102 - SUBJECTIVE PERCEPTION OF THE LABOR RECREATION IN THE PHYSICAL CONTEXT

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In accordance with Redondo et al. (2002) the quality of life of the individual also depends on the quality in the work, however the work of the individual must be carried through in conditions that help to promote the health, physical balance and psicoemocional e, in consequence, the welfare total of the individual. Therefore, it affirms that a Labor activity, forms a link between pleasure and physical activity.

In how much this the recreation concurs it welfare general of the people and still that in its full direction of meaning it gives to the man the search of chances of the self-knowledge of its body, turning itself toward its personal and interior interests, getting pleasure and becoming fullfilled themselves for the proper experience.

Thus being the recreation appears the idea to join the Labor Gymnastics (G.L.)com, since in the first one it is tried to diminish the sedentarismo through the physical activity during its daily activities of work, and the recreation occurs it welfare general of the people through its body.

Matos et al. (2004) they had understood that the Labor Recreation (R.L.) visaria to develop recreativas activities in order to promote the discharge of the antisocial impulses, revigorating, stimulating and restoring its spirits, deviating from pleasant and educative form the occupations and concerns of the individual in the work, being thus, fighting and attenuating the decurrent consequences of inadequate ergonomic ecological aspects/.

Becker et al (2006) had understood to be a new activity to be developed in the organizations aiming at the reduction of it estresse accumulating, through activities of integration, also developing an improvement of the interpersonal relation, making with that the work environment if becomes favorable to a bigger production, providing with this an improvement in the quality of life of its employees.

The present study it had as objective to analyze through statistical data the influence of the R. L. in the perception of the pupils in relation the possible modifications in the physical context for accomplishment of the daily tasks of work, being aimed at improvements in the environment of work for the practical one of the modality.

The present research is characterized for the descriptive matrix, therefore in its essence it searchs to characterize a group of pupils (COAST GRANDSON, 2003), or either, to define the profile of practicing pupils of R.L. in that it says respect to the socialization promoted for the practical one of the modality. When one mentions the methods to it of descriptive research, Flagner (1984) stipulates that it exists the 0 variable or conditions in a situation of many types.

The studied group was constituted by 36 pupils of both the sexos, in the understood etária band between 19 and 48 years, workers of an organization of engineering, situated in the South Zone of the City of Rio De Janeiro, who possess a turn of eight daily hours and that they work basically in computers in its bigger part of the horária load. The lessons had been given during the hours of working for one daily hour, being divided in groups of 15 minutes per day, per five days of the week, in the propriety workstation, for a professional of Physical Education, during the months of October, November and December of 2005. Salient that the concentration of the collection of data in only an organization, defines the research as a case study, thus the joined results reflects the reality of this company not fitting to surpass (COCHRAN, 1956).

As instrument of collection of data was opted to the use of questionnaire divided in two parts: The first one, destined the information that preceded the introduction of the practical one of the R.L. in the company, in the perception of the individual, in which seven closed questions consisted and second it mentioned the related data to the improvement factors and/or benefits to it that the practical one of such activity provided to the ending of three months, with sixteen closed questions. The standardized interview consists of making a series of questions to an informer, in accordance with a script established daily pay. This script was made in questionnaire form that was applied in the same way to all the informers, so that answers to the same questions were gotten. The content and the order of the questions had not been modified, so that if it could compare the differences between the answers of the some informers, what it would not be possible, if the questions were modified or its modified order. (ANDRADE, 1999). The essence of the process of application of the instrument became unnecessary the validation as demonstrated by Júnior et al (2005), therefore the variability of answers of errors of fulfilling was not characterized (BRANCHES et al, 2005).

The established percentage of elimination was of 20,00 %, or either, the questionnaire that contained percentage of blank or incoherent answers above of that value was eliminated of the study.

The statistical treatment was concentrated in the descriptive analysis, therefore as it praised Coast Grandson (2003) was the adequate boarding to the definition of the profile. In function of this it was developed the frequency analysis, having been the estimates represented for graph or table of frequency.

In Quarrel of the Results the changeable age got estimate of raised dispersion, coefficient of variation 20.00%, then the characteristic age of the group was 31,00 years ± 22.70%, therefore if it had for consequence the possibility of that 0 variable to have impacted in excessively. In condize to the sex if it got predominance of masculine group 52.78% of the occurrences. When questioned if some he practiced some physical activity it is of the Organization, twelve pupils (33,33%) had answered that yes, and twenty and four (66,67%) that they did not practice any type of activity. In condize weekly frequency had been only told three options, two pupils (18,18%) practiced physical activity is of the Organization for only two times in the week, five (45,45%) for three weekly times and four pupils (36,36%) for five weekly times. In the questioning concerning the existence of compromise of health without removals of work for medical orders one evidenced 20 negative answers against 16 positive.

To if introducing the R. L. in this Organization, it had the concern to identify if they had possible problems osteomusculares. With this it was questioned together the pupils if they presented some problem to osteomuscular, as for example in the column, in the knees or shoulders, being told by twenty and seven pupils (75,00%) that yes and for nine pupils (25,00%) that not. It was questioned if it had some medical removal on the part of the pupil after adhering the Organization in which works currently and had been told by four pupils (11,11%) that yes and for thirty and two (88,89%) that not. In relation to the level of difficulties, discomfort or pain when executing movements during the diaries work demonstrated that twenty and three (63,89%) had presented yes and thirteen (36,11%) had not presented. How much the regions of the human body that meet difficulties, discomfort or pain during the daily work the total of respondents were equal the twenty and three people with the possibility to designate a region more than, what it surpassed the total number of volunteers. The collection of data in this question if gave for the request of marking in a representative project of the human body of the regions in which would have occurrence and had been identified in vision frontal for three pupils the shoulders, for three pupils the pectoral one, others three pupils the arms, five pupils before arms, four pupils the fists, two pupils the hands, others two pupils the fingers and by more two pupils the hip, a pupil the knee and one another one the ankle and

in dorsal vision had been identified by two pupils the shoulders, for four pupils the cervical region, others two pupils the thoracic region, for more four pupils the lumbar region and for only a pupil the thigh.

After the implantation of the R.L. in the Organization was applied a new questionnaire mentioning itself it the related data to the improvement factors and/or benefits that the practical one of such activity provided to the ending of three months. The level of satisfaction of the involved pupils in the study was verified and was told by twenty and nine (80,56%) that yes, they had liked to have participated of such activity for seven (19,44%) that not. To the story of weekly frequency of the participation of the R. L. its participation with a frequency of two times was indicated by four pupils, seven pupils with had frequented for three weekly times, six pupils for four times and nineteen had frequented every day for that the practical one was developed in the Organization, five weekly times. It is standed out that during the application of the R.L., it was noticed an excellent reception and an increasing participation of the involved pupils adhering to each time more the activity. It can be observed through these data that thirty and two pupils had participated of three the five weekly times. When inquired how much the modifications in the work environment, six pupils had answered that they consider as little in relation to these modifications, already nineteen of them had told in having sensible such modifications as considerable and seven had told to have sensible with very and four declare not to have perceived them of form some. When asking to the pupils if it was felt modifications in the familiar environment was told by twenty pupils (55,56%) that they had perceived little, two pupils (5,56%) had told considerable and fourteen pupils (38,89%) not to have sensible of form some. Being able to observe through these data that twenty and two of the respondents had perceived of some form modifications in the familiar environment, but exactly thus it is important to stand out that a period of three months must be considered as very little to carry through such modification. It was questioned how much the pupil to have sensible modifications for better in its postural condition, and had been offered two answers, being one yes and one and in both was not found a total of eighteen pupils (50,00%) for each item. How much to the increase of the disposal for the hours of working, twenty and seven pupils (75,00%) had perceived that yes and nine pupils (25,00%) had not perceived this increase in question. When questioning the fact to identify the difference between being muscular relaxed or tense, thirty and pupils (86,11%) had answered that yes and five pupils (13,89%) that not. When asking if he increased the degree of concern with well-being and physical conditioning, seventeen pupils (42,22%) had said not to have increased and nineteen pupils (52,78%) yes, had increased. In the level of motivation for the tasks related to the work one demonstrated to sixteen pupils (44,44%) yes and twenty pupils (55,56%) not. In the level of concentration for the tasks related to the work, twenty and three (63,89%) of them had answered that yes, and thirteen (36,11%) of them had said that did not increase its concentration. The pupils when being questioned if the implantation of the R.L. had after started to practise some type of physical activity, seven (19,44%) had answered that yes and twenty and nine (80,56%) that not. Considering that when initiating the R.L. in the Organization, already had twelve pupils of these twenty and nine (80,56%) practicing physical activity are of the Organization, can be considered that a total of only seventeen continues without practicing physical activity. The questioning on the reduction of the anxiety levels, had nineteen pupils (52,78%) answering and seventeen positively pupils (47,22%) negative. When questioned how much to the improvement of the social integration, twenty and one (58,33%) they had answered that yes and fifteen (41,67%) that not. How much to the improvement of flexibility it was gotten resulted equal for both the answers yes and not, eighteen (50,00%) for each. One searched to identify if the pupils presented some difficulty, discomfort or pain in executing some movement during its daily work and were verified by twelve of these pupils (33,33%) that yes and for twenty and four (66,67%) that not. Verifying these data he perceived himself, comparing this question at this moment and to the beginning of the activity in the Organization that the percentage after lowered the ending of the implantation of the R.L.. In relation the regions of the human body that difficulties meet, discomfort or pain during the daily work amongst the positive respondents had concentration of complaints in the regions before arm, pectoral, hip, fist, lumbar, shoulder, cervical and lame, having first the three occurrences and excessively the two.

In Conclusions and Recommendations in this direction he was evidenced that the characteristic age of the group was 31,00 years ± 22.70%, getting predominance of the masculine group (52.78%) having to detach that the totality of the women almost equaled the men. When introducing the practical one of the R.L. in the organization was evidenced that 66.67% did not practise any type of physical activity are of the company, in the case of that practiced 45.45% had answered to practise some activity for three weekly times. How much to the indication of problems of health 56.56% they had indicated to possess, but they had not moved away themselves from fear from its daily activities of resignations. Some problem was indicated by 75,00% of the pupils to osteomuscular being told for 88,89% not the occurrence of removals for medical orders, 63.89% presented some difficulty discomfort or pain in executing movements during the daily work. In the joined modifications they had 19 told as considerable in the work environment, 75.00% had declared in the disposal for the 63.89%, hours of working in concentration and 58.83% in the social integration. While that 52.78% had reduced the anxiety, and the same percentile demonstrated concern with the welfare and physical conditioning. 88,11% had identified the difference between being muscular relaxed or tense. For the 0 variable Condition Postural and Flexibilities, half declared to have occurred improvement and to another half it declared not to have occurred none, in both the 0 variable. In the familiar environment it was told to have occurred little modification for 56,56% of the interviewed ones. After the ending of the program in Organization 66.67% had not presented difficulty discomfort or pain in executing some movement during its daily work. Aiming at the accomplishment of future works, evaluation of the volunteers in instants daily pay and after intervention, what it can supply to excellent indications of the impact of the R.L. in the context partner familiar of individual, especially if taken the experimental drawing for coorte sends regards to it.

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SUBJECTIVE PERCEPÇAO OF THE LABOR RECREATION IN THE PHYSICAL CONTEXT

ABSTRACT:

The present study it had as objective to analyze through statistical data the influence of the Labor Recreation in the perception of the pupils in relation the possible modifications in the physical context for accomplishment of the daily tasks of work, being aimed at improvements in the environment of work for the practical one of the modality. To leave of this an instrument structuralized for opened questions was elaborated and closed, divided in two phases, the first one destined the information that they preceded the introduction of the practical one of the Labor Recreation in the organization, with seven questions and the second to the ending of the program in the organization with sixteen questions, that had registered the occurrences with 36 individuals, in the understood etária band enter the 19 48 years of both the sorts, being the restricted research the workers of an engineering organization, situated in the Zone South of the City of Rio De Janeiro, that possess a turn of eight daily hours and that they basically work in computers in its greater part of the horária load, credited for analysis statistics (COAST GRANDSON, 1995). after the conclusion of the study, evidenced that itens with relevance to the research had been: Considerable modifications in the work environment, increase in the disposal for the hours of working, in the concentration and the social integration and reduction in the anxiety. What it was presented in latent way with the conclusion, was the lack of reference to structuralize the study, what credited to this research the importance of an element auxiliary in future scientific productions, a time that the Labor activity comes each time more growing in the organizations. KEY-WORDS: Labor Recreation. Organizations. Workers.

PERCEPÇAO SUBJECTIF DE LA RÉCRÉATION DE TRAVAIL DANS LE CONTEXTE PHYSIQUE

RESUMÉ:

La présente étude qu'elle a eue comme objectif pour analyser par des données statistiques l'influence de la récréation de travail dans la perception des pupilles dans la relation les modifications possibles dans le contexte physique pour l'accomplissement du journal charge du travail, étant des améliorations visées de l'environnement du travail pour le pratique de la modalité. Au congé de ceci que un instrument structuralized pour des questions en suspens a été élaboré et fermé, divisé en quelques deux phases, le premier destiné l'information qu'elles ont précédé l'introduction de la pratique de la récréation de travail dans l'organisation, avec sept questions et la seconde à la fin du programme dans l'organisation avec seize questions, qui avaient enregistré les occurrences avec 36 individus, dans la bande comprise d'etária écrivent les 19 48 années les des deux les sortes, étant la recherche restreinte les ouvriers d'une organisation de technologie, situés dans les Sud de zone de la ville de Rio de Janeiro, qui possèdent un tour de huit heures quotidiennes et qui elles fondamentalement travaillez dans des ordinateurs dans sa plupart de la charge de horária, créditée pour des statistiques d'analyse (CÔTE GRANDSON, 1995). après que la conclusion de l'étude, démontrée que les itens avec la pertinence avec la recherche avaient été : Modifications considérables dans l'environnement de travail, augmentation de la disposition pour les heures de travailler, dans la concentration et l'intégration et la réduction sociales de l'inquiétude. Ce qu'elle a été présentée de la manière latente avec la conclusion, était le manque de refeências structuralize l'étude, ce qui a crédité à cette recherche l'importance d'un auxiliaire d'élément dans de futures productions scientifiques, un moment que l'activité de travail vient chaque fois plus accroissant dans les organismes.

MOTS-CLES: Labor Recreation. Organizations.Workers.

PERCEPÇAO SUBJETIVO DE LA RECONSTRUCCIÓN DE TRABAJO EN EL CONTEXTO FÍSICO

RESUMEN:

El actual estudio que tenía como objetivo para analizar con datos estadísticos la influencia de la reconstrucción de trabajo en la opinión de las pupilas en la relación las modificaciones posibles en el contexto físico para la realización de las tareas diarias del trabajo, siendo mejoras dirigidas en el ambiente del trabajo para el práctico de la modalidad. A la licencia de esto que un instrumento structuralized para las preguntas abiertas fue elaborado y cerrado, dividido en dos fases, primera destinada la información que precedieron la introducción de la práctica de la reconstrucción de trabajo en la organización, con siete preguntas y el segundo a la conclusión del programa en la organización con dieciséis preguntas, que habían colocado las ocurrencias con 36 individuos, en la venda entendida del ataría incorpora los 19 48 años ambos las clases, siendo la investigación restricta los trabajadores de una organización de la ingeniería, situados en el sur de la zona de la ciudad de Río De Janeiro, que poseen una vuelta de ocho horas diarias y que trabajan básicamente en computadoras en su parte más mayor de la carga del horária, acreditada para la estadística del análisis (COSTA GRANDSON, 1995). Después de que la conclusión del estudio, evidenciada que habían sido los itens con importancia a la investigación: Modificaciones considerables en el ambiente del trabajo, aumento en la disposición para las horas del trabajo, en la concentración y la integración y la reducción sociales en la ansiedad. Qué fue presentada de manera latente con la conclusión, era la carencia de referencias structuralize el estudio, qué acreditó a esta investigación la importancia de un auxiliar del elemento en las producciones científicas futuras, una época que viene la actividad de trabajo cada vez creciendo en las organizaciones.

PALABRAS CLAVES: Reconstrucción De trabajo. Organizations.Workers.

PERCEPÇAO SUBJETIVA DA RECREAÇÃO LABORAL NO CONTEXTO FÍSICO

RESUMO:

O presente estudo teve como objetivo analisar através de dados estatísticos a influência da Recreação Laboral na percepção dos alunos em relação a possíveis modificações no contexto físico para realização das tarefas diárias de trabalho, visando melhoras no ambiente de trabalho pela prática da modalidade. A partir disto foi elaborado um instrumento estruturado por questões abertas e fechadas, divididas em duas fases, a primeira destinada a informações que antecediam a introdução da prática da Recreação Laboral na organização, com sete questões e a segunda ao término do programa na organização com dezesseis questões, que registraram as ocorrências com 36 indivíduos, na faixa etária compreendida entre 19 a 48 anos de ambos os gêneros, sendo a pesquisa restrita a trabalhadores de uma organização de engenharia, situada na Zona Sul da Cidade do Rio de Janeiro, que possuem um turno de oito horas diárias e que trabalhem basicamente em computadores em sua maior parte da carga horária, creditado por análise estatística (COSTA NETO, 1995). após a conclusão do estudo, constatou-se que os itens com relevância à pesquisa foram: Modificações consideráveis no ambiente de trabalho, aumento na disposição para a jornada de trabalho, na concentração e na integração social e redução na ansiedade. O que se apresentou de maneira latente com a conclusão, foi a carência de referências para estruturar o estudo, o que creditou a essa pesquisa a importância de um elemento auxiliar em futuras produções científicas, uma vez que a atividade Laboral vem cada vez mais crescendo nas organizações.

PALAVRAS-CHAVE: Recreação Laboral. Organização.Trabalhadores.