball as the most practiced by adolescents of both sexos. Quanto the frequency of physical activity practice, it was observed that 35% of students engaged in it 1 time per week, 44% of 2 to 3 days per week, 6% 3 to 4 days, 3% 5 to 6 days and 12% every day of the week. It was observed that most of the population practicing regular physical activity has on semana.Os studies Guedes (2001) indicated that men have a greater involvement in physical exercise and sports than women (3:20 vs.0: 48 hours / week) equating this study when the majority practice 2-3 days a week (Chart 1). was observed in Figure 2 that 68% of the sample said spending time greater than or equal to 1 hour doing physical activities 32% daily and said spend 2 to 3 hours.



Chart 1 - Frequency of practical activities in school

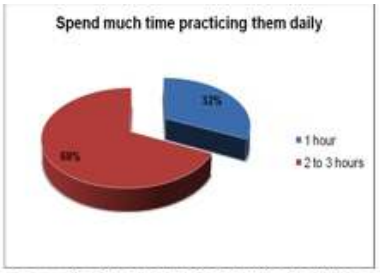


Figure 2 - Time spent doing physical activities

Chart 3 shows the percentage of students who have computer access at home. Only 6% revealed no access. This index shows the advancement of technology, about the fact that the majority of the population have computer at home. Our study showed a significant number of people with access to a computer at home, but survey data from the Center for Information and Coordination Point BR-NIC (2009) show that only 25% of all U.S. households own a computer. In the analysis by region the situation is bad for the Northeast. In this region, that number goes to 11%.

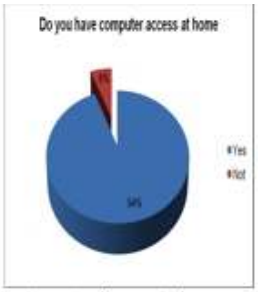
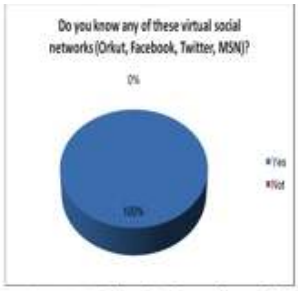
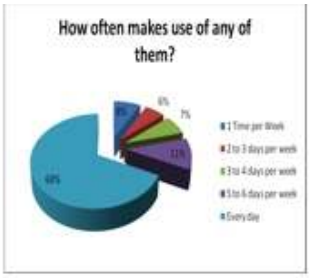


Chart 3 - Access to home computer

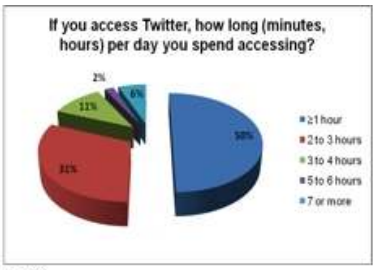


Graph 4 - Knowledge of any of these virtual social networks

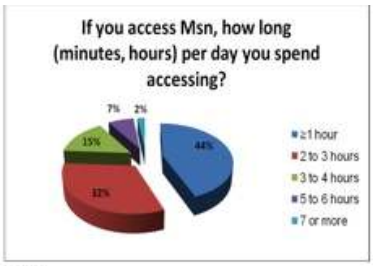


Graph 5 - Frequency of use of social networks.

Graph 4 shows students' knowledge as the most popular social networks in Brazil, Orkut, Facebook, Twitter, Msn. (SERASA EXPERIAN, 2011). Of the respondents revealed know any of these social networks all. What confirms the survey data (IBOPE, 2011) indicating that the Brazilian population that accesses the internet mostly makes use of some sort of social network. 83% (21.4 million people) of residential assets surfers wore some kind of social network in Brazil with a profile of users consisting of youth and adults, featuring our study as the age group that is included in the data. Graph 5 makes reference to frequency of use of social networking by students. 68% said use every day of some social networks proposed in the questionnaire. Uses 11% 5 to 6 days per week, 7%, 3 to 4 days, 6%, 2 to 3 days and 8%, 1 time per week. These data showed the majority of the users of social networks every day of the week, no percentage as the non-use of some of them.

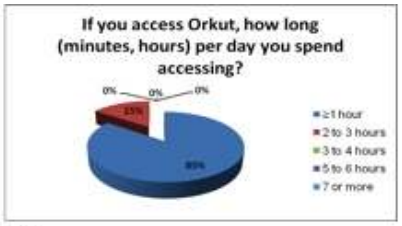


n = 54
Figure 6 - Time spent with access to twitter

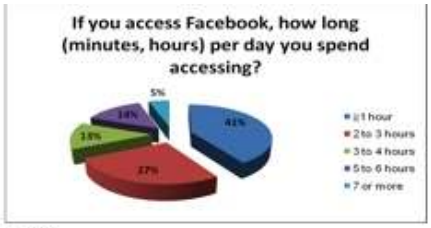


n = 68
Figure 7 - Time spent with access to MSN

In Chart 6 shows the time spent by users of twitter. The users evaluated, 50% spends a time greater than or equal to 1 hour using twitter, 31% of 2 to 3 hours, 11% of 3 to 4 hours and 6% 7 or more hours acesso.O Figure 7 reports the time user access MSN 44% reported use greater or equal to 1 hour, 32% in 2 to 3 hours, 15% of 3 to 4 hours, 7%, 5 to 6 hours, 2%, 7 hours or more.

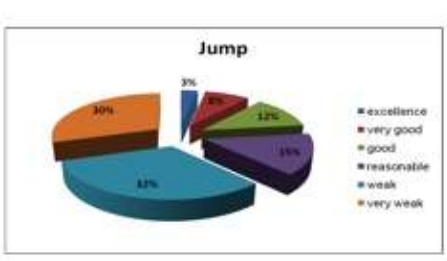


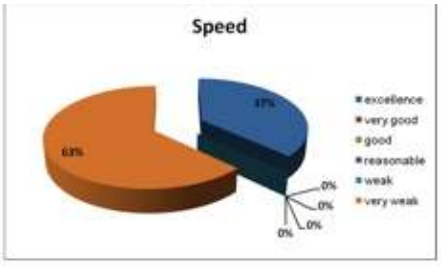
n = 52
Figure 8 - Time spent with access to Orkut

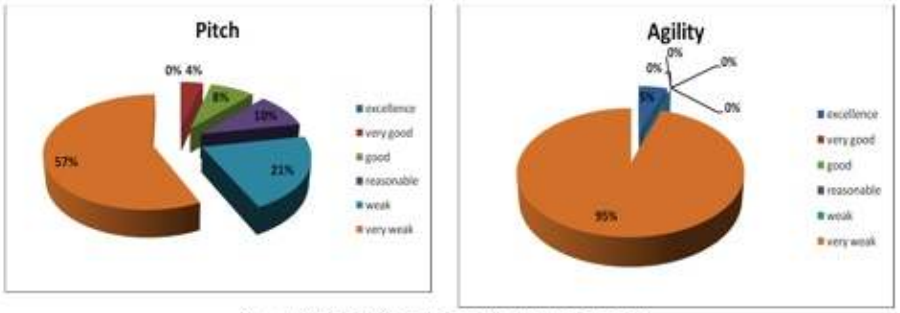


n = 59
Figure 9 - Time spent with access to facebook

Figure 8 provides an analysis From the use of daily time and Orkut. It was observed that 85% of users evaluated using amongst one hour or more and 15% 2 to 3 hours. Orkut which was once the most used social network in Brazil, is shown in declínio.Quanto the daily use of facebook, figure 9 brings the indices of 41% of the group assessed that accesses a time greater than or equal to 1 hour, 27 % of 2 to 3 hours, 13% of 3 to 4 hours, 14% of 5 to 6 hours and 7% 7 or more. The results show an increasing use of facebook that has been identified in research as a social network that most advances in the world. The results of this study confirm the research published in July 2009, when 83% (21.4 million people) of residential assets surfers wore some kind of social network in Brazil with a profile of users consisting of youth and adults, representing 54 2% were male (15.5 million people). As for age, 82% of Internet users are 18 years or older, and age between 12 to 17 years have the best combination of affinity for pages accessed by 50.7% of women and 49.3% men (IBOPE, 2011).







Graph 10 - Physical Fitness of study participants

Graph 10 shows the tests for analysis of physical fitness of the students. As the strength of the lower limbs (heel), 30% had a very low level and 32% weak, Looking at the data for lower limb strength (pitch) was detected that 57% had very low level and 21%, weak This shows that these two skills, the sample group has a poor outcome. As regards the speed was found that 63% of subjects showed very low level and 37% excellent. In agility, this proved quite alarming, as 95% of the group showed very weak levels and only 5% achieved excellence in practice. According to Guedes, Guedes (2001), the influence of biological factors during puberty, body fat, the greater length of the legs, developed more muscle mass, should give the boys a better performance when compared to data meninas.Estes physical fitness show how to sport in school is poor and need to engage in physical activities that explore the development of physical fitness should be explored in school. Regarding the composition (BMI) 64% of the subjects demonstrated to be within the standard, but the rest was between overweight and obese. Despite the physical activity of students is not relevant indices BMI is normal, but it points up a concern for individuals who are overweight or obese, sedentary lifestyle evidenced by acting as an ally obesity. The trend is that these rates will increase if they are not encouraged in school sports practices.

CONCLUSION

After analyzing the results it is concluded that the majority of users of social networks are among 1 to 3 hours making use of social networks cited in this study, the facebook, the social network most commonly used by adolescents Regarding physical fitness concluded that the majority of students is evaluated at very low level and weak. Body composition showed a majority of people with normal BMI but a significant number for the levels of overweight and obese. It is recommended so better planning of physical education classes in school, offering pleasurable and meaningful activities that oportunize a better quality of life for students.

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NETWORKS VIRTUAL AND A FITNESS FOR SCHOOL NETWORK PRIVATE MOSSORÓ-RN

ABSTRACT

Technological innovations have brought comfort and facilities for all persons requiring major obstacles to maintaining adequate levels of physical activity, favoring an increase in sedentary population. The purpose of this descriptive study was to evaluate the usual time of virtual social networks and physical fitness of 71 students of both sexes, aged between 15 and 16 years enrolled in the 1st and 2nd year of high school of the College Mater Christi, users of virtual social networks (Twiter, Msn, Facebook, Orkuts) in the city of Mossoró-RN. As an instrument of data collection were used: a questionnaire to identify the frequency usual social networks, with a balance of stadiometer Sanny (weight and height) to evaluate the anthropometric indicators. The analyzed data allow us to conclude that the majority of social networking users stay connected on Facebook for a daily period 1-3 hours. While most teenagers are experiencing the normal body mass index, shows up a level of physical fitness too weak

KEYWORDS: Obesity, behavior, physical fitness, internet

RÉSUMÉ

Les innovations technologiques ont apporté confort et des équipements pour toutes les personnes nécessitant des obstacles majeurs au maintien de niveaux adéquats de l'activité physique, en favorisant une augmentation de la population sédentaire. Le but de cette étude descriptive était d'évaluer l'heure habituelle de réseaux sociaux virtuels et la forme physique de 71 étudiants des deux sexes, âgés de 15 et 16 ans inscrits en 1ère et 2ème année de l'école secondaire du Collège Mater Christi, utilisateurs des réseaux sociaux virtuels (Twiter, Msn, Facebook, Orkuts) dans la ville de Mossoró-RN. Comme un instrument de collecte de données ont été utilisés: un questionnaire pour identifier les fréquences habituelles des réseaux sociaux et un équilibrer avec stadiomètre marque Sanny (poids et taille) pour évaluer les indicateurs anthropométriques. Les données analysées permettent de conclure que la majorité des utilisateurs de réseaux sociaux rester connecté sur Facebook pendant un période 1-3 heures par jour. Alors que la plupart des adolescents éprouvent l'indice de masse corporelle normale, montre un niveau de condition physique trop faible.

MOTS-CLÉS: obésité, le comportement, la condition physique, internet

RESUMEN

Las innovaciones tecnológicas han traído comodidad y servicio para todas las personas que requieren mayores obstáculos para el mantenimiento de niveles adecuados de actividad física, lo que favorece un aumento de la población sedentaria. El propósito de este estudio descriptivo fue evaluar el tiempo habitual de las redes sociales virtuales y la condición física de 71 estudiantes de ambos sexos, con edades comprendidas entre los 15 y 16 años matriculados en el 1er y 2 º año de la secundaria del Colegio Mater Christi, usuarios de las redes sociales virtuales (Twiter, Msn, Facebook, Orkuts) en la ciudad de Mossoró-RN. Como instrumento de recolección de datos se utilizaron: un cuestionario para identificar las frecuencias de las redes sociales habituales, con una báscula com estadiómetro de la marca Sanny (peso y altura) para evaluar los indicadores antropométricos. Los datos analizados nos permiten concluir que la mayoría de los usuarios de redes sociales en Facebook permanecer conectado durante varias horas diarias período de 1-3. Aunque la mayoría de los adolescentes están experimentando el índice de masa corporal normal, muestra un nivel de condición física demasiado débil.

PALABRAS CLAVE: Obesidad, el comportamiento, la forma física, internet

REDES SOCIAIS VIRTUAIS E A APTIDÃO FÍSICA DE ESCOLARES DA REDE PRIVADA DE MOSSORÓ-RN

RESUMO

As inovações tecnológicas trouxeram facilidades e conforto para todas as pessoas impondo grandes obstáculos para a manutenção de níveis de atividade física adequados, favorecendo o aumento do sedentarismo na população. O objetivo do presente estudo descritivo foi avaliar o tempo usual de redes sociais virtuais e a aptidão física de 71 escolares de ambos os sexos, na faixa etária entre 15 e 16 anos, matriculados no 1º e 2º ano do ensino médio do Colégio Mater Christi, usuários de redes sociais virtuais (Twiter,Msn,Facebook,Orkuts), na cidade de Mossoró- RN. Como instrumento de coleta de dados foram utilizados: um questionário, para identificar a frequência usual nas redes sociais; uma balança com estadiômetro da marca Sanny(massa corporal e estatura) para avaliar os indicadores antropométricos. Os dados analisados permitem-nos concluir que a maioria dos usuários de redes sociais permanecem conectados no Facebook por um período diário de 1 a 3 horas. Apesar da maioria dos adolescentes apresentarem o índice de massa corporal normal, evidencia-se um nível de aptidão física, muito fraco.

PALAVRAS-CHAVE: Obesidade Comportamento, aptidão física, internet.