197 - THE MEANING OF LEISURE IN THIRD AGE

CLÉLIA ALBINO SIMPSON
ANTÔNIA OLIVEIRA SILVA
MARIA FRANCINETE DE OLIVEIRA
REJANE MILLIONS VIANA MENESES
VIVIANNE RAFAELLE CORREIA DOS SANTOS
Universidade Federal do Rio Grande do Norte-Natal/RN-Brasil
cleliasimpson@pop.com.br

INTRODUCTION:

The aging is the way which home in on our existence: To die prematurely or to reach this stage, there isn't alternative.

This way, it should be confronted as a stage in a vital cycle, the same way is the childhood, the adolescence and the adult life. No myths, prejudice and discrimination.

Unfortunately, that still treat of an ideal where no even are respected the citzen's rights, youthful, burly, productive, able to bring contributions for the capitalist and discriminatory society which it lives. What will say about that useless, unable, unproductive old man? Just remains to him the marginalization.

On this context, the leisure is considered a way of rescue, on of the links among the society and the age individual, beside that, it gives him physics and mental welfare.

According to Fraiman (1995, apud COSTA) the Organization of the United Nations (OUN), establish like being aged an individual that is 60 (sixty) years old or more, treating of mere chronologic value, an empiric milestone.

Today, the senior's subject acquires high relevance in the context of the world society, in consequence of the crescent population ripening observed all over the world.

According to Aquino (2001), in Brazil it is treated as recent phenomenon, although the growth of the highest age groups, it could already be observed in the census of the country since the decade of 1940, due to several factors, such which: reduction of the mortality, decline of the birth rate, increase of the life expectation and migration.

If on one side the aging of the population seems positive, because expresses that the human being is living more, for another it increases the concern with the quality of the people's life.

The lack of activities, the solitude and the diseases end for taking the people of the third age to the Centers of Coexistence for people in this age group. The seniors tell that find in those centers activities that provide a therapeutic effect for your pains. The leisure activities that they develop in those centers represent a sense for their life.

In if treating of the third age, the leisure is constituted for that " new " and " old " universe an action rehabilitate and preventive, whose purpose is going much more beyond completion of the free time, current of the arrival of the retirement, which is one of the social "problems" still lived by most of the seniors, mainly for who feel qualified, in the peak of the activity, in the ownership physical and intellectual capacities, while it should be faced as award originating from of the work of an entire life, in that there is simply an activity change.

In the face of the aspects for now approached, the following question appears: which the meaning of the leisure for the seniors?

Aspirating to the elucidation through a specific group, to present researches has as goal:

To impound the meaning of the leisure in the daily of a group of seniors in the Center of Rehabilitation of the Senior (CRS).

METHODOLOGY:

The present study is of the exploratory type - descriptive, because it has for objective to describe completely certain phenomenon. In this study type they can be found as descriptions quantitative and/or qualitative as accumulation of detailed information as obtained them through the participant observation. It precedence to the systematic representative character and, in consequence, the sampling procedures are flexible (MARCONI; LAKATOS, 2003).

The study is also found inserted in the presuppositions of the qualitative method of investigation. According to Minayo (2001), it works with the universe of meaning, reasons, aspirations, faiths, values and attitudes, what corresponds to a deeper space of the relationships, of the processes and of the phenomena that the operationalisation of variables cannot be reproduced.

The research was accomplished in the Center of Rehabilitation of the Senior (CRS), located to the street Gouveia Nóbrega, S/N, in the neighborhood of Róger-João Pessoa-PB.

CRS is a nature entity it publishes municipal, destined to the senior users' clientele in the regime of open attendance. For treating of a reference Center, it embraces great João Pessoa and adjacent cities. It assists daily, in the morning and afternoon shifts.

There are 150 enrolled in the group of the third age, and the number of seniors that frequents it is smaller than that. There is not a fixed programming of activities. Some are accomplished according to the budget available, such as the manual activities and tourist outing.

The seniors are benefited with prolongation, physical exercise (walk), lectures, dance, manual works, commemoration of festival dates (carnival, São João), outing (museum, shopping, beach), commemoration, every three months, of the birthdays of the members in this interval.

In the elaboration of the research the norms were observed for the research involving humans, according to the resolution N° 196/96 of the National Council of Health, especially in what it concerns the free and illustrious consent, assuring the whole freedom of participating or not of the research which was submitted to the committee of ethics of the Federal University of Paraíba.

The population was constituted by seniors that integrate the group of the third age, in referred place and selected a sample of 9 (nine) subjects, which obeyed the following established criteria, for participation of the study: To have frequency in the participation of the leisure activities developed; To present effective conditions of communication; To accept to participate in the research, by signature of the term of free and illustrious consent.

Initially, two informal visits in order to know the area and the seniors' group and to evaluate the possibility to proceed

with the study in the place they were accomplished.

Therefore after, it was requested access to the field of the research, by a declaration sending the Director of the Center.

The collection of data happened in the month of April of 2003. The used technique was the interview semi - structured, that in understanding of Triviños (1992), it values the presence of the investigator and it offers all the possible perspectives so that the informer feels with freedom and the spontaneity, fact that it enriches the investigation.

The semi-structured interview beginning of the following orientations subjects: What does mean the leisure in your life? How was your life before practicing leisure activities, and today, with the acting of the same ones?

For characterization of the subjects the following variables were used: sex, age, education degree, profession, family income and neighborhood where it lives.

To take to effect, individual encounters were done with some interviewees in your homes in Roger's neighborhood and the remaining that it resided at other places, in the own Institution, soon after the reunions.

Of ownership of the data, these were analyzed through the technique of interpretative analysis, that is based in three aspects: In the results reached in the study (answers to the instruments, ideas of the documents, etc.); in the theoretical substantiation (handle of the concept-keys of the theories and of other point of view); in the personal experience of the investigator (TRIVIÑOS, 1992).

RESULTS:

Among the researched subjects two are of the masculine sex and seven of the feminine sex. In relation to the education degree, one is alphabetized, four have the incomplete fundamental teaching and two the complete, one has the medium teaching and just one possesses the complete university. The age varies among 60 (sixty) and 75 (seventy five) years old.

All are retired and nobody develops professional occupation. To follow are described the professions exercised previously to the retirement: two laundresses, two teachers, one housewife, one public employee, one dressmaker, one secretary and one railway man (movement agent).

The medium family income is of two minimum wages, with variation of one at five. Concerning the location of the home, four resides in Roger's neighborhood and one in each of the following places: Castelo Branco, José Américo, Cristo, Bancários e Funcionários I.

It was attributed to the interviewee's names of flowers, seeking to the identification of the speeches. And just as a garden with the most varied species were shown different, unique and special, however, same for they be flowers, and in other words, all are living the aging in the best possible way.

Most of the participant's subjects of the study attributed a meaning of plays and toys to the leisure in the third age, being constituted in an indispensable and important element for the same ones.

According to Dumazedier (2001), the leisure includes a group of activities more extensive and significant of this age, although the disease or poverty is obstacles.

For Parker (1978), one of the largest fetter that it hinders the senior's participation in such activities is the disease, without speaking in those that are arrested to the bed, they don't leave house, or they live in homes to people in third age that don't have opportunities in fact to the leisure.

It is evidenced, also, in the interviewees' speech a high meaning for the personal development, mainly in what it concerns the incorporation of new conducts, learning way, formation and contact with friendships.

The seniors still attribute to the leisure the improvement and the maintenance of your conditions as much physics as mental through the physical activities, where besides they find relief for your pains, they also find moments without worry, a time for itself own to take care why not, of their beauty.

According to Vitta (2000 apud LIMA, 2002), studies demonstrate that the regular participation in physical activities prevents, it avoids and it reduces the stress, besides increasing the resistance to diseases.

According to Sichiery (1998 apud OLIVEIRA, 2000) the incorporate physical activity as a life habit influences in several other cares with the health and it passes constituting, like this, a reference in way of the individuals' life.

Among the interviewees, the minority reveals the amusement as meaning of the leisure. It is important to mark that the leisure can bring contributions for the individuals in the spheres personal and social, or to take them to an accommodation process, what becomes something undesirable. As well as there are escape possibilities, implicating in bad use of that time.

According to Gáspari (2004, apud GÁSPARI; SCHWART, 2005), the valorization of the leisure in the third age is not in the proposed activities, but the new humanization of the man and on the own education, starting from the significant of existences with plays and toys lived with the leisure.

Before the analysis we can infer that the meaning of the leisure for the subject of the research is drawn in the following way: Fun; personal development; intervention of health; amusement.

FINAL CONSIDERATIONS:

The production of this scientific work will provide reflections on the thematic.

However, after studying shortly some authors we have the conviction and we reinforced the opinion of the same ones concerning the leisure as responsible for the outgoing behavior, for the self-esteem and for the people's physical and psychological health, above all for those of the third age, whose period requests an attentive glance for itself.

In the regarding the obtained data as demonstrated previously, the importance that is given to the leisure by the seniors interviewees. For which it means amusement, way of to provide physical and mental health, amusement and to cast the individual in relation to the behavior and values.

There is several barriers for the practice of the leisure, however, one of the most serious is without a doubt the ignorance of the high meaning of the leisure in the seniors' life and in consequence of this the not prepares for the same.

This way, as proposal, we suggested the development of the following interventions: to evaluate together with the senior the use of the available time; to motivate the senior to the frequent practice of leisure activities pointing the current benefits; to motivate the variation of the leisure activities developed, intending to the opportunity of new experiences; to compare the expected results with obtained them in order to determine the effectiveness in the obtaining of the personal satisfaction.

However, it will be that the nurses already stopped to contemplate on such importance? Or it will be that we are worried more with the physicist's pathology and for times mental of the individual than with the development of simple actions,

as in this case, the orientation for the leisure, as activity able to block and even impede the installation of such processes.

In this way, the nurses should be positioned as facilitative agent of the practice of the leisure, because of the benefits are quite significant.

We concluded the research with immense satisfaction. Without any doubt it was big the growth regarding the developed theme. We had the opportunity to know a little more about the seniors' reality, your lacks, perspectives and longings, as well as, of to enjoy pleasant moments beside them and to learn with the life experience that they bring with themselves in a mutual change of knowledge.

We waited that, the present study allows that the nurses and other professionals of the area of the health, become aware regarding the leisure in all their complexity, not considering it as a superfluous theme and unpack the mistake that involve it, lifting the subject with criterion and requested depth.

KEYS-WORDS:
Aging, leisure, social aspects.

REFERENCES:

AQUINO, F. T. M. de. **Envelhecimento populacional e mudanças sociais:** algumas considerações. In: GUEDES, O. C. (Org). Idoso, esportes e atividades físicas. João Pessoa: Idéia, 2001. pp 192.

BORINI, M. L. O. ; CINTRA, F. A. Representações sociais da participação em atividades de lazer em grupos de terceira idade. **Rev. Bras. Enf.** 55(5): 568-574, set. -out. 2002.

COSTA, G. M. C**. Significado cultural da vivência da sexualidade para um grupo de idosos.** 2001. 146f. Dissertação (Mestrado em Enfermagem) Centro de Ciências da Saúde, Universidade Federal da Paraíba, João Pessoa, 2001.

DUMAZEDIER, J. **Sociologia empírica do lazer.** São Paulo: Perspectiva, 2001.

FERRAZ, A F. ; PEIXOTO, M.R.B. Qualidade de vida na velhice: estudo em uma instituição Publica de recreação para idosos. **Rev. Esc. Enf. USP, São Paulo,** v.31 n.2, pp.316-338,ago.1997.

GÁSPARI, J. C. de; SCHWART, G. M. O idoso e a ressignificação emocional do lazer. **Psicologia: Teoria e pesquisa.** Jan - Abr 2005, Vol. 21 n. 1, pp 069-076.

LIMA, M. J. A. O. **Velhice e lazer: algumas considerações.** 2002. 52f. Monografia (Especialização em gerontologia) Universidade Federal da Paraíba, João Pessoa.

MARCONI, M. A.; LAKATOS, E. M. **Fundamentos de metodologia científica**. 5 ed. São Paulo: Atlas, 2003.

MINAYO, M.C.S. *(Org.)* **Pesquisa social: teoria, método e criatividade.** 19 ed. Petrópolis: Vozes, 2001.

MOTA, J. **A atividade física no lazer: reflexões sobre a sua prática.** Belo Horizonte: Livros Horizonte, 1997. pp 103.

OLIVEIRA, C. C. M. de. **Atividade física de lazer e sua associação com variáveis demográficas e outros hábitos relacionados à saúde em funcionários de banco estatal.** Dissertação (Mestrado) Escola Nacional de Saúde Pública, Fundação Oswaldo Cruz, 2000.

PARKER, S. **A sociologia do lazer.** Rio de Janeiro: Zohar, 1978. pp 184.

TRIVIÑOS, A. N. S. **Introdução à pesquisa em ciências sociais: a pesquisa qualitativa em educação.** São Paulo: Atlas, 1992.

Endereço: Rua Girassol, n° 200, casa 41, Residencial Viver, Jardim Planalto, Parnamirim-RN. CEP: 59.150.000.
Telefone: (84) 9925-5734. E-mail: cleliasimpson@pop.com.br

THE MEANING OF LEISURE IN THIRD AGE

ABSTRACT

This study of descriptive exploratory nature had as objective impounded the meaning of the leisure in the third age. The involved population is the seniors members of a group of the third age of the Center of Rehabilitation of the Senior (CRS) located in Roger's neighborhood-JP. Being selected a sample of nine subjects that accepted to participate of the study by the free and illustrious consent as the resolution N° 196/96 of the National Council of Health. They are senior avid for the life, for the knowledge, productive, different from those divulged by our materialistic society. The collection of data happened in the referred institution through the technique of semi-structured interview. To work the collected material the interpretative analysis it was used. The results evidenced unanimity in relation to the importance that the seniors attribute to the leisure in your lives, meaning for them fun, personal development, physical and mental health and amusement. This way, the practice of the leisure is life incentive and became without myth the one that is sick, unable and dependent that is labeled by the prejudice of the society of which we are part.

KEYS-WORDS: Aging, leisure, social aspects.

LA SIGNIFICATION DU LOISIR CHEZ LE TROISIÈME ÂGE

RÉSUMÉ

Cette étude de nature exploratrice descriptive a eu comme objectif d'appréhender la signification du loisir chez le troisième âge. La population concernée a été composée de personnes agées membres d'un groupe du troisième âge du Centre de Réhabilitation de la Personne Âgée (CRI) situé dans le quartier du Roger – JP. Un échantillon de neuf sujets ayant accepté de participer à l'étude par consentement libre et éclairé conforme à ce qui est préconisé par la résolution 196/96 du Conseil National de Santé, a été sélectionné. Il s'agit de personnes âgées avides de vivre, de connaître, de produire, différentes de celles présentées par notre société matérialiste. La collecte de données s'est effectuée dans l'institution nommée ci-dessus à travers la technique d'interview semi-structurée. Pour travailler le matériel collecté, l'analyse interprétative a été utilisée. Les résultats ont mis en évidence une unanimité quant à l'importance que les personnes agées attribuent au loisir dans leur vie, signifiant pour eux diversion, développement personnel, santé physique et mentale et distraction. Ainsi, la pratique de loisir est une stimulation de la vie et elle démythifie l'être malade, incapable et dépendant qui est étiqueté par la société discriminatoire dont nous faisons partie.

MOTS-CLÉS : vieillissement, loisir, aspects sociaux.

EL SIGNIFICADO DEL OCIO EN LA TERCERA EDADE
RESUMEN

Este estudio de naturaleza exploratoria descriptiva tuvo como objetivo aprehender el significado del ocio en la tercera edad. La población envuelta comprendió los mayores miembros de un grupo de la tercera edad del Centro de Rehabilitación del Mayores (CRI) situado en el barrio del Roger – JP. Siendo seleccionada una muestra de nueve sujetos que aceptaron participar del estudio delante del consentimiento libre y esclarecido conforme preconizado por la resolución 196/96 del Consejo Nacional de Salud. Son mayores ávidos por la vida, por conocimiento, productivos, distintos de aquellos pregonados por nuestra sociedad materialista. La recogida de datos ocurrió en dicha institución a través de la técnica de entrevista semiestructurada. Para trabajar el material colectado fue utilizado el análisis interpretativo. Los resultados evidenciaron unanimidad en cuanto a la importancia que los mayores atribuyen al ocio en sus vidas, significando para ellos divertimiento, desarrollo personal, salud física y mental y diversión. Así, la práctica del ocio es estímulo de vida y desmitifica el ser enfermo, incapaz y dependiente que es rotulado por la sociedad discriminatoria de que hacemos parte.

PALABRAS LLAVES: Envejecimiento, ocio, aspectos sociales.

O SIGNIFICADO DO LAZER NA TERCEIRA IDADE
RESUMO

Este estudo de natureza exploratória descritiva teve como objetivo apreender o significado do lazer na terceira idade. A população envolvida compreendeu os idosos membros de um grupo da terceira idade do Centro de Reabilitação do Idoso (CRI) situado no bairro do Roger – JP. Sendo selecionada uma amostra de nove sujeitos que aceitaram participar do estudo mediante o consentimento livre e esclarecido conforme preconizado pela resolução 196/96 do Conselho Nacional de Saúde. São idosos ávidos pela vida, pelo conhecimento, produtivos, diferentes daqueles apregoados pela nossa sociedade materialista. A coleta de dados ocorreu na referida instituição através da técnica de entrevista semi-estruturada. Para trabalhar o material coletado foi utilizada a análise interpretativa. Os resultados evidenciaram unanimidade quanto à importância que os idosos atribuem ao lazer nas suas vidas, significando para os mesmos, diversão, desenvolvimento pessoal, saúde física e mental e distração. Assim, a prática do lazer é estímulo de vida e desmistifica o ser doente, incapaz e dependente que é rotulado pela sociedade discriminatória da qual fazemos parte.

PALAVRAS-CHAVES: Envelhecimento, lazer, aspectos sociais.