73 - THE CONTEXT OF THE MALE AGED AND THE LOW ADHERENCE IN PROGRAMS OF PHYSICAL ACTIVITIES TO THE THIRD AGE GROUPS

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INTRODUCTION

In the width of the theme 'to age', we consider relevant to centralize the focus of this study in the male figure , since the observed reality in projects of physical activities (PA) aimed to the third age is about an essentially female public and so , the PA is an extremely relevant allied to the maintenance of the autonomy. However, it is necessary to understand what is the reasons which keep the men away from these practices, specifically the directed ones to this age group.

Conformable demographic data presented by Hayflick (1997), there is a smaller number of aged men if compared to women in this age group , inducing to question about the existence of some relation between being not prepared to a better quality of life in the old age, leading him to the reduction of his lifetime, since Verderi (2004), comments that many times , the physiological factors and sicknesses of retirement end up impeding the participation of male aged in programs of conditioning and/or; PA, which leads a big part of these aged men to an inactive life.

Areosa (2004) corroborates, saying that, usually, the aged man has a tendency to ”not doing anything“, because he lived the biggest part of his life working outside home and, mainly, because of not preparing himself to the post-retirement moment, as well as in learning to perform any other activity or profession different from the one he was used to. This fact may be a consequence of an entire life of differences and prejudices, mainly in this phase, when the aged man starts to get together with challenges such as the discrimination in the society and family, the retirement, the loneliness, the abandonment and the sickness (VALÉRIO, 2001).

Even with the transformations of these days, in which we find men taking care of home and of their children, we come across with a society which stipulates different destinies to men and women. To the women, it is given the power of generating and reigning at home, being responsible for the children's education and orientation, while to the men, the professional role should be the central part of their lives (VERDERI, 2004).

Both (1999), confirms that the function of the man has always been to dedicate to work, having professional success for the support and safeness of his family. The man participating of the external world. But the woman finds herself in a restricted and familiar environment. It seems that the abilities to arts concerning aliments, fabrics, and other arts were denied to the men, as well as to their bodies. The men's conversations are aimed to harder issues, revealing the seriousness of the power games, of success and work, which means that when they have some free time, they have less available resources and become more disoriented than women.

Among the psycho-social consequences of ageing, we highlight the differences of gender, which involve a series of cultural meanings that hold the biological distinction between man and woman. These aspects are evidenced in Cardoso's study (2006), which observed that men are less active than women concerning the happenings of this age group, and the men demonstrate more necessities of care and an increasing passivity to responses to the day-by-day demands.

As a result, it seems to be clear that issues of gender are superimposed in these behaviors, which is confirmed by Valério (2001), when he points out that the distinct meanings of ageing into the social context must be analyzed, since there is a male agedness and a female one; one for rich people and other for poor people; an intellectual one and one from the bureaucratic worker or the factory-hand; making that each one of them, according to their experiences of life, face this stage and get old in an individual manner.

Verderi (2004) says that in the retirement, men and women look for different objectives. Usually, the woman wants to continue with a busier day-by-day to not be involved with routine. The man looks for the tranquility he did not have during his professional life. It is almost an inverse process, because the majority of female aged of these days spent their lives involved with housework, being at home all the time.

However, according to the author, this phase of life is the one when aged people need much more of activities and distraction, because with the interruption of compromises, mainly the professional ones, people may fulfill their free time with several activities, in a creative manner and, mainly , emphasizing the well-being.

Paschoal (2002) makes sure that a new interest for life and for what it offers is observed when the aged person knows his/her own body and knows how to deal with it, tries to socially interact, is healthy, is physically autonomous and makes his/her daily activities with more energy, without needing help. But it seems that aged people, particularly men, have not permitted themselves to live this way.

So, although the regular practice of PA is proved as being enormously relevant to the promotion of health and prevention of sicknesses and, a big part of the population is aware of it, there is no clearness about the contextual factors of the daily life which lead to the low adherence of men to this practice. Thus, as the general objective of this study is comprehending what leads the low search of aged men in programs of PA to the third age, specifically, partners of women who are inserted in the Extensionist Project “Major Age In Movement“ of the Centro Universitário Feevale, Novo Hamburgo /RS and as specific objectives, to investigate the developed activities to the occupation of time; to analyze which perceptions the aged men have concerning the third age groups and identifying possibilities of insertion of the male public in programs for this population.

It is important to highlight, according to Gonzales and Fensterseifer (2005), that the adherence may be defined as the act of adhering or adhesion; or still as an option of permanency when related to the adherence to the physical activity.

The comprehension of the factors which lead the aged people of the male gender to not adhering to the practice of physical activities, in groups of aged people, is fundamental to the preparation and formation of new professionals of Physical Education and citizens who are aware of their responsibilities concerning the care about the health of age people, since it would become possible to attend to the necessities and demands of them.

METHODOLOGY

The methodological design was characterized by a survey in an interpretative qualitative paradigm, collecting the information through the semi-structured interview in order to keep important traces during the process and in order to get the speech as a whole and through notes of field to keep the context of the speeches and the spontaneity of them, guarantying the quality of the information and preserving their fidelity. The collaborators were aged men, partners of the women who practice physical activities in the previously cited Extensionist Project.

We used as a theoretical base to the analysis of the data Cauduro (2004), which suggests as a first organization the codification and the reading to the global comprehension of the general meaning of the answers (units of meaning) and, after, the definition of themes and or categories with wider meanings, which in this study are: *Occupation of the Free Time in the Context of Life of Aged People* and, *Programs of the Third Age: Perceptions and Suggestions*.

ANALYSIS, INTERPRETATION AND DESCRIPTION OF THE INFORMATION

Among the 8 people interviewed, 7 are retired, but 3 of them continue working and one of the collaborators is waiting for his

retirement, because he is away of his professional activities, receiving the benefit of INSS due to cardiac problems. The ages varied between 60 and 81.

The occupation of Time in the Context of Life of Aged people

After the retirement, aged people, in their majority, end up presenting many positive and negative feelings, as well as doubts about how to occupy this time which is idle now.

Intending to understand how the collaborators deal with these feelings and in which way they have a relation with this period, in order to know how they occupy this time and what are their leisure activities nowadays:

" ... I work at home, answer to crossword puzzles, read the newspapers and books" (NPM, 81 years old).

" ... I like listening to music, i know a lot about classical music, composers, history of music. I take care of my dog, of the garden, I watch TV ..." (WJC, 63 years old).

"I like fishing, I like to take care of the vegetable-garden, I like playing cards sometimes ..." (DJD, 68 years old) .

"I weed and play cards" (NAN, 63 years old).

As it is possible to realize in their speeches, it is clear the predominance of the activities in terms of passive leisure , using only the senses of the vision and the hearing: to read , to listen to music, to watch TV, what was also evidenced in the study by Rodrigues (2000) apud Campos (2006) and, reinforcing it, Bulla and Kunzler (005) point out that the practice of PA in public spaces, the reunion with friend, the discovery of new friends and the satisfaction of belonging to a group of chess and*" bocha"*, are representations of alternatives of leisure to the men.

Nevertheless, Borges (2006) highlights that the maintenance of a socially active life is important to the physical and psychological well-being of the aged man, because the agedness cannot be represented as a phase of inutility and idleness. Referring to the participation in social projects, the accounts of some of the collaborators evidence a certain worry in getting involved in such activities, actively contributing, what shows that they still feel themselves as being serviceable and important to the society , as showed below:

"Before the retirement, my wife and me used to work exclusively for APAE. We are away of it today, but we collaborate with social actions whenever is possible" (WJC, 63 years old).

"I participate of the Club de Service of ex-police officers. We get together to have a party, to work for the community and to help people in need" (EIT, 62 years old).

"I participate of a group of third age (association of retired people) and that's all, it's enough (...) in this place we think and move our bodies, occupying the mind and not thinking about nonsense (DJD , 68 years old) .

"I participate of an NGO, where we approach boys and girls who live on the streets, trying to get them out of this cruel environment" (AISS, 60 years old) .

Borges (2006) reinforces the idea that the biggest is the acting and integration of aged people in their social and familiar scenery; the biggest is their quality of life. However, some of the interviewed people showed total indifference and lack of interest about participating of social activities, and what called our attention the most: the way they manifested themselves about this issue:

"A little, to tell you the truth, none, because I am completely anti-social" (LCS, 79 years old).

"Social activities, no! I try not to get involved" (NPM , 81 yeras old).

"I used to make part of the Society Bailante de Canudos, I made part of the board, but I stood back of it, because you deal with many problems and don't earn any money" (NAN, 63 years old).

To Verderi (2004), the effective participation and the permanency of aged people in social groups and active style of life, collaborate for a healthier biological agedness, there's no doubt, and also contributes to diminish the appearance of sicknesses in this period of life. But our analysis reveal that the actions, attitudes and values of a society come from cultural constructions and that the behavior of its citizens reflects its formation, what ends up influencing and determining its way of being and acting.

Programs of Third Age: Perceptions and Suggestions

In this category, we will approach the programs aimed to aged people, searching suggestions to an increase of male adhesion into these groups, as well as, the perception of these men about the non-participation.

About the aspect of the adherence of male individuals in projects addressed to the third age, Devide (1998) points out the importance of awakening the pleasure of the PA as soon as possible, emphasizing the value and the influence of the family and the community to active styles of life. In this context, three of our collaborators made a reference to the familiar stimulus, coming from their wives. Two participants said they had some knowledge about the programs and also manifested a certain interest in joining them:

"I know t and I think the Feevale projects are excellent, i think they are very good. I have already told my wife that I would participate of it them if possible" (AISS, 60 years old).

"My wife has commented many times about it, but I have never searched for more information. I would participate, for sure (WJC, 63 years old).

The others were emphatic in their answers, according to the accounts below:

"I resist, my wife has invited me hundreds of times, but I don't go. She won't convince me" (DJD , 68 years old).

"I don't have any interest, because then I don't need to get dressed, to go out, because I like being home and that's all" (LCS, 79 years old).

"I don't have any interest ... I have cardiac problems, which are a little bit solved, but I have pulmonary problems which are not solved ..." (NPM, 81 years old).

"Yes, I don't like it very much, in this period of my life I am not willing to assume any compromise" (NAN, 63 years old).

From these accounts, we realized that, definitely, some of them are not interested even in knowing these programs, or adhering to any of them. And others present some excuses to not joining projects addressed to this age group:

"I would like to participate, but I don't know if i would be able to manage my schedules" (DJD, 68 years old).

"I would like to sing, to make part of a choral, but it seems that are addressed only for ladies"(GFS, 71 years old).

According to Mazo, Lopes and Benedetti (2004), loneliness, lack of objectives of life and lack of occupational, social, leisure, artistic-cultural and physical activities are problems of agedness faced by the aged people.

Most of the interviewed people show agreement with what Tahara (2003) points out as factors to the non-adherence to the physical activity, that is, the lack of time, of interest, motivation or stimulus; and also inappropriate physical state, precarious health, attitude towards the PA and the lack of knowledge, added to the prejudicious manifestations addressed to the aged man, coming from the society what makes it difficult to him to join social, professional, leisure and physical activities (VERDERI, 2004); through their answers we can note some of these reasons implicit and explicit in their speeches.

Added to the prejudice and some laziness, another issue that called our attention was the unanimity of responses concerning the male non-adherence in the programs of PA for the third age, which are straightly linked to the existence of a bigger number of aged women alive, in opposition to men, aspect also referred by Camarano (2002); this situation has important repercussions, what justifies the speeches below:

"There are a few men, we are always tired, and as we don't consider ourselves serviceable, we start to have less aspirations, to withdraw from social life" (WJC, 63 years old).

"Well, the men are the minority, some of them work, others don't like gymnastics, they think they are different, don't like aged

people (...)" (NAN, 63 years old).

"I think men feel kind of ashamed, that's what I think" (GFS, 71 years old).

"I think it is because of the physical state, like my case. I also think men are ashamed in front of women" (AISS, 60 years old).

Areosa (2004) accomplished a study with aged men and women, in which it was showed that, to the women, the male getting-old occurs faster than theirs, alleging that it is because men don't take care of themselves, are untidy and get kind of lazy after the retirement. But, in the same study, the men reinforced this idea, saying that the aged man is weaker and die earlier than women.

About that, Gabler apud Valério (2001) adds that the worry about the health is bigger between women, while men are afraid of critical judgments of their abilities for work as well as their experiences of failure, what they try to avoid because of the possibility of losing prestige. The author also clarifies that the fact that the gymnastics does not fit the comprehension of men's values , emphasizing their right to some rest and the fact of existing more aged women than aged men.

However, we can show that personal factors seem to be the ones that lead people to the initial adhesion to the PA, in which we can also include some variable, like: gender, age and psychological conditions. According to Hayflick (1997) , people who present a low profile of risk to cardiovascular diseases , good physical aptitude, are not obese, have major level of schooling, major revenue, and high levels of motor abilities, tend do adhere more to the programs or keep in them longer than the ones who don't present those characteristics.

From the object of this study, it was necessary to aggregate suggestions to the script of interview. These suggestions are linked to the insertion of men in programs of aged people which involve PA, because this knowledge is fundamental for the professionals of the area in order to better attend their necessities, such as:

"I think you should look for nucleus where men use to get together, for example, many places where the guys get some coffee ..." (GFS, 71 years old) .

"You must make some work of awareness, you must divulge it, through lectures, mini-courses, pamphlets, I mean, make the difference!" (WJC, 63 years old).

"I think that there should be lectures to gather the men of the third age, to convince them to this kind of thing..." (NAN, 63 years old).

From these suggestions, it is possible to visualize some possibilities to the professionals of the area of Physical education, to reach the objective of touching and attracting the aged men to the groups of PA for the third age.

FINAL CONSIDERATIONS

The investigated aged men were involved in social projects or willing to be involved; they are aware of the importance of their participation in these actions, because more than contributing with the society, they see an option of occupation of time, as well as the distance of disturbing feelings like inutility and loneliness.

The non-adherence of aged men in groups of third age matches the literature, that is, lack of time, lack of interest, motivation or stimulus and precarious health, added to the consensus in their answers about the bigger number of aged women alive than men. So, we reaffirm that the male behavior towards the process of getting old happens from the laziness, acceptance and resignation of these subjects.

Despite the collaborators' worries about their quality of life, as well as their health, most of them did not show any interest about an effective participation in projects of physical activities aimed to the third age, even considering them important, alleging being well in not getting involved in "this kind of thing", according to the term used for one of the interviewed men.

Finishing this study, we believe that more divulgation of these projects is necessary, with the necessity of partnerships with organizations committed with the process of getting old, as well as the offer of activities in conformity with the necessities of each gender, because they are culturally influenced and, sometimes, the activities that women like to do let the men uncomfortable.

It is important to point out that the information generated from this survey contributes to the reflection about the relations of gender that involve the agedness and the practice of physical activity. The importance of the critical acting of the professionals of physical education is remarkable in the process of mediation of values and concepts about the corporal practices in this phase of life.

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THE CONTEXT OF THE MALE AGED AND THE LOW ADHERENCE IN PROGRAMS OF PHYSICAL ACTIVITIES TO THE THIRD AGE GROUPS

ABSTRACT

In the width of the theme of age, it is considered relevant to centralize the focus of this study in the male figure, since that the reality in projects of physical activities addressed to the third age is of an essentially female public. from this observation , there was the necessity of understanding the factors that make difficult the adherence of aged men in projects of physical activity, in specific, partners of women who are inserted in the Extensionist Project“ Major Age in Movement“, of the Centro Universitário Feevale, in Novo Hamburgo, RS. The methodological design was characterized in a qualitative, descriptive approach, collecting the information through semi-structured interview and field notes and sorting them out in categories: Occupation of Free Time in the Context of Life of aged people and, Programs of Third age: Perceptions and Suggestions. The collaborators of the survey are aware of the importance of their actions towards the society and some of them are active in social projects as a form of occupying the time. The perceptions related to the programs of third age involving physical activities reveal consciousness of their importance, but not the adherence of this gender matches the literature, that is, lack of time, interest, motivation or stimulus and precarious health, added to the consensus in their answers about the existence of a bigger number of aged women alive than men. So, we reaffirm that the male behavior towards the process of getting old happens form the laziness, acceptation and resignation of these subjects. The information generated from this survey are only the beginning of new reflections to be done about the relation of gender that involves the agedness and the practice of physical activity.

KEYWORDS: physical activity, aging, gender

LE CONTEXTE DE L'ÂGÉ MASCULIN ET LA BAISSE ADHÉRENCE EN PROGRAMMES D'ACTIVITÉS PHYSIQUES POUR LES GROUPES DU TROISIÈME ÂGE

RÉSUMÉ

Vu l'ampleur du thème vieillir, on considère l'importance de focaliser cet étude dans la figure masculine, car la réalité des projets d'activités physiques tournés vers le troisième âge est d'un publique essentiellement féminin. À partir de cette constatation, il a été nécessaire essayer de comprendre les facteurs qui difficultent l'adhérence des âgés aux projets d'activité physique, spécifiquement les compagnons de femmes insérées au Projet d'Extension «Âge majeure en Mouvement» du Centre Universitaire Feevale, à Novo Hamburgo, RS. Le délinéament méthodologique s'est caractérisé dans un abordage qualitatif, descriptif, collectant des informations à travers de l'entrevue demi-structurée et des annotations de camp en les organisant aux catégories: Occupation du Temps Libre dans le Contexte de Vie des âgés et Programmes du Troisième Âge: Perceptions et Suggestions. Les collaborateurs de la recherche ont science de l'importance de ses actions face à la société et parmi eux, quelques-uns agissent parmi des projets sociaux comme moyen d'occupation du temps. Les perceptions en ce qui concerne les programmes du troisième âge impliquant des activités physiques révèlent conscience de son importance, mais la non-adhérence de ce genre va à la rencontre de la littérature, c'est-à-dire, le manque de temps, d'intérêt, de motivation ou d'encouragement et santé précaire, au-delà du consensus dans leurs réponses sur l'existence d'un plus grand nombre de femmes âgées vivantes que d'hommes. Autrement dit, nous réaffirmons que la posture masculine face au procès d'envieillissement se donne à partir de la commodité, acceptation et conformisme de ces sujets. Les informations générées par cette recherche ne sont que le début de nouvelles réfléxions à faire sur les rélations de genre appartenantes au vieillissement et à la pratique de l'activité physique.

MOTS-CLE: Activité physique, Vieillissement, Genre.

EL CONTEXTO DEL MASCULINO Y LA BAJA ADERENCIA EN PROGRAMAS DE ACTIVIDADES FÍSICAS PARA GRUPOS DE TERCERA EDAD

RESUMEN

En la amplitud del tema envejecer, se considera relevante centrar el enfoque de este estudio en la figura masculina, ya que la realidad en proyectos de actividades físicas dirigido para la tercera edad es de un público esencialmente femenino. A partir de esa constatación, hubo a necesidad de comprender los hechos que dificultan la adherencia de ancianos en proyectos de actividades físicas, en específico, compañeros de mujeres inseridas en el Proyecto Extensionista “Edad mayor en Movimiento” del Centro Universitario Feevale, en Novo Hamburgo/RS. El delineamento metodológico se caracterizó en un abordaje cualitativo, descriptivo, colectándose las informaciones a través de la entrevista semiestructurada y apuntes de campo y las organizando en las categorías: Ocupación del Tiempo Libre en el Contexto de Vida de los ancianos y, Programas de Tercera Edad: Percepciones y Sugestiones. Los colaboradores de la pesquisa tienen ciencia de la importancia de sus acciones frente a la sociedad y algunos de ellos son actuantes en proyectos sociales como medio de ocupación del tiempo. Las percepciones cuanto a los programas de tercera edad envolviendo actividades físicas revelan consciencia de su importancia, pero la no adherencia de este género va de encuentro a la literatura, o sea, falta de tiempo, de interés, motivación o estímulo y salud precaria, además del consenso en sus respuestas sobre la existencia de número mayor de mujeres ancianas vivas que hombres. Con eso, reafirmamos que la postura masculina delante del proceso de envejecer se da a partir de la comodidad, aceptación y conformidad de eses sujetos. Las informaciones generadas por esa pesquisa son solo el comienzo de nuevas reflexiones que serán hechas acerca de las relaciones de género que envuelve el envejecimiento y la práctica de actividad física.

PALABRAS CLAVE: Actividad física, Envejecimiento, Género.

O CONTEXTO DO IDOSO MASCULINO E A BAIXA ADERENCIA EM PROGRAMAS DE ATIVIDADES FÍSICAS PARA GRUPOS DE TERCEIRA IDADE

RESUMO

Na amplitude do tema envelhecer, considera-se relevante centrar o enfoque deste estudo na figura masculina, já que a realidade em projetos de atividades físicas voltados para a terceira idade é de um público essencialmente feminino. A partir dessa constatação, houve a necessidade de compreender os fatores que dificultam a aderência de idosos em projetos de atividades físicas, em específico, companheiros de mulheres inseridas no Projeto Extensionista “Idade maior em Movimento” do Centro Universitário Feevale, em Novo Hamburgo/RS. O delineamento metodológico caracterizou-se numa abordagem qualitativa, descritiva, coletando-se as informações através da entrevista semi-estruturada e anotações de campo e as organizando nas categorias: Ocupação do Tempo Livre no Contexto de Vida dos idosos e, Programas de Terceira Idade: Percepções e Sugestões. Os colaboradores da pesquisa têm ciência da importância de suas ações frente à sociedade e alguns deles são atuantes em projetos sociais como meio de ocupação do tempo. As percepções quanto aos programas de terceira idade envolvendo atividades físicas revelam consciência de sua importância, mas a não aderência deste gênero vai ao encontro da literatura, ou seja, falta de tempo, de interesse, motivação ou estímulo e saúde precária, além do consenso nas suas respostas sobre a existência de número maior de mulheres idosas vivas do que homens. Com isso, reafirmamos que a postura masculina diante do processo de envelhecer dá-se a partir da comodidade, aceitação e conformação desses sujeitos. As informações geradas por esta pesquisa são apenas o começo de novas reflexões a serem feitas acerca das relações de gênero que envolve o envelhecimento e a prática de atividade física.

PALAVRAS-CHAVE: Atividade física, Envelhecimento, Gênero.