173 - THE RELATIONSHIP BETWEEN THE REGULAR PRACTICE OF PHYSICAL ACTIVITY AND SEX AND CONSEQUENTIAL ATO REACTION PHYSIOLOGICAL AND PHYSIOLOGICAL AND OCCURS IN HUMAN BODY

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INTRODUCTION

The study addresses a related issue which the majority of society considers as delicate and embarrassing, imposing taboos, generated from social, cultural and religious: SEX.

It is not just the sex as a form of pleasure more human, specifically the physiological and psychological reactions occurring in the human body during the sexual act and its relationship to Physica Activity. Studies relating to sexuality, dating from the Middle Ages, written in Plato. This philosopher attributed to the god Eros the size of Love and Sexual appetites. According PARISOTTO (2001), Eros was considered the god of the basic instinct of life, responsiblefor the attraction between the bodies.

Names like Dr. Sigmund Freud and Darwin Cabins, also made references to sexuality, not just human, but animal.

But it was through studies by Masters and Johnson (1984), researchers U.S. than in the 60s began a search within a laboratory, whose goal was to verify body changes during the sexual act human. From these studies could clarify various physiological aspects of human sexual response, to describe the Cycle of Human Sexual Response and dividing it into four distinct phases: excitement, plateau, orgasm and resolution.

The stage of excitement occurs from any source of stimulus summative or psychic. Masters and Johnson (1984) says that: "If the stimulus appropriate to individual need, the intensity of the response increases, in general quickly. If the stimulation is subject there is physical or psychological objections, that is interrupted, the phase of excitement may extend to much or even pause. "Both the phase of excitement about the final phase are those that consume more time in the cycle of human sexual response.

Stage of excitement, the individual enters the second phase known as the plateau. During this phase the sexual tensions are intensifying and subsequently an extreme level, in which the individual ultimately may reach the orgasm (MASTERS; JONHNSON, 1984).

The third phase, orgasm, lasts a few seconds, where the vasoconstriction and myotonic developed by sexual stimuli are released. Kinsey (1985) deals with this phase "la douce mort", where the individual has a feeling of sexual pleasure, loss of acuity of the senses, a feeling of disconnection from the outside.

At the end of the 80s, the psychiatrist Helen Singer Kaplan, a great researcher of sexual motives, adds to that cycle the phase of sexual desire.

Several physiological reactions occur in the body during the sexual act, and the nervous systems, endocrine and cardiovascular, the systems studied in this research.

In the nervous system there is an integration between the environment, and central levels spinal essential to the development of both sexual response in men as in women. Hear, see, smell or even can serve as an erotic stimuli, and may evoke sexual arousal for systems: sensory, limbic, and autonomic nervous hypothalamic.

The endocrine system refers to the production of hormones. Men and women produce sex hormones, in different quantities, these being the testosterone and estrogen. Such hormones are considered chemical messengers, substances produced in a part of the body telling what the other parties must do (Berenstein, 2001).

The cardiovascular system shows that sexual activity leads to a behavior similar to the implementation of an exercise. In general, the elevations of heart rate and blood pressure are in very similar to those obtained during an exercise stress test of numbers submaximal (STEIN, Ricardo & HOHMANN, Clarissa, 2006).

In orgasm the heart rate increases to 90 to 145, on average, 115 beats per minute and blood pressure rises about 30 to 50 mm Hg. After orgasm blood pressure, the heart and respiratory return to the values of rest.

However it is very important not only understand the physiology that involves sex, but also the psychological dimensions that surround.

The "Psychological reactions" that occurred before and during the sexual act, whose effects can be positive or negative. People with satisfactory sexual activity have high self-esteem, positive effect. When this occurs the individual may not have the negative effect the stress and even depression (CARVALHO & CARVALHO, 1996).

Today, sex is directly linked to health. According to the psychiatrist Carmit Addo (2006), a satisfactory sexual life helps prevent diseases such as myocardial infarction, hypertension, stress, among others, in addition to increasing the provision for daily activities, enhances self-esteem and thus gives more pleasure for life.

Studies on the Relationship between Physical Activity Act and Exploited Children evidence that there is a direct relationship between the practice of regular physical activity and better conditioning and sexual performance of the individual (WUH 2002).

Wuh (2002) states that "physical activity is one of the priorities to achieve good sexual conditioning, since the sexual performance and pleasure depend on a healthy heart and low levels of cholesterol, which ensures an adequate blood flow to the genitals and other parts of thebody."

METHODS

The related study is characterized as a field research, a quantitative descriptive, since the second Thomas & Nelson (2002 p.280), aims to study on the relationship between physical activity and the sexual act.

SUBJECT

Composed by 55 athletes from income, and 31 men (average age 24 years) and 24 women (average age 23 years), the following sports: judo, soccer, indoor soccer, volleyball, basketball, swimming, karate, and synchronized swimming. Apart

from 110 individuals and 50 men (average age 29 years) and 60 women (average age 30 years) practicing regular physical activity (at least three times a week, one hour per day).

PROCEDURES

To compose the sample, it was created a few requirements: all respondents should have an active sexual life, should be athletes and / or practice regular physical activity.

It was used as an instrument of the questionnaire survey of the influence of the sexual act to improve the quality of life of people who practice regular physical activity, to see how the practice of regular physical activity improves quality of life of its practicing mainly in refers to sexual performance.

The questionnaire was applied yet to influence the sexual act in the income of physical activity in athletes, aiming to analyze the relationship between the practice of sexual activity in return for athletes of income. The questionnaires were used in gyms, clubs and even on the seafront of Maceio - AL. Were applied before or after the drills or practice of physical activities, subject to authorization and understanding of teachers / technicians, and to participate in the search a voluntary action. So the research was ethical concern in maintaining the anonymity of the individuals involved in related studies.

These questionnaires were validated by a team composed of 5 teachers masters and doctors of the ethics committee of the FAL - University of Alabama.

PROCESS OF ANALYZING DATA COLLECTED

Data collected were analyzed using the average and percentage and is described in the form of tables.

RESULTS

Quiz of the Influence of Sexual Act in Improving the Quality of Life of people who practice regular physical activity

TABELA 01

1) Sexual activity interferes with physical activity?

	Sim	Nÿo	
Homens	14	36	50
Mulheres	20	40	60
Total	34	76	110

According to Table 01 was unable to verify that 72% of men believe that sexual activity does not interfere with the physical activity and 28% believe that yes, there is an interference. Why 66.67% of women the re is no interference while 33.33% believe that there is interference of sexual activity in physical activity.

TABELA 02

2)Good physical condition favors the sexual pleasure?

	Sim	Nÿo	
Homens	42	8	50
Mulheres	56	4	60
Total	98	12	110

From Table 02, it was observed that 84% of men say that a good physical condition favors the sexual pleasure, 16% think not. Already 93.33% of the women interviewed say that yes and 6.67% did not agree with the affirmative.

TABELA 03

3) regular sexual activity relieves stress, helps in combating depression, stimulates the mind and is an excellent form of exercise. You agree with that statement?

	Sim	Nÿo	
Homens	50	0	50
Mulheres	56	4	60
Total	106	4	110

In analyzing the data in Table 03, it was found that 100% of men agr ee with the affirmative. For women, 93.33% say that yes, regular sexual activity relieves stress, helps in combating depression, stimulates the mind and is an excellent form of exercise, and 6.67% said they do not agree.

TABELA 04

4) Sex is health?

	Sim	Nÿo	
Homens	48	2	50
Mulheres	60	0	60
Total	108	2	110

According to Table 04, 100% of women responded that sex is health. For men this change indices: 96% said yes and 4% said they do not, sex is not health. Could you check the rates between women and m en were very close, that is both sexes believe that sex is so synonymous with health.

TABELA 05

5) Sex is a form of relaxation and helps fight stress?

	Sim	Nÿo	
Homens	50	0	50
Mulheres	58	2	60
Total	108	2	110

According to Table 05, was unable to verif y that for 100% of respondents (men) sex is rather a form of relaxation and helps fight stress. While 96.67% of the respondents said that yes, sex is a form of relaxation and only 3.33% responded that disagree with the statement.

TABELA 06

6) Sex improves self-esteem?

	Sim	Nÿo	
Men	40	10	50
Women	56	4	60
Total	96	14	110

Analyzing the data in Table 06, it is observed that 80% of men say that yes, sex provides an improvement in their self -esteem, 20% think not. For 93.33% of the women interviewed, bu t the sex improves your self-esteem, 6.67% said no.

Analyzing the data in Table 06, it is observed that 80% of men say that yes, sex provides an improvement in their self-esteem, 20% think not. For 93.33% of the women interviewed, but the sex improves your self-esteem, 6.67% said no.

Questionário da influência do ato sexual no rendimento da atividade física em atletas de rendimento

TABELA 1

1) There is the influence of sexual performance of physical activity

	Sim	Nÿo	
Men	13	18	31
Women	19	5	24
Total	32	23	55

When verifying the contents of Table 1, it was possible to see that: 58.06% of men interviewed said that there is no influence on the sexual performance of physical activity and 41, 94% said yes there is influence. For 79 .17% of the women interviewed there is influence and 20.83% said they do not think there is influence of the sexual act in the income of physical activity. There was an opposition of views when compared men and women.

TABELA 2

2) There are influences of physical activity in sexual performance?

	Sim	Nÿo	
Men	23	8	31
Women	23	1	24
Total	46	9	55

Table 2, we find that for 74.20% of men interviewed athletes, but there is influence of physical activity in sexual performance and 25.80% of them said no such influence. For 95.83% of women but there is influence of physical activity in sexual performance, while only 4.17% said no influence of physical activity in sexual performance. Most respondents (83.64%), ie men and women also said that there is influence of physical activity in sexual performance.

TABELA 3

3) His physical condition is affected with the practice of sexual activity?

	Sim	Nÿo	
	8	23	31
Men	8	16	24
Women			
Total	16	39	55

In examining Table 3, it was found that 74.20% of men interviewed sa id that their physical condition is not affected by the practice of sexual activity, 25.80% believe that yes, the physical conditioning is affected with the practice of activity sex. But the indexes of women showed that 66.66% said that their physical cond ition is not affected by sexual practices and 33.34% said yes, the physical is affected with sexual practices. Most respondents (70.90%), ie men and women also said that his physical condition is not affected by the practice of sexual activity.

TABELA 4

4) You practicing sexual activity before the game or competition?

	Sim	Nÿo	
Men	14	17	31
Women	8	16	24
Total	22	33	55

In examining the Table 4, it was observed that 54.84% of men interviewed said athletes practicing sexual activity before games or c ompetitions and 45.16% said no practice. For women the rates show that 66.66% said no sex before games or competitions and 33.34% said yes, practice sexual activity before games or competitions.

TABELA 5

5) Sex is health?

	Sim	Nÿo	
Men	30	1	31
Women	24	0	24
Total	54	1	55

When asked if sex is a synonym of health, it was possible to see in Table 5 that 100% of women who answered yes. For men this index change: 96.78% said yes and 3.22% said they do not, sex is not health. Could you check the rates bet ween women and men were very close, that is both sexes believe that sex is so synonymous with health.

In analyzing the data in Table 08, it was possible to observe that 100% of men say that yes, sex provides an improvement in their self-esteem. For 91.67% of the athletes interviewed, but the sex improves your self-esteem and 8.33% of the athletes said that they did not.

FINAL CONSIDERATIONS

During the sexual act the body is not limited to a mechanical action, because many systems act during intercourse. The start of the involvement of the nervous system occurs from the moment that there is a desire then the touch and therefore the excitement of the sensory receptors that are beginning to numerous independent reflexes, controlling the blood flow in regions genitals.

The endocrine system is responsible for the production of hormones and has the pituitary gland as a master. When this system is in balance the functioning of organs is so healthy. There was the great importance of the cardiovascular system, because that has the function to protect against the decrease in size of the arteries and reducing blood flow. The sex how this system works if the individual was practicing any other type of physical activity.

In addition to the systems approach, it is also clear that the emotional, psychological, is directly linked to the sex life of man, that is influencing the situation daily during the act, so that does not make the individual happy sexually. According to the

survey of the influence of the sexual act to improve the quality of life of people who practice regular physical activity, 69.33% of respondents said that sexual activity does not interfere with the practice of physical activity. At the same time as 88.66% said that a good physical condition favors the sexual pleasure. For 96.66% of the interviewees as well as healthy eating and regular exercise, regular sexual activity relieves stress, helps in combating depression, revitalizes the body, stimulates the mind and is an excellent aerobic and anaerobic exercise. From almost unanimous that 98% of the interviewees said that sex is synonymous with health.

The practice of regular physical activity according to most interviewees gives them more available physical, psychological and mental. Improves self-esteem, combat stress, improves your sex life and thus improves their quality of life.

Analyzing the survey of the influence of the sexual act in the income of physical activity in athletes: 58.18% said yes there is influence on the sexual performance of physical activity, but as the practice of regular physical activity, 83.64% said there influence of physical activity in sexual performance. However 70% said that their physical condition is not affected by the practice of sexual activity, the 30% who said suffer some form of change, most of them replied that his physical condition increases with the practice of sexual activity. Just as the first group, athletes (85.45%) said that a good physical condition favors the sexual pleasure.

Although the majority (65.45%) of respondents claiming to be valid concentration before games or competitions as a way of preventing the physical unnecessary, 56.36% did not think needed to sexual abstinence before games or competitions, provided that the athlete do the minimum of physical effort as possible. However 60% of the athletes responded not practice sexual activity before games or competitions, or even saying that there is an injury, with the practice of sexual activity on their performance, athletes seem to prefer not to take risks to its performance.

Like the first group of respondents, the majority of athletes, 98.18%, said that sex is so synonymous with health. For 100% of the athletes sexual activity relieves stress, helps in combating depression, revitalizes the body, stimulates the mind and is an excellent aerobic and anaerobic exercise. It was observed that 96.36% of the athletes said that sex improves their self-esteem.

This study did not pretend to be a work complete, exhausting all points to be considered and analyzed on the subject addressed, so little the last on the subject, but sought to show a clear and objective understanding of the importance of sex as how to improve the quality of life of people, whether athletes or not. Once it became clear that there is a direct relationship between the practice of regular physical activity and better conditioning and the individual's sexual performance.

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THE RELATIONSHIP BETWEEN THE REGULAR PRACTICE OF PHYSICAL ACTIVITY AND SEX AND CONSEQUENTIAL ATO REACTION PHYSIOLOGICAL AND PHYSIOLOGICAL AND OCCURS IN HUMAN BODY

ABSTRACT

Sex is a synonym of health, not only physical but also emotional. A good physical condition contributes to the pleasure in sexual activity, in addition to associate itself to improving self-esteem of the individual. This study is not just the sex as a form of human pleasure, but especially the relationship between the Practice of Regular Physical Activity Act and the Sexual and consequential physiological and psychological reactions occurred in the Human Body. The research is characterized as a field of study, a quantitative descriptive. We applied two questionnaires, one with 110 individuals who practice some form of regular physical activity and the other with 55 athletes from income. In general the majority of respondents agree that sex is health, improves self-esteem and that a good physical condition favors the sexual pleasure. However it was possible to see that talk of sex is still something delicate and often embarrassing.

Keywords: Sex, Health, Physical Conditioning, Self-esteem, quality of life; Physiological Reactions; Psychological reactions; Physical Activity.

LA RELATION ENTRE LA PRATIQUE RÉGULIÈRE D'ACTIVITÉ PHYSIQUE ET LE SEXE ET EN CONSÉQUENCE ATO RÉACTION PHYSIOLOGIQUE ET PSYCHOLOGIQUE SE PRODUIT DANS LE CORPS HUMAIN

ABSTRACT

Le sexe est un synonyme de santé, non seulement physique mais aussi émotionnel. Une bonne condition physique contribue à le plaisir de l'activité sexuelle, en plus de s'associer à l'amélioration de l'estime de soi de l'individu. Cette étude n'est pas seulement le sexe comme une forme de plaisir de l'homme, mais surtout la relation entre la pratique de l'activité physique régulière et la Loi sur l'hygiène sexuelle et en conséquence physiologique et psychologique des réactions ont eu lieu dans le corps humain. La recherche est caractérisé comme un domaine d'étude, une description quantitative. Nous avons appliqué deux questionnaires, l'un avec 110 personnes qui pratiquent une forme de l'activité physique régulière et l'autre avec 55 athlètes de revenu. En général, la majorité des personnes interrogées sont d'avis que le sexe est la santé, améliore l'estime de soi et une bonne condition physique favorise le plaisir sexuel. Toutefois, il a été possible de voir que parler de sexe est toujours quelque chose de délicat et souvent embarrassant.

Mots-clés: sexe, de la santé, conditionnement physique, l'estime de soi, la qualité de vie; réactions physiologiques, psychologiques indésirables; de l'activité physique.

LA RELACIÓN ENTRE LA PRÁCTICA REGULAR DE ACTIVIDAD FÍSICA Y EL SEXO Y LA CONSIGUIENTE REACCIÓN ATO FISIOLÓGICAS Y PSICOLÓGICAS SE PRODUCE EN EL CUERPO HUMANO

RESUMEN

El sexo es un sinónimo de salud, no sólo física sino también emocional. Una buena condición física contribuye al placer de la actividad sexual, además de sumarse a la mejora de la autoestima de la persona. Este estudio no es sólo el sexo como una forma de placer humano, pero sobre todo la relación entre la práctica de actividad física regular y la Ley Sexual y consecuentes fisiológicos y psicológicos se produjeron reacciones en el cuerpo humano. La investigación se caracteriza como un campo de estudio, uno descriptivo cuantitativo. Se aplicaron dos cuestionarios, uno con 110 personas que practican alguna forma de actividad física regular y el otro con 55 atletas de los ingresos. En general, la mayoría de los encuestados coinciden en que el sexo es salud, mejora la autoestima y que una buena condición física favorece el placer sexual. Sin embargo, fue posible ver que hablar de sexo todavía es algo delicado y embarazoso a menudo.

Palabras clave: Sexo, Salud, acondicionamiento físico, la autoestima, la calidad de vida; reacciones fisiológicas; reacciones psicológicas; la actividad física.

A RELAÇÃO ENTRE A PRÁTICA REGULAR DE ATIVIDADE FÍSICA E O ATO SEXUAL E CONSEQÜENTES REAÇÕES FISIOLÓGICAS E PSICOLÓGICAS OCORRIDAS NO CORPO HUMANO

RESUMO

Sexo é sinônimo de saúde, não apenas física mais também emocional. Um bom condicionamento físico contribui para o prazer na atividade sexual, além de associar-se a melhoria da auto-estima do indivíduo. Este estudo não trata apenas do sexo como forma de prazer humano, mas, especialmente da relação entre a Prática Regular de Atividade Física e o Ato Sexual e Conseqüentes Reações Fisiológicas e Psicológicas ocorridas no Corpo Humano. A pesquisa caracteriza-se como um estudo de campo, de natureza quantitativa descritiva. Foram aplicados dois questionários, um com 110 indivíduos, que praticam algum tipo de atividade física regular e o outro com 55 atletas de rendimento. De forma geral a maioria dos entrevistados concorda que sexo é saúde, melhora a auto-estima e que um bom condicionamento físico favorece o prazer sexual. Contudo foi possível perceber que falar de sexo ainda é algo delicado e muitas vezes constrangedor.

Palavras-chave: Sexo; Saúde; Condicionamento Físico; Auto-estima; Qualidade de Vida; Reações Fisiológicas; Reações Psicológicas; Atividade Física.