95 - PHISYCAL ACTIVITY WITH MUSIC TO ELDERLY PEOPLE: ADDING RHYTHM, MELODY AND HARMONY TO THE MOVING

LIRIANE MULLER
ANNA REGINA GRINGS BARCELOS
Centro Universitário Feevale, Novo Hamburgo, RS, Brasil
lirianemuller@yahoo.com.br

Introdution

The elderly population growth generates important social, cultural and political repercussion, attracting researchers' attention of several areas of knowledge. The discuss about a several tipes of old age has been keep the attention of the scientis in several areas, and thei're looking for understand the way whom takes a long life.

The time, the hereditaried and the enviroment are the most important factors influence on the oldth, that we have almost none control, and than all the human being are submited on the same way. But there are another factors like the life style, the diet and the exercises level done can help and depends only the way through people decides lives (WAGORN; THÉBERGE; ORBAN, *apud* DUARTE, 2003).

In this way the practice of physical activity has been made a fundamental part on diferent intervention levels. The way how are developed the activities, the stimulus and the advisement headed for elderly healthy depends of the combination of diferents strategies who let getting results of personal satisfaction and social integration, considering the various possibilities of this population.

Between countless factors that can contribute for this results, to use the music is another point of motivation. Brito (2003) says that is hard find someone who don't keep a relationship with music in one way or another: listening, singing or dancing.

For a real work at the class with music is necessary to listen, to know and to select a lot of melodys, rhythms and create differents combinations, using since older songs even actuals. With the music like a work material whe can see differents kinds of expressions, considering the selection done by a teacher.

In front of some practices experiences and the opportunity to observ the reaction of seniors when their listen a music “from their time” and stars to dance even before the class starts is very gratefulness and serve like stimulus to the teachers who works with this population. This experiences refers to the objetive of this study that looking for understand the influence of the music in the physical activity made by seniors.

Elderly, Physical Activity and Music

We live in a society where the rate of people with 65 years old or more is growing up. At this moment, in Brazil according the IBGE Brazilian Institute of Geogaphy and Statiscs (2006), the elderly people representing around 9% of the population, it means 17 million of people older than 60 years ano the perspective from UNO is that number enlarge to 16%, it means, besides the brazilian get a long life, their had more elderly people on population.

In front of this, Papaléo Netto (2005) point out the importance to increase the healthy care to old people. According Freitas (2002), if the people get older with autonomy and independence, with good physical healt, playing a social part, keeping herselfs actives and usufructing of a sense of personal singificance, their life quality could be very good.

The dignity of the elderly is a learn. How many people arrive at 80 or 90 years old with projects and a intense life? On the contrary of that who works for the old age pension, dreaming with the day when will not be usefull anymore, the wise elderly don't retires never. He has a right of repouse more, teach more and always keep learning too. (CHALITA, 2001).

Freitas (2002), explain that a new interest for life is verify when the old-aged knows own body and struggles whit him, lives in society, has healthy, physical autonomy and realize daily activities with disposition, without help. Some points that have be taking has a mark to work with old-ageds is the physical activity, and this could be used to arrive this mark.

“Once that the pupiles are in front of you, it means that the obstacles are across and this groupis expecting receive the best from you.” (CORAZZA, 2005, p. 28). In this way, to practice physical activities improve the quality of life and a social relationship, exalting a necessary capacity to execute daily tasks.

The physical activity with music happens frequently even on the single practice, with headset, that on group with surrounding music. In any situation of the music utilization the moving perform by the participants could be synchronized or working has a musical base.

With elderly people the music plays a important part of a success in physical activity, becomes considerable the choice of the musical selection who gave pleasure in people for stay in that place and to motivate the pactice activity (MIRANDA; GODELI, 2003). In such case, the music has a pleasure and ludic aspect as a characteristic, it means “ the music has a function to give comfort and satisfaction to old-age.” (RIBEIRO, 2005, p.11).

In this way the music helps in relationship with the ambience, coulding be a great tool to class, providing possibilities of moviment and integration. Most important yet, is fundamental that the teacher believes than music could go beyond the physycal activity, making the class happy and motivated.

For Gainza (1988), to understand the music is more than a specific sound; she is what simbolizes, represents or evokes. According Tibeau (2004), the music represents the four dominions of the human nature (cognitive, affective, emotional and motive), they are joined to components elements from music: rhythm, melody and harmony. They're complete each other and are coexistents..

Likes consider Zampronha (*apud* TIBEAU, 2004), the rhythm enable to individual take conscience of your body; the melody stimulate the affectives states and the harmony is answerable for favour the intellectual activities.

For Bruscia (*apud* LORENZZETTI; SAKAI and ZANCHETTA, 2004), the music allow us express our bodys through sound. In such case, a sound, a music, a song can to reproduce even moving answers like emotional and organic answers, like contuct of comunication. For Souza (2006) the music always attend the grow old of humanity, given sense to moments and epochs, reflecting feelings and sonoryzing realities.

Still can say that the music begets a creative physical activity, enphazasing the individual for itself and bringing the self-performance to old-aged, even on omnibus then single. So, the music must be in the right size to the moviment, adjusted at the basic principle and at the objectives to arrive, it was, from the quality of music depends the quality of moviment.

Methodology

This research was characterize like a quality approach, interpretated and related, with case study. Was used the

half-stucture interview, observations and daily of field like tools to data levy. The colaborators was 6 old-ageds between 60 and 81 years old, participates in a groups of physycal activities of Lengthening, Body-building and Hydrogymnastics, in a Extent Project of a University from ,RS. From collected data we made a analysis through to material organization, with purification and (re)grouping of unities, with large meanings, we made this classes: Music, body and movement; the music like communicating and increasing states of mind and emotion.

Results

Music, Body and Movement

The music or the sound is a splendid tool, can give many feelings and sensations, considering the capacity of perception of every single person. This can be only a sound effect, any sound, or like a most intense shape. Anyway, for the music to influence the human life is necessary to notice her, to live her and to discovery her if it was necessary. In this way we can see in words from who was interview the importance of music in realization of physical activities on elderly groups, where she can give a bodu movement, expressing our body through the sound that we listen.

"[...] is very important to me, on music I have a big base of sensibility and understanding of my body with her. (PEACE).

Camargo (1994) says that the physical exercise when apart from music, without a plane, makes a unquiet and rude man, like that the music apart from movement leads to a discouragement, enphasazing that listen music is in sense of may define what is the body lookin for: to listen to realize the sound by the ear, to listen- to pay attention and to understand- to keep the listen and get aware of sound. She can be used just like a background, accordind the movement or can to integrate with this, and be crucial for make activities, like says the interviewed:

"[...] very good because we can follow the rhythm of the music, it make we move a lot, very good (NOSTALGY)

"[...] the music catches our attention, is easy to follow, makes sense the music with the exercise. (HAPPY)

"[...] music is for feel, for listen is another one, so I feel fine, I feel happy, I'm relaxed, in fact, I'm satisfied" (PEACE).

Associating taste and style even for search the repertoire then the sample moving we can produce pleasure and satisfactions sensations and happy and calm feelings, stimuling to do many exercises proposted at class. Music is a permanente font of concentration if make real the movemente intent, and a powerfull resource of economy consuming and a stimulus of strengh and vitality. "[...] depending of the movement the music provokes speed, lightness, pleasant loudness, make me feel following that rhythm, and I'm listen and feeling de music and trying makes my body behavier, but from music I'm receiving a message, so is amazing, is fundamental. (PEACE). […] hse plays a very important part on exercises because it is a complement, we feell better and we let involved" (PLEASURE). For this reason Tame(1984) emphasizes the idea that the music is a cience of the speeling words, because all cellules, atoms, protons and eletrons start to react multiplying the vibrations, producting an alteration of the soul, sense and moving heart and mind to the flourishing of joy, beauty, inoccence, kindness, smiles and a lot of other virtuousness.

According Néri (2004), the welfare and satisfaction of every single person begins from the social groups integration while it ease the change of conversations between each other where it is not important how many people are involved, but the quality of the relationship and enhansing physical, social and mental healt.

At last, the energy generated by the beauty of sounds that music disseminates is able to line up, coordenate and evaluate the body throughout selected exercises, wakening on soul the welfare produced by the music.

The music communicating and increasing states of mind and emotion

Tame (1984) considers that music is the language of languages, from among arts no one transmits most integritly the feelings inside a person, no one move and change most strongly the consience, sending in themself the emocional consience of music. In this way, affect our emotions, wakening feelings of happy, energy, sensuality, calmness, and depends the music, violence and melancholy.

For Bruscia (*apud* LORENZZETTI; SAKAI and ZANCHETTA, 2004), the music allow us express our bodys through sound. In such case, a sound, a music, a song can to reproduce even moving answers like emotional and organic answers, like contuct of comunication. For Souza (2006) the music always attend the grow old of humanity, given sense to moments and epochs, reflecting feelings and sonoryzing realities.

When met class,old-ageds desires receptivity from their teatcher as well as exciting strategies and motivation to perform the exercises, wondering schedule, proper music selection to the activities that make them feel free by exercising and feeling as themselves. Is like one of the interviewrs says about how important is music in her life and when exercising: [...[I love music because it takes me back to the past,reminds goods moments in life and I really like to think about people dancing, I like it so much, the music makes feell better and is very important in activities. (NOSTALGY)

To this happen the teacher must know the individual characteristics from your pupils, have sensibilityt to watch and see when that music is not agreeable, 'cause the music gives emocional and physical welfare and helps to create a inspired and agreeable enviroment. If selected and employed in the rigth way to the seniors their're show motivation, stimuling mind. The interviews says and shows this feeling, describing the emotion of be linstening a great song: "[...] is very important because, I think, withouth music, I don't know, looks like boring do something, I think music let us better, I feell better" (PLEASURE). "[...] everybody happy, we feel each other better" (REMIND).

Analysing and reflecting about the answers from interviws of this study, even like observations, we can see how much important is the music in a physical activity, helping to relax and to satisfac, abount physicals, socials, cultural and affectives aspects from past life of every single people, and remind facts and remembers from past and presenta times: parties, relationships, the good times and a successfull of a song, in that epoch, just like the presents facts. "[...] Is that girl singing". "[...] I remember of happy moments we look each other and laugh, remeber an old epoch. The regard of song keep your closer for people, you smile and chats happens. (LIFE). "[...] undoubttedly this song is from "my time", I'm … years old and I got out with my friendo to dance, so the old songs we can remeber what happens in thaht time, how was the parties and all the things, we remember the singer -very handsome- I think we can remember everything, what a pity I'm not a girl anymore, but it brings me great reminescences." (PLEASUR)

according Ortiz (1998, p.208), "when we was kids we whistle a simple song and we get smitted. When we get older, we whistle the same song and the delight comes back." The greater number of old-ageds like listen agreeable musics when are doing some physical exercise, it makes them remember good times, since infancy, be sociable with mates and teacher, smiling and having pleasur at class.

Just like the grow old process, the music didn't get older, she walks toghether with the get oldenig of humanity, marking an epoch, a life time, a generation, and is a affective entail, ransoming social and colective lifes. In this way, there is no doubt in the part of music plays in the begginin and in the course of class, considering the expectancy of the old-ageds about the activity that their had to do, coulding reproduce comfortly or uncomfortly states, depending of the song's elements: rhythm, melody and harmony.

In front of many experiences Ortiz (1998) verifies that music provokes a powerfull way to enlarge the receptivity between elements of a group, helping people to join each other. Beside affect the feelings, the music also helps the comunication, given the capacity of expose themselfs to talk with everybody around and passing our qualities.

Final Considerations

Considering that this study looking for understand the influence of music in physical activities with old-ageds groups, planning to evidence the importance of this, we verify that in the course of activities realized by odl-aged, the music makes the things easy and creates harmony ways to excecute the movements, development a physical activity most pleasured, using the music as background and connecting this with activities, helping to expand the muscular, cardiologic and respiratory capacities.

We still can consider that music across hearts, becomen part of activity, and been fundamental for the motivation and integration on group and even with teachers. The music gives a welfare and can wake smiles, chats and ralax before and in the course of movements.

The music is made of elements that when joined to physical activity provokes many possibilities of movement. The rhythm is the element that makes motivation and happines, he is a stimulous factor and pleasure in the exercise. Once that the rhythm is considered the vibration of the life he can do many changes on the organism he must happen with pleasure, and the teacher needs to know organize the musical selection for the class. Audacity and sensivity must be subsidys to this selection. Listen, perceives and choice the rhythm, the melody and the style, considering the planning and a kind of activity with the old-ageds. Another elements like volume and frequency must be valueded too.

Besides to provide physical and emotional welfare, the music is connected with regards from an epochs, dances, parties, in the greater number of cases are great recordations, reminescences that makes people happy because thei're know thei're enjoyed that epoch, and it inspires a plesure physical activity, and keeps the elderly happy and communicated. When well integrated at class it incites the imagination and reminds.

In such case the music can take away their unpleasant sensations, causing a lot of motivation and integration, represented through the movements, singings, sounds and smiles, besides being a great companion.

For conclude, we can affirm that the work with music to elderly people has a lot of sensibility and could be reduced in one word: LOVE. This love was born during the classes, when tath people feels valorized, in comfort, and trying reward this feeling with hugs, gratefulness and touched expression of the eyes. This shows and represents early discretid possibilities, and emotion expressions of face. Expressions who shows sound reminescences from a past life, but still not in the end and could be lived well.

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PHISYCAL ACTIVITY WITH MUSIC TO ELDERLY PEOPLE: ADDING RHYTHM, MELODY AND HARMONY TO THE MOVING

SUMMARY

The elderly population growth generates important social, cultural and political repercussions, attracting researchers' attention of several areas of knowledge. In such a way, the practice of physical activities is becoming a crucial role. The way as the activities are developed, the stimulus and the orientations directed to the health promotion of the senior, will depend on the different combination of strategies that allow the obtainment of results of personnel satisfaction and social interaction, weighing up the diversity of possibilities of this population. Therefore, this work aimed at comprehend how music influences the accomplishment of physical activities in elderly groups. The methodology based itself on a qualitative research through case study, in qualitative, interpretative and descriptive approach, with six extension project senior participants of an Academic Center. It was utilized as instruments semi-structured interviews, field diary and observations instruments. The information analysis occurred in three levels: the first one, where was accomplished the meaning units rising; the second one, with the units' organization by categories; and the third one, with the triangulation. In front of the results, was verified that when we associate good taste and style, regarding the repertoire choice and the movement accomplishment, we can promote pleasure sensations, satisfaction, happiness and tranquility feelings, stimulating to accomplish several proposed exercises in class. The music, as long as formalizes the action intention, is a permanent concentration source, being a powerful resource for the energy waste, and specially a stimulus to force and vitality for the old aged. It concludes that, in the interventions with seniors, is necessary to consider the music as a primordial element during the physical activities accomplishment. The music can take away their unpleasant sensations, causing a lot of motivation and integration, represented through the movements,singings, sounds and smiles, besides being a great companion, promoting

happiness, motivation and integration in the movements execution.
Key-words: elderly; physical activities; music.

ACTIVITÉS PHYSIQUES AVEC MUSIQUE POUR LES PERSONNES ÂGÉES: AJJOUTER À MOUVEMENT RYTHME, MÉLODIE ET HARMONIE

RÉSUMÉ

Le grandissement de la population âgée engendre des importants répercussions sociales, économiques et culturelles, qu'apellent l'attention des chercheurs de diverses aréas de la connaissance, qu'essayant de comprendre les chémins que culminent avec l'éxpectative d'une durée de vie prolongée. De cette façon, la practique des activités physiques constituent une rôle fondamental pour le stimulation e les orientations stratégiques que permettient l'obtention de résultats de satisfaction personelle e interaction sociale, faisant cas de la diversité de possibilités de cette population. Pour ça, cette recherche a comme objectif comprendre comme la musique influence dans la réalisation des activités physiques en groupes de personnes âgées. L'investigation c'était caracterisée comme un étude de cas, dans une abordage qualitative, interprétative et descriptive, avec six personnes âgées participants de activités de gymnastique aquatique, musculation et allongement d'un Project d'Éxtension pour personnes agées de le Centro Universitário RS. Les instruments d'observation utilisés ont été le journal de campagne e des interviews à demi-structurées. L'analyse des données c'est passée dans trois niveaux: le premier avec la réalisation du soulèvement des unités de signification; le second avec la categorization de cettes unités e le troisième avec la triangulation proprement dit. En face de ces résultats, on a constaté qu'au associer bon goût et style, en tant que promouvoir des sensations de plaisir, satisfaction, des sentiments de joie et tranquilité, en stimulant la réalisation des divers exercices proposés dans classe. La musique dès que concrétise l'intention du mouvement est une source permanent de concentration, en étant un puissant ressource de ménage de la usure et surtout un stimulation de force et vitalité aux personnes âgées. On peut alors déduire que dans les interventions avec personnes âgées il faut considerer la musique comme un element primordial au cours des activités physiques, en mènent les personnes âgées a écarter des sensations déplaisants, en occasionant beaucoup de motivation et integration, representées à travers des mouvements, des chants, des sons et sourises, outre qu'il est une très bone compagne, en promouvant joie, motivation, intégration et comme influence dans l'éxecution des mouvements.
Mots-clé: personnes âgées; activités physiques; musique.

ACTIVIDADE FISICA CON MUSICA PARA VIEJOS: ADICIONANDO RITMO, MELODí Y ARMONí A LO MOVIMIENTO

RESUMEN

Lo crescimiento de la población vieja ocasiona importantes repercussiones sociales, económicas y culturales, llamando la atención de pesquisadores de muchas areas de lo conocimiento, que búsquedam comprender los caminos que llevam a la expectativa de una larga vida. Así, la práctica de actividad fisica hay tenido un papel muy importante en lo estímulo y en las orientaciones dirigidas a la promocion de la salud de lo viejo, que dependrá de la combinación de diferentes estrategias que permitan la obtencion de resultados de satisfación personal y de integración social, llevando em cuenta la diversidade de posibilidades de esta popblación. Por eso, este estudio tiene como objetivo comprender como la música influencia en la realización de actividades físicas em grupos de viejos. La investigación es un estudio de caso, dentro de una abordage cualitativa, intrepretativa y descriptiva, con seis viejos participantes de las actividades de ejercicios gimnasticos em la agua, musculadores y de estiramiento, de un Projecto de Extención para mayores, en un Colegio Universitario- RS. Se utilizó como instrumentos de observación lo diario de trabajo y la entrevista semiesctructurada. La analisis de los datos ocurrió en tres niveles: lo primero con la realización de lo levantamiento de unidades de significado, lo segundo con la caracterización de estas unidades y lo tercero con la triangulación propiamente dicha. Delante de los resultados, se constató que cuando se asocia bueno gusto y estilo, tanto en relación a la elección de lo repertorio, cuanto de la propria realización de lo movimiento se puede promover sensaciones de placer, satisfacción, sentimientos de alegría y tranquilidad estimulando muchos ejercicios propuestos en la clase. La música, siempre que concretiza la intención de lo movimiento, es una fuente permanente de concentración, y es también un poderoso recurso de economía del desgaste de energía, sin embargo, es un grande estímulo de fuerza y vitalidad a los viejos. Se concluí, entonces, que en las actividades con viejos es necesario tener la música como un elemento primordial durante la realización de las mismas, apartando-los de sensaciones desagradables y ocasionando mucha motivación y integración, representadas por los movimientos, por los cantos, sonidos y sonrisas y además es una óptima compañera, promoviendo alegría, motivación, integración y influenciando en la realización de los movimientos.
Palabras-llave: viejos; actividad fisica; música.

ATIVIDADE FÍSICA COM MÚSICA PARA IDOSOS: INTEGRANDO RITMO, MELODIA E HARMONIA AO MOVIMENTO

RESUMO

O crescimento da população idosa gera importantes repercussões sociais, econômicas e culturais, chamando a atenção de pesquisadores de diversas áreas do conhecimento, que procuram compreender os caminhos que culminam com a expectativa de vida alongada. Desta forma, a prática de atividades físicas vem constituindo papel fundamental para o estímulo e as orientações dirigidas à promoção da saúde do idoso, que dependerá da combinação de diferentes estratégias que permitam a obtenção de resultados de satisfação pessoal e interação social, levando em conta a diversidade de possibilidades desta população. Por isso, este estudo tem como objetivo compreender como a música influencia na realização de atividades físicas em grupos de idosos. A investigação caracterizou-se como um estudo de caso, dentro de uma abordagem qualitativa, interpretativa e descritiva, com seis idosos participantes das atividades de hidroginástica, musculação e alongamento, de um Projeto de Extensão para idosos, de um Centro Universitário-RS. Foram utilizados os instrumentos de observações, diário de campo e entrevista semi-estruturada. A análise dos dados ocorreu em três níveis: o primeiro com a realização o levantamento de unidades de significado; o segundo com a categorização destas unidades e o terceiro com a triangulação propriamente dita. Diante dos resultados, constatou-se que ao associar bom gosto e estilo, tanto em relação à escolha do repertório, quanto da própria realização do movimento, consegui-se promover sensações de prazer, satisfação, sentimentos de alegria e tranqüilidade, estimulando a realizar vários exercícios propostos em aula. A música desde que concretize a intenção do movimento é uma fonte permanente de concentração, sendo um poderoso recurso de economia de desgaste e, sobretudo um estímulo de força e vitalidade aos idosos. Conclui-se então, que nas intervenções com idosos é preciso considerar a música como um elemento primordial durante a realização das atividades físicas, podendo levá-los a afastarem as sensações desagradáveis, ocasionando muita motivação e integração, representadas através dos movimentos, cantos, sons e sorrisos, além de ser uma ótima companheira, promovendo alegria, motivação, integração e sendo influenciadora na execução dos movimentos.
Palavras-chave: idosos; atividade física; música.