185 - QUALITY OF LIFE OF THE FEMALE ENTREPRENEUR ASPECTS

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1. INTRODUCTION

In several studies accomplished in the last twelve years about the woman's participation in the work it can be seen that the professional growth feels as true " heads of the family ", taking the federal government's organs to accept this new denomination for your demarcation. This evolution in the job market backs an entire series of advantages for the woman, as well as on the other hand, the negative factors also start to integrate your daily one. GOMES & TANAKA (2003) they show that “the effort of several generations in the sense of reducing the social disparities among the goods, took the work to be incorporate to the daily of great number of women, whose acting of paid activity took them to reconcile multiple papers and to accomplish couple day ".

Referring the, it is known that during a day, several situations can favor the emergence of diseases related with the work. Incorrect postures, repetition of movements and flexions, lateral deviations of fist, frequent compression of the hands, lifted up shoulders, it forces excessive in the object use, among other, and they are used to mention one of the principal problems that afflict the feminine population. Among the years 2001 and 2004, approximately, the promotion of health and quality of life occupied a great space in the media and in the society and they disseminated the occupational disturbances more known, that are work related muscular disturbs - WRMD and, especially for the feminine hard-working population, because this group is it more reached by the illness. The work capacity, for your time, is also integral and consequent part of this woman's professional life, and based on indexes internationally accepted it can be considered a projection of your work capacity,

2. OBJECTIVE

To diagnose the quality of life related to the health - QLRH through the components cardio- respiratory, flexibility and composition; and to know the capacity of work of this population through the indicators of WAI (work ability index).

3. MATERIAL AND METHOD

It researches descriptive possessing exploratory characteristics, due to enlarging the level of knowledge about the work capacity and the quality of life related to the health of a population specifies. The sample of the study is formed by volunteers (women entrepreneurs) of the pre-selected cities of, MG (n = 11) and of Florianópolis, SC (n = 9) for the characteristics of each one.

For ends of this study the questionnaire was used (ICT) seeking, above all, the fidelity in the answers, besides delineating the capacity index for the work (ICT). the classification of the scores of ICT (Picture 1), according to JUVÊNCIO (2002) they are the following ones:

PONTOS	CAPACIDADE PARA O TRABALHO	OBJETIVOS DAS MEDIDAS
07 27	baixa	restaurar a capacidade para o trabalho
28 36	moderada	melhorar a capacidade para o trabalho
37 43	boa	melhorar a capacidade para o trabalho
44 49	**tima**	manter a capacidade para o trabalho

Picture 1 WAI scores

For data's collection about quality of life related to the health a battery of standardized tests was used and validated for measurement of the physical aptitude, especially to the components: resistance cardiorrespiratoria, flexibility, and percentile of body fat (%G).

To component resistance cardiorrespiratória it was measured and appraised for the test of bank of Balke, following procedures described in Marins & Giannichi (1996) and the results were interpreted below with base in the table 1:

faixa etÿria	muito fraca	fraca	regular	boa	excelente
20 29	- 24	24 30	31 37	38 48	> 49
30 39	- 20	20 27	28 33	34 44	> 45
40 49	- 17	17 23	24 30	31 41	> 42
50 59	- 15	15 20	21 27	28 37	> 38
60 69	- 13	13 17	18 23	24 34	> 35

To component flexibility it was measured and appraised for the test of to sit down and to reach following Picture 2 to proceed:

IDADE	15-19		20-29		30-39		40-49		50-59	
SEXO										
CLASSIF.	M	**F**	M	**F**	M	**F**	M	**F**	M	**F**
Excel.	>39	**>43**	>40	**>41**	>38	**>41**	>35	**>38**	>35	**>39**
ACIMA DA MÿDIA	34-38	**38-42**	34-39	**37-40**	33-37	**36-40**	29-34	**34-37**	28-34	**33-38**
MÿDIA	29-33	**34-37**	30-33	**33-36**	28-32	**32-35**	24-28	**30-33**	24-27	**30-32**
ABAIXO DA MÿDIA	24-28	**29-33**	25-29	**28-32**	23-27	**27-31**	19-23	**25-29**	16-23	**25-29**
FRACA	<23	**<28**	<24	**<27**	<22	**<26**	<17	**<24**	<15	**<24**

Picture 2. Sit and reach test index, by sex and age, centimeters.

Sujeito	ICT	Classificaÿÿo
V01	44	**tima**
V02	42	boa
V03	44	**tima**
V04	42	boa
V05	36	moderada
V06	40	boa
V07	39	boa
V08	36	moderada
V09	36	moderada
V10	44	**tima**
V11	43	boa
F01	44	**tima**
F02	45	**tima**
F03	39	boa
F04	36	moderada
F05	34	moderada
F06	44	**tima**
F07	40	boa
F08	40	boa
F09	40	boa
MÿDIA GERAL	**40,4**	**boa**

The percentile of fat was obtained by use of the technique of measurement of skin folds and the formula:
D(G/ML) = 1,10726863 - 0,000812001 (4) + 0,00000212 (4)2 - 0,00041761 (ID)
%G = 495 / D (G/ML) - 450
4 = sum of the four skin folds in millimeters
ID = chronological age, in years, of the subject.

muito baixo [a]	HOMENS	**MULHERES**
	5%	**8%**
abaixo da mÿdia	6 14 %	**9 22%**
mÿdia	15%	**23%**
acima da mÿdia	16 24%	**24 31%**
muito alto [b]	25%	**32%**

[a] Risco para doenças e desordens associadas com a má nutrição.
[b] Risco para doenças e desordens associadas com a obesidade.

Table 2 Disease risks associated.

3. RESULTS AND DISCUSSION

The first parameter aimed at by the research (WAI) it presented the result exhibited in the picture 3, among the twenty (20) women that participated in this study. This general result of 40,4 placing the women researched in the good " classification " it can be explained by the fact of they be " ladies " of the own business. The enterprising factor carried out by the volunteers it seems to influence in your capacity for the work. However, she should not despise the objectives of this measured, that is to improve this work capacity.

Sujeito	ICT	Classificaÿÿo
V01	44	**tima**
V02	42	boa
V03	44	**tima**
V04	42	boa
V05	36	moderada
V06	40	boa
V07	39	boa
V08	36	moderada
V09	36	moderada
V10	44	**tima**
V11	43	boa
F01	44	**tima**
F02	45	**tima**
F03	39	boa
F04	36	moderada
F05	34	moderada
F06	44	**tima**
F07	40	boa
F08	40	boa
F09	40	boa
MÿDIA GERAL	**40,4**	**boa**

Picture 3 WAI scores in this paper.

The results of the body composition can be seen below in the picture 4:

Sujeito	ID	Triciptal	Subescapular	Suprailiaca	coxa	Σ_4	D(g/ml)	%G
1	63	34	38	39	40	151	1.0066	41.71
2	37	21	27	18	31	97	1.0330	29.18
3	59	34	26	38	38	136	1.0114	39.41
4	41	34	45	37	28	144	1.0171	36.64
5	30	21	26	21	36	104	1.0332	29.08
6	29	31	27	22	33	113	1.0304	30.36
7	52	33	25	38	38	134	1.0148	37.77
8	38	25	19	20	26	90	1.0354	28.03
9	26	20	26	29	38	113	1.0317	29.77
10	42	22	18	27	39	106	1.0274	31.76
11	36	21	25	27	40	113	1.0304	30.36
12	34	32	24	32	36	122	1.0256	28.76
13	44	32	33	32	34	131	1.0109	38.42
14	43	34	32	36	34	136	1.0114	39.41
15	40	27	26	26	38	117	1.0245	29.31
16	32	26	28	28	43	125	1.0255	29.48
17	45	34	26	31	41	132	1.0183	34.66
18	34	35	31	26	32	124	1.0250	31.24
19	38	37	30	27	45	139	1.0195	39.44
20	43	36	32	24	44	136	1.0114	39.41
mÿdia	-	-	-	-	-	123,15	1.0222	**33.66**

Picture 4 % fat values

Picture 4 % fat values

The results appear for a constituted sample of women with average of percentile of fat in 33,66%. This percentile one indicates, according to Lohman (1992) mentioned by Petroski (1999), that risk exists for diseases and disorders associated with the obesity (Table 2)

The results for the variable flexibility are exhibited in the picture 5 as it is proceeded:

Sujeito	ID	1ÿ	2ÿ	3ÿ	melhor	classificaÿÿo
1	63	-9,0	-8,5	-9,0	-8,5	Fraca
2	37	5,5	4,0	5,0	5,5	Fraca
3	59	-9,0	-11,0	-10,0	-9,0	Fraca
4	41	-7,5	-6,5	-6,5	-6,5	Fraca
5	30	-13,5	-10,0	-9,0	-9,0	Fraca
6	29	-4,5	-4,5	-3,0	-3,0	Fraca
7	52	-15,0	-13,0	-13,0	-13,0	Fraca
8	38	-9,0	-9,5	-10,0	-9,0	Fraca
9	26	-4,0	-4,0	-2,0	-2,0	Fraca
10	42	5,0	5,5	7,5	7,5	Fraca
11	36	-4,5	-5,0	-5,0	-4,5	Fraca
12	34	5,5	5,0	-5,0	5,5	Fraca
13	44	-9,0	-9,0	-8,5	-8,5	Fraca
14	43	4,0	4,5	4,5	4,5	Fraca
15	40	3,5	3,5	3,0	3,5	Fraca
16	32	-5,5	-6,0	-6,0	-5,5	Fraca
17	45	-3,5	-3,5	3,5	-3,5	Fraca
18	34	4,0	4,5	4,5	4,5	Fraca
19	38	-7,5	-7,0	-7,0	-7,0	Fraca
20	43	4,5	4,5	5,0	5,0	Fraca
MÿDIA	**-**	**-**	**-**	**-**	**-2,65**	**Fraca**

Picture 5 Flexibility test values.

Verifying in the reference picture (Picture 2), the values found in this sample (average in - 2,5), it reflects a weak " condition ". This result evidences the need to implement actions that seek to increase values of this variable in the voluntary women's life in the research.

In the test of bank of Balke, procedure to esteem the condition cardiorrespiratoria, the result was:

Sujeito	ID	ml (kg . min) $^{-1}$	classificaÿÿo
1	63	17,6	Regular
2	37	31,8	Boa
3	59	24,7	Regular
4	41	24,7	Regular
5	30	24,7	Fraca
6	29	24,7	Fraca
7	52	31,8	Boa
8	38	31,8	Boa
9	26	31,8	Boa
10	42	17,6	Fraca
11	36	24,7	Regular
12	34	31,8	Boa
13	44	17,6	Regular
14	43	24,7	Regular
15	40	31,8	Boa
16	32	31,8	Boa
17	45	24,7	Regular
18	34	17,6	Regular
19	38	31,8	Boa
20	43	31,8	Boa

Picture 6 Cardio-respiratory results and classification.

It formulates her/it proposal for calculation of VO2max it is the following:

VO2max ml (kg. MIN)-1 = (X N X 1,33 X 1,78) + 10,5

where

The = height of the last bank completed, in meters

N = I number of gone down and arisen per minute

1,33 = work positive (ascendancy) and more 1/3 for the negative work (descent)

1,78 = ml of necessary O2 for 1 kg.m of work

10,5 = work horizontal added to the vertical movement

Reminding that to determine the maximum heart foreseen frequency her was used it formulates of Sheffied:

Rate $Heart_{max}$ = 205 - (0,42 x age)

Based on these individual results, considering the average of this sample, and in agreement with the Picture 6, the volunteers (entrepreneurs of the city of Viçosa and Florianópolis volunteers) they are classified in " regulating " for eight (8) women, three (3) in the weak " classification " and nine (9) in the classification " good " physical aptitude in this test.

The service type and the factor age can be made responsible by most of them in obtaining these values, once as much one as the other factor it is considered of great importance.

4 CONCLUSIONS

The woman entrepreneur's activity in the researched cities possesses characteristics similar to the one of another equal municipal district it carries and complexity in the trade and industry in Brazil. For the research it was possible to observe in the requirement capacity for the work that the researched women are classified with enough punctuation to affirm that your capacity should be maintained and even having stimulated for next years. The questionnaire ICT just exhibits this future projection, and it determines which action type should be taken to get better (when it goes the case) and to maintain this capacity. The other objective of the research, to diagnose the quality of life related to the health through the components cardio-respiratory, flexibility and body composition, it demonstrated that the women entrepreneurs don't still stop a great index in this aspect. The variations found in the different requirements for the health they demonstrate that an attention is not had to your health of the

general point of view.

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QUALITY OF LIFE OF FEMALE ENTREPRENEUR ASPECTS

Abstract
The studies about the female work and the woman's insert as enterprising and entrepreneur demonstrates the professional growth of these as true " heads of the family ". This evolution in the job market brings a series of advantages for the woman, but also negative factors. The objectives and justification of this paper consist of diagnosing the work ability (work ability index WAI) , and aspects of the life quality in the cities of Viçosa and Florianópolis, in the period between 2006 and 2008. For the research it was possible to observe in the requirement capacity for the work that the researched women are classified with enough punctuation to affirm that your capacity should be maintained and even having stimulated for next years. The other objective of the research, to diagnose the quality of life related to the health through the components cardio-respiratory, flexibility and body composition, it demonstrated that the women entrepreneurs don't still stop a great index in this aspect. The variations found in the different requirements for the health they demonstrate that an attention is not had to your health of the general point of view. And in all the components there is an intervention need the short and medium period because, otherwise, the exhibition to the risks for the health can become evident and even harming the professional acting of these.
Word-keys: quality of life, physical activity, work conditions.

LES ASPECTS DE LA QUALITE DE VIE DES FEMMES D'AFFAIRES

Résumé
Les buts de ce travail ont été a) d'observer la capacité de travail, b) d'observer les aspects de la qualité de vie, et c) tester des facteurs qui ont des rapports avec la santé. L'echantillon était composé par des femmes d'affaires de deux villes brésiliennes : Viçosa située au Sud Ouest et Florianópolis située au Sud du pays. La période d'étude s'étendu de 2006 jusqu'à 2008. Les études sur l'insertion de la femme dans le monde du travail ont démontré la croissance professionnel des femmes d'affaires. Cette évolution lui a donné beaucoup d'avantages mais aussi des aspects négatifs par rapport à la qualité de vie et la santé. Les résultats de cette recherche ont démontré que les femmes d'affaires n'ont pas réussi des niveaux acceptables dans le domaine de la santé et de la condition physique quand on a testé les composantes cardio respiratoire, flexibilité et composition corporelle. Les résultats obtenus indiquent que les femmes d'affaires doivent faire attention aux differents composantes de la santé. Par rapport à la capacité de travail les femmes ont réussi de performances suffisantes qu'on peut affirmer que cette capacité doit être maintenue et estimulé les prochains ans.
Les mot clefs: qualité de vie, activité physique, conditions du travail,

ASPECTOS DE CALIDAD DE VIDA EN MUJER EMPRESARIA

Resumen
Los estudios sobre el trabajo femenino e inserción de la mujer como emprendedora además de empresaria demuestran un desarrollo profesional como verdaderas “jefas de familia”. Esta evolución en el medio del trabajo produce una serie de ventajas para la mujer, pero también crea factores negativos. Los objetivos y justificación de esta investigación consiste en diagnosticar la capacidad de trabajo, los aspectos da calidad de vida en las ciudades de Viçosa y Florianópolis, durante el período de 2006 hasta 2008. Fue posible observar cuanto la capacidad para el trabajo que las mujeres investigadas están clasificadas con puntuación suficiente para afirmar que su capacidad debe ser mantenida y hasta mismo estimulada para los próximos anos. El segundo objetivo de la investigación, diagnosticar la calidad de vida relacionada a la salud por medio de los componentes cardiorrespiratorio, flexibilidad y composición corporal, demuestran que las mujeres empresarias aún no tienen un índice optimo en este aspecto. Las variaciones encontradas en los diferentes quesitos para la salud demuestran que no se tiene una atención frente a la salud de manera general. En todos los componentes hay la necesidad de intervención a curto y medio plazo pues, del contrario, la exposición a los riscos para la salud puede se tornar evidente y até mismo perjudicar su desempeño profesional.
Palabra-llave: la calidad de vida, la actividad física, las condiciones de trabajo.

ASPECTOS DA QUALIDADE DE VIDA DA MULHER EMPRESÁRIA

Resumo

Os estudos sobre o trabalho feminino e inserção da mulher como empreendedora e empresária demonstram o crescimento profissional destas como verdadeiras "chefes de família". Esta evolução no mercado de trabalho traz uma série de vantagens para a mulher, mas também fatores negativos. Os objetivos e justificativa desta pesquisa consistem em diagnosticar a capacidade de trabalho, e aspectos da qualidade de vida nas cidades de Viçosa e Florianópolis, no período entre 2006 e 2008. Pela pesquisa foi possível observar no quesito capacidade para o trabalho que as mulheres pesquisadas estão classificadas com pontuação suficiente para afirmar que sua capacidade deve ser mantida e até mesmo estimulada para os próximos anos. O outro objetivo da pesquisa, diagnosticar a qualidade de vida relacionada à saúde através dos componentes cardiorrespiratório, flexibilidade e composição corporal, demonstrou que as mulheres empresárias ainda não detêm um índice ótimo neste aspecto. As variações encontradas nos diferentes quesitos para a saúde demonstram que não se tem uma atenção para com sua saúde do ponto de vista geral. E em todos os componentes há uma necessidade de intervenção a curto e médio prazo pois, do contrário, a exposição aos riscos para a saúde podem se tornar evidentes e até mesmo prejudicar o desempenho profissional destas.

Palavras-chaves: qualidade de vida, atividade física, condições de trabalho.