38 - THE PRACTICE OF THE LEISURE AND THE RECREATION AS MOTIVATION: A REVISION OF LITERATURE

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INTRODUCTION

The phenomenon of the aging world population is not new subject, some countries as China, Japan already lives together , for a long time, with a great contingent of seniors and all the problems associated to the aging, as retirements and degenerative diseases.

Considering that this is also an existent problem in Brazil, the present project proposes the practice of the recreation as leisure for the seniors, rescuing the autonomy of these close to the society, once due to the problems they faced and they end up being discarded for the society, assuming a paper of ostracism and removal in relation to the different social circles.

The leisure and the recreation for this public aim at to stimulate a more intense and pleased social conviviality, bringing to these senior ones the happiness of being alive, making them feel important and interesting people, which this study displaying with clarity. Be involved in some activity, feel leaving from a group, feel f useful, even with the most advanced age", that´s what is public's expectation especially.

The understanding of the current situation about senior population, can facilitate the promotion of the leisure, aiming at the improvement of the individuals' health namely, improving the biological, psychological and social aspects. The Senior's Statute, in its 3rd article celebrates that it is " an obligation of the family, the community, the society and the Public Power to assure the senior, with absolute priority, the efetivação of the right to life, to the health, the feeding, to the education, the culture, to the sport, the leisure, work, citizenship, freedom, dignity, respect and the family and community" coexistence.

LEISURE AND RECREATION

We known today that the leisure and the recreation are so important in the human being's life . In the Brazilian Federal Republic Constitution´s 1988, in the paragraph 3rd of the article 217 guarantees: "The Public Power will motivate the leisure, as a social form promotion". Besides the Constitution also brings in the chapter II, the Social Rights, article 7th, "IV - minimum wage, fastened in law, nationally unified, capable to assist to their basic vital needs to the one of his/her family with home, feeding, education, health, leisure, clothing, hygiene, transport and Social welfare,... ".

The leisure, as shown in the Federal Constitution is, a basic vital need and therefore a right of the Brazilian citizen. We will speak to proceed more on the leisure and one of their more common practices, the recreation. It is in the Anthropology of the Culture that we found studies that explain the humanity's beginning, also existed the no-workers and on this time the leisure practices were accomplished. In other words, the no-workers time of leisure, is the time released to no productive activities.

We know truly the leisure is as old as the man. It is what tells us Brunhs (2001), "The old civilizations didn't have a name for leisure in the sense that we knew today. It is true that the game and the toy are facts so or older than the man". in other words, in the antiquity there was already practiced leisure, just wasn´t denominated like this.

In Marcellino (1987)´opinion the leisure as we know is "an important need of the man, in all of the times and places, and it just varies of intensity and in expression way, according to the physical, socio-economical and political-social context of each group."

From the old leisure time to the modern one, a lot of things changed. To understand it we have to understand how the men live and their times, working and no-working and the period to began distinguishing the two. It is "worth that 'transition' is relative; on a so much side the toy and the games continue existing in its specificity, as well as the game; on another side, forms related to the industry of the tourism and entreterimento put new and peculiar dimensions to the leisure of our days"., affirms Bruhns (2001).

HISTORY OF THE LEISURE IN BRAZIL

In Brazil, observing their own characteristics, it is starting from the moment of the transition from the traditional society to the modern one, there is a rupture among the life as a whole and the leisure, this acquiring like this an own significance.

Ive together, still today, the two 'models' of society, in different areas of the country, the values transmited by the cultural industry, through broadcastings, the one from modern society - urban-industrial, doing with the relative subjects about leisure are understood to leave of those hegemônics values."

It is necessary to consider some elements from the leisure, though it exists some points the authors see as common and necessary to give it a meaning. Examples: activities accomplished without obligation, in an available time, provides moments of pleasure and happiness, developing aspects in the individual's life as the personnel, intellectual, mental and/or physical.

According to Dumazedier and Marcellino (1987) the leisure is "A group of occupations which the individual can surrender from free will, be resting , be amusing, entertaining and to entertain or still developing its disinterested formation,social voluntary participation, or its free creative capacity, after liberating or to disentangle of the obligations professional, family and social."

The practice of the leisure can be the most varied possible. The recreational activities are the more related to the leisure, but any thing that swallows satisfaction to the individual and that it is accomplished out of the time from their professiona obligations, family, nuns and social leisure can be considered. To some people, gardening is a great form of relaxing and feeling pleasure, there is leisure, already in gardeners profession. In the reality the leisure concept is a subjective amount but, it is important get to approach, at least, of a definition. For Requixa (1980) "... the leisure, with the deep humanistic sense that it involves it, in compensation to the implacable materialization of the contemporary world, it can only be fundamentally good."

Marcellino (2002) asserts the possibility of choice from activities and the character 'disinterested' of its practice they are characteristic basic of the leisure"., therefore the activities that follow the presupposition can come to leisure to be considered. But we cannot isolate the leisure from other areas of human performance, it interrelates with these. Or else if it you take a good look, they can happen in a series of misunderstandings, "One of them shows in the unilateral valorization of the leisure activities, that doesn't take into account a series of risks, as the possibilities of its use as escape, alienation source and simple consumption", affirms Marcellino (2002).

LEISURE AND RECREATION IN THE THIRD AGE

Besides the idleness generated by the change in the work habits, the third age also arrives, for a lot of people, accompanied of personal frustrations, dear people's loss and fragilities of health. At the same time, Veloso argues (2004), "a lot of

times you are also on that hour that the leisure does part of the life again and, like this, it contributes to an increase in a quality of the people's" physical and mental life.

The recreation represents an adaptation alternative to the aging process. A healthy old age and a good adaptation to the changes of the age will be gotten when the seniors' functions psychological, social and biological could stay or to get better by a recreation program structured", affirms Lorda (2001).

In the third age, with the interruption of commitments, mainly the professional, the people can, with several activities, fill out the idle time in a creative way and seeking the well-being. "The recreational activities can be important leisure instruments for that phase of the life. It is a period that requests an attentive glance for himself, as reflection form on the past and the future" tells us Veloso (2003).

For Santos and Noce et al, (2001), "In the healthy process of aging, the regular physical activities are in first place as indicator to promotion the healthy aging, with quality, but that happens is necessary to understanding and motivation to its practice."

Being the recreational activity, an activity that is also physical, besides social, Okuma (1998) tells us "more and more studies are evidencing the physical activity as important resource to minimize the degeneration provoked by the aging, making possible the senior to maintain a quality of active life.

Formerly, in the traditional societies, the old ones were very considered, being synonymous of memories and wisdom. Now the disregard and the contempt they exclude from the society, they judge them unproductive. It is common to find abandoned seniors and ignored inside the own family" affirm Amorim, Nogueira, Oliveira and Saucer (2003).

According to Lorda (2001), the adaptation is an active process. In all of the stages the vital cycle, aging means adaptation to changes in the structure and operation of the human body, by one side, and changes in the social atmosphere for other. The adaptation process is driven mainly by the personality."

"Although still a lot of subjects don't exist to be answered in relation to the paper of the physical activity in the aging process, there are already many data configuring its unanswerable benefit for those that practiceit, in relation to the health physical, mental, psychological and social", affirms Okuma (1998).

TIME, IMPORTANT FACTOR

"The time is a fundamental dimension that articulates our systems physical, social and biological", affirms Brunhs (2001). AND the man is subordinated more and more at the time working, of production; Brunhs says (2001), "THE call natural time, based on the cycle of occurrences marked by the periodização given by the nature (sun, rain, cold), or even for the family tasks (it milks, cooking, planting), it begins gradually to face their regional and cultural limits, as well as their articulations to you, value and faiths that, with the control now increasingly based on the rhythm of the machine about the man's motive action, they indicate their limits and its imminent subordination clearly in time of the production", its felt like this the man's time in the end of the century XIX, and it is still like this.

Time to work, time with the family, time of religious and social obligations, and also a time for the leisure. Today we are slave of the clock, they are so many the activities and papers carried out by the individual in a society, subdividing the time is an arduous task, some people would like the day to have more than 24 hours. Tells us Marcellino (2002), "THE linked leisure in the aspect time considers the activities developed in the liberated time working, or in the 'free time', not only of the professional obligations, but also of the relatives, social and nuns."

Mentions Brunhs (2001) that "THE apparent existence of a dichotomy leisure/work is related to marked times and controlled by several instruments (clock, calendars and other), establishing specific and very certain spaces, for one and other activity. In that way, we see moved away (however no impossible of conquest) the possibility of a work pleaseding, or of a committed leisure with the personal and social" development.

MOTIVATION

The motivation can be defined as the totality of the factors you determine the updating in ways of behavior driven to a certain objective. According to Samulski (1995), the motivation is characterized as a process active, intentional and driven to a goal, which depends on the interaction of the personal factors (intrinsic) and environmental (extrinsic) ". in agreement with this model the motivation presents an energy determinant (activation level) and a decisive of behavior (intentions, interests, reasons and goals).

Camargo (1998) says there are "four great motivations for all and any amusement: the adventure, that it is same to the discovery, to the revelation of a mystery, it is the innovation. The competition that not just means the dispute with the other, but, a dispute with itself. The vertigo, that is the great motivation pleasant of the current days,radical sports , big challenges, the man overcoming their limits.

The motivacional factors are primordial, according to Gouveia (1997) and Munomura (1998), it is "the motivation that takes the individual to make a series of behaviors they can be practiced intensely and to maintain it for a long period of time". Here we see that the motivation is primordial factor for the individual to have success in the life. Also for the third age, the motivation becomes extremely necessary, for being a phase of the life seen as the most difficult of facing. A motivated person can look for and to do a pleasant passage of his/her life.

CONCLUSION

The objective of the leisure is to provide pleasure, happiness and amusement, as well as be physical and mental improving the life quality and that this practice of the recreation as leisure form, well structured and guided has been improving the quality of the individuals' life.

We know that played the expression of the bodies values our lives , whose rhythm and harmony are built by the members in involving climate and living the leisure as effort for rendering the pleasants is to renew interpersonal relationships, corporal experiences, atmospheres, timing and energies; to meet again with itself with likes and wants, to understand as our dreams are constituted in the context we lived in, to overflow the critic and the creativity to savor the present moment as possibility of being motivated and to value the existences.

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ABSTRACT

The leisure is an activity in which the individual is free of delivery will be after desvencilhado of their duties, family, religious and social. The recreation is just one of the forms of recreation, which stimulates social interaction intense and enjoyable. Working with the recreation adults and elderly back many positive results because they will feel part of a group, feeling useful to our society. The project's goal is to offer a program of leisure and recreation project proposed by "Rescuing the Autonomy, Promoting the Quality of Life Through Form of Recreation and Leisure for adults and elderly of the City of Ipatinga" which began in August 2003, and it is composed of 70 women are divided into 2 classes of 35 participants, aged between 40 and 79 years. The activities offered for leisure and recreation aimed at maintaining and improving the physiological and psychosocial benefits that the practice of sport as a form of entertainment provided by promoting the improvement of the quality of life and therefore the autonomy of these individuals. The results indicate that the practice of recreation behind psychosocial benefits to individuals as: improvement of the well-being, self-esteem, quality of life making them more autonomous.

KEY WORDS: Leisure, recreation and motivation

LA PRATIQUE DU LOISIR ET DE LA RECREATION COMME MOTIVATION: UNE REVISION DE LITTERATURE

RESUMÉ

Le loisir est une activité dans la quelle l'individue entre librement selon leur envie aprés leurs obrigations profissionelles, familiaires, religieuses et sociaux. La recreation est seulement une des formes de loisirs qu'estime la vie sociaux intensive et plaisamment. Travailler la recreation avec des adultes et des personnes ages mene beacoup des résultats positives une fois que ces passent à se sentir part d'un grupe utile devant la société. Le but de ce projet est offrir un programme de loisir et recreation apresente par le projet " En Rachetant l'Autonomie", en promovant la Qualitée de Vie Vers la Recreation comme une Façon de Loisir pour les adultes et Âgés de la ville d'Ipatinga, que ont commencé au mois d'Août de 2003. Le projet a la participation de 70 femmes et Il est séparé en deux parties de 35 personnes, à l'age de 40 à 79 ans. Les activités offerté de loisirs et de recreation ont le but de mantenir e améliorer les benefices psicosociaux e phisyologiques comme la pratique de la recreation en promovant une meilleure qualité de vie et l'autonomie des individues. Les résultats indiquent que la pratique de la recreation mene des beneficies aux individues comme: l'ameliorement du bien - être, de l'auto-estime, de la qualité de vie, pour les devenir plus autonomes.

MOTS CLEFS: loisir, recreation, motivation

LA PRÁCTICA DEL ÓCIO Y LA RECREACION COMO MOTIVACION: UNA REVISION DE LA LITERATURA

RESUMEN

El ocio es una actividad en la que el individuo es libre de la entrega será después de desvencilhado de sus funciones, familiares, religiosos y sociales. La recreación es sólo una de las formas de esparcimiento, que estimula la interacción social intenso y agradable. Trabajar con la recreación de adultos y ancianos muchos resultados positivos, ya que se sienten parte de un grupo, sentirse útil a nuestra sociedad. El objetivo del proyecto es ofrecer un programa de ocio y tiempo libre del proyecto propuesto por "El rescate de la Autonomía, Promoción de la Calidad de Vida Mediante Formulario de Recreación y ocio para adultos y ancianos de la ciudad de Ipatinga", que se inició en agosto de 2003, y Se compone de 70 mujeres se dividen en 2 clases de 35 participantes, de edades comprendidas entre los 40 y 79 años. Las actividades que ofrece para el ocio y el esparcimiento destinadas a mantener y mejorar los beneficios fisiológicos y psicosociales que la práctica del deporte como una forma de entretenimiento proporcionado por la promoción de la mejora de la calidad de vida y, por tanto, la autonomía de estas personas. Los resultados indican que la práctica de actividades recreativas detrás de los beneficios psicosociales a las personas como: la mejora del bienestar, la autoestima, la calidad de vida haciéndolas más autónomas.

PALABRAS-LLAVE: Ocio - Recreación - Motivación

A PRÁTICA DO LAZER E A RECREAÇÃO COMO MOTIVAÇÃO: UMA REVISÃO DE LITERATURA

RESUMO

O lazer é uma atividade em que o indivíduo se entrega de livre vontade após ter se desvencilhado de suas obrigações profissionais, familiares, religiosas e sociais. A recreação é apenas uma das formas de lazer, que estimula o convívio social intenso e prazeroso. Trabalhar a recreação com adultos e idosos trás muitos resultados positivos pois, estes passam a se sentir parte de um grupo, sentir-se úteis perante nossa sociedade. O objetivo do projeto é oferecer um programa de lazer e recreação proposto pelo projeto "Resgatando a Autonomia, Promovendo a Qualidade de Vida Através da Recreação como Forma de Lazer para os adultos e Idosos da Cidade de Ipatinga" no qual iniciou em Agosto de 2003, e é formado por 70 mulheres sendo dividido em 2 turmas de 35 participantes, com idades entre 40 e 79 anos. As atividades ofertadas de lazer e recreação visam manter e melhorar os benefícios psicossociais e fisiológicos que a prática de recreação como forma de lazer ministrada, promovendo a melhora da qualidade de vida e conseqüentemente da autonomia destes indivíduos. Os resultados indicam que a prática da recreação trás benefícios psicossociais aos indivíduos como: melhora do bem-estar, da auto-estima, da qualidade de vida tornando-os mais autônomos.

PALAVRAS CHAVES: Lazer - Recreação - Motivação.