02 - PHYSICAL ACTIVITY AS THE FORM OF INCLUSION OF OLD IN THE SOCIETY

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ABSTRACT

In this study the problem was lifted that the old thing has to be included in the society and to take a normal life as that of the young persons, with rights, duties and capacities like all. But they are distinguished and marginalized by the capitalist society. The objective of this work is to use the physical activity like promotion of the social inclusion of a pleasurable and casual form, through physical activities in group, as he says the authors mentioned in this work. There were done literary inquiries that take care straightly of this subject, in specific of the social area. And it was come to conclusion of which the physical activity to group can contribute yes with the inclusion of this piece of the population that increases to each year.

key words: Physical activity, social inclusion and old.

INTRODUCTION

During a traineeship in one of the unities of the SESC/SP, several moments were survived and experiences, doing so that the knowledges increased in the qualitative and quantitative form. With that we could understand how it will deal with several types of persons, and in special the old ones. They were the biggest public of that unity that had not another objective, not to be it of providing quality of life to all whom there they were frequentin. We had a bigger attention in a problem that we did not need to investigate very much to note what in the society the old thing limits or is limited by many daily tasks and of leisure that they need of socialization so much for his auto-esteem, all that for his acceptance in the society. That one that is not patient or does not support to be interacting with old persons. Our culture imposes that the old ones have no conditions to keep on sharing and live normally in society up to the end of his lives, and yes to live passively. This work has like showing function like the Physical Education can help in this problem through physical activities in group and sociabilizantes.

SOCIAL DISCRIMINATION

Rauchbach (1990) Says what the man worries from the antiquity about the material, professional future and the uncertainties, to guarantee a subsistence up to the end of his life. This thought this one in the code Hamurabi, of 23 séc.a.C., in the code of manu, séc. XIII a.C., and in the laws of 12 planks, of 300 years a.C.

In the antiquity the old age was a sign of wisdom, sovereignity and experiences to be passed for the young persons who, for his time, had the old ones with full respect up to his death.

The elderly in Brazil has differences in two regions, northeast and south, where the northeast region has a strong presence of the indigenous culture. It is a region where the habit is to highlight the elderly, that it is he who transfers to the young people all culture and habits of his tribe (society), being respected by their experiences. However, the south region is marked by industrialisation, thus making the most competitive region in relation to capitalism and consequentially are destroyed the workforce of the elderly. LOVISOLO (1997) speech on the issue of the elderly in contemporary societies, capitalist and with many interests, so as to invalidate the elderly population. All those exclusion attitudes and the person's incapacitação that it ages, she is totally dependent of the system and besides of his/her family to accomplish tasks of the daily. With that, LOVISOLO (1997) says, that population is limited to accomplish programmed physical activities or even intellectual activities as going to the library to read a good book, to walk in the park, among other cultures. He/she gets lost like this a great time of his/her life that could be included in projects, and practices.

With all these factors that there is a long ago, the society elitizou function and the importance of the young for the production, because it is more agile, creative and ready to be manipulated. Today, because the greatest concern of professionals and the government with the future and what will happen with our elderly population, are being created conditions and interests by disciplines commensurate to the elderly. LOVISOLO (1997) says lifts some subjects of the senior's exclusion in the society, but it also mentions some attitudes that begin to be taken positively in relation to the that the senior can or not to be useful to the society.

“The senior's social positioning has several dimensions for us to be appraised / observed, as: the social (his/her frequency, context and quality) relationships; the social (his/her frequency, nature and quality) activities; the social (including incomes, home and environmental conditions) resources; the social (that type of help if it can count, I marry necessary) support; the overload and the stress that relapse on the family in general and on the caretaker in matter, when living together and taking care of senior fragilizados and dependent". (KANE,1987, p. ...)

THE AGING AS FACTOR OF SOCIAL MARGINALIZATION

Rauchbach (1990) says that the increase of the number of seniors in the population is considerably big, and Brazil is among the first ones in the ranking. That if it turns a problem for the government, because to real concern it is the quality of those people's life. And in relation to their ages it could be considered advantageous and profitable for the capitalism, but with the crisis now this with certainty won't be priority. All this question a renouncement social leaving that person fall in solitude causing problems. MEIRELLES (1997) comments that sociologically age means not only a space of time, but one category, socio-economic activity, differently from life, personal characteristics, objectives and conflicts of variable nature and feelings positive and negative. Thus, society has created a bias in relation to age older, causing an even greater increase negative factors in the elderly that they are:

- Social isolation;
- economic situation criticism;
- social insecurity;
- state of health unsatisfactory;
- rupture with professional life;
- Loss concomitant of the function and the social status;
- lack of choice of the elderly to choose or reject the leisure;
- lack of choice of the elderly can opt for a superannuation active or passive (victims of pre-established standards by

the company).

SANTOS et al. (1978) speech on the seven million so-called old being marginalised in society, taking as precursor hereof our own culture and relations between men universe capitalist. All these thoughts are with the elderly do not leave more of the house, to communicate only the necessary, not to integrate the social environment and end up being excluded from the everyday normal life and confining isolation. In more developed countries this situation is similar, but the difference is that the promotion programs and care to elderly are less well developed. The author says that if on one side are created social programs for the inclusion of the elderly and for a change in their lives, on the other hand society itself exclude the elderly have a normal life equal to that of other citizens. This vision marginalised elderly refers directly to roles and social functions, breaking the link with groups of activities, absence of cultural aspirations, social and responsibilities.

This marginalisation often starts in the family, which sees the father ret. as a useless by the fact that he tries included in family life, and this family was modified with the inclusion of such gerry in everyday family. For that person feel useful to the family has just by offering them some tasks which is not always well accepted by elderly as: Care of grandchildren, serve as copyboy for children etc. .. For this change, the elderly would have to do new discoveries papers deal socially and acquire new responsibilities through physical activity.

The main proposition is that the decline in physical and mental activities, usually associate to the old age, is decisive factor of the psychological diseases and of the senior's social withdrawal. The interest in maintaining the same levels of activities of the apprenticeships previous of the adult life contributes well in an important way to the aging happened. The people that age if they confront with a social desengajamento, and that that active stays and it resists to the withdrawal of the society will have a better one to age.

The ritual of the death begins very early, beginning for the social and psychological death, being completed with the biological death (Both, portella and Both, 1994, p.32)

In this context, he/she should move this ritual of the death for the ritual of the social life, besides psychological and biological, from the birth to the individual's death.

Based on the moral and philosophical values of the societies and of the cultures, THE MAIL OF UNESCO (1982) says that to consolidate the family solidarity becomes necessary the mutual respect among the generations. This solidarity strengthens for the transmission of knowledge and of capacities, and for economical bows, and it cannot be exercised fully in case it misses the family the material means to satisfy their basic needs. The gerry needs live in society, with their duties and guaranteed rights, participation and integration with other persons, security, rents own and care appropriate.

PHYSICAL ACTIVITY INCLUSIVE

The exercises must be attractive, diversified, with moderate intensity, low impact on muscular structures, musculoskeletal and articular and carried out gradually. Want to see, the promotion of approximation social being developed, preferably collectively as several authors on the social question, while respecting individuals of each.

Thus, the elderly have, for example, in a group of gymnastics, certain opportunities to be seized or not. These opportunities, such as foot, discuss, make compromises, using the creativity and intelligence to counteract the idea that the elderly is not able to perform any type of task.

At a time of the book OKUMA (1998) says that the basis of the "be" in the world it is to share with others. One of the essential constituent "be" is "be with", which means familiarity, feel confidence. The author says that no person exists if it is not something or someone, thus, "be" means be with someone or something, which is man's natural relate to live with their similar. Researches of some groups that participate in activities social, cultural and sporting have that the physical activity is an excellent road so that the seniors are freed of prejudices, limitations and spontaneity, being reinstated 'the society. The physical activity can promote in this individual transformations that will guarantee that he has physical conditions, psychological to reinstate 'the society.

According to OKUMA (1997) in her theory presented to the Institute of Psychology of the University of São Paulo says that inclusion programs starting from the physical activity have as one of their characteristics the work in group, what propitiates the participants the possibility of social interaction. This aspect has if shown as a decisive fort of the people's maintenance in the programs, just like having shown for several studies mentioned in his/her work. Such studies underline the importance of the social group, generated by participation in physical activity in group.

MEIRELLES (1997) says that physical activity for the third age it is important, because it creates a climate relaxed, all the joints and increases the muscle tonus, providing greater provision for day to day, seeking the following objectives:

- Self-confidence;
- sensation of self-evaluation;
- Application of readiness for the activity;
- in addition to be a means of curing against depression, circumstances of fear, disappointment and empty issues;
- Decrease of annoyance, boredom, solitude and etc.

Barbosa (2000) says that we come water and our body is formed of 60% to 70% water. From the activities aquatic swimming that had name, demand, overcoming all expectations, at the same time in which there was a demand activity that were not learning ned. Are accepted in hidromotricidade people all the possibilities motoras between gíminicas, recreation, sports etc. In the aquatic environment the level run, spring, skip and physics explains these factors, which are highly contra-indicated in the middle dry, concernente this clientele. Also speaks that water works as stimulant tactile, present in the whole surface of our body (skin). Religiously, baptism is done with water and the blessings. In a liquid medium is favored the improvement of muscle strength with the potential flow, thus encouraging better self-esteem elderly (elderly).

FINAL CONSIDERATIONS

We have seen that lately the concern of man with aging is high, because the media early this factor which frightens all a general way. day by day the people are leading to life, and the age, are to live with challenges such as the discrimination of the elderly in society and the family, retirement, loneliness, abandonment, the disease. The age arriving several problems tona, because you do not serve more to capitalism and consequently to society, is limited to serve poor, when could certainly continue their work and social life, but in a different form (adapted). The work gives paths for the elderly from for a life more active, taking social commitments for, in the language of society not be an anti-social, have obligations to be vacated, participate in physical activities not to become a sedentary and etc.

We have seen then that in order to include the elderly within society and improve all negative factors of advanced age and more viable in group activities by the fact that they fall more naturally. The elderly have activities, not the same them when

they were young people, but adapted to its real situation, with limitations and difficulties, thereby eliminating inactivity cerebral and physics.

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ABSTRACT

In this study the problem was lifted that the old thing has to be included in the society and to take a normal life as that of the young persons, with rights, duties and capacities like all. But they are distinguished and marginalized by the capitalist society. The objective of this work is to use the physical activity like promotion of the social inclusion of a pleasurable and casual form, through physical activities in group, as he says the authors mentioned in this work. There were done literary inquiries that take care straightly of this subject, in specific of the social area. And it was come to conclusion of which the physical activity to group can contribute yes with the inclusion of this piece of the population that increases to each year.

key words: Physical activity, social inclusion and old.

L'ACTIVITÉ PHYSIQUE AS UNE FORME DE INCLUSION DE PERSONNES ÂGÉES DANS LA SOCIÉTÉ

RÉSUMÉ

Dans cette étude a été soulevé le problème que les personnes âgées doivent inclure dans la société et ont une vie normale de jeunes, avec des droits, obligations et de tous. Mais sont victimes de discrimination et marginalisés par la société capitaliste. L'objectif de ce travail est d'utiliser la physique la promotion de l'inclusion sociale d'une agréable et pas, par activité physique dans le groupe, les auteurs mentionnés dans ce travail. Les recherches ont été faites directement littéraire qui prennent soin cette question, en particulier le domaine social. Et c'est à la conclusion que l'activité physique groupe peut collaborer avec l'inclusion de cette partie de la population qui augmente chaque. année.

Mots clés : l'activité physique, l'insertion sociale et vieux.

LA ACTIVIDAD FÍSICA COMO UNA FORMA DE INCLUSIÓN DE ANCIANOS DENTRO DE LA SOCIEDAD

ABSTRACT

En este estudio se planteó el problema de que las personas de edad deben incluir en la sociedad y tienen una vida normal como de los jóvenes, con derechos, obligaciones y capacidades como todos. Pero son discriminados y marginados por la sociedad capitalista. El objetivo de este trabajo es utilizar la actividad física como la promoción de la inclusión social de un placentero y relajado, mediante la actividad física en un grupo, como los autores mencionados en este trabajo. Investigación fueron hechas directamente literarias que cuidar ese asunto, en particular el ámbito social. Y fue llegar a la conclusión de que la actividad física grupo puede colaborar con la inclusión de esa porción de la población que aumenta cada año.

Palabras clave: la actividad física, la inclusión social y ancianos.

ATIVIDADE FÍSICA COMO FORMA DE INCLUSÃO DO IDOSO NA SOCIEDADE

RESUMO

Neste estudo foi levantado o problema que o idoso tem de incluir-se na sociedade e ter uma vida normal como a dos jovens, com direitos, deveres e capacidades como todos. Mas são discriminados e marginalizados pela sociedade capitalista. O objetivo deste trabalho é utilizar a atividade física como promoção da inclusão social de uma forma prazerosa e descontraída, através de atividades físicas em grupo, como diz os autores mencionados neste trabalho. Foram feitas pesquisas literárias que cuidam diretamente desse assunto, em específico da área social. E foi chegada a conclusão de que a atividade física em grupo pode sim colaborar com a inclusão dessa parcela da população que aumenta a cada ano.

Palavras-chave: Atividade física, inclusão social e idoso.