162 - LIFESTYLE OF RURAL ADOLESCENTS IN HERVEIRAS-RS

LIDIANE PADILHA;
LEANDRO TIBIRIÇÁ BURGOS;
MARTHA HELENA SEGATTO PEREIRA;
CARLOS RICARDO MANECK MALFATTI;
MIRIA SUZANA BURGOS.
UNISC, Santa Cruz do Sul, RS, Brasil
mburgos@unisc.br

1 JUSTIFICATION, DEFINITION OF THE PROBLEM AND OBJECTIVES

Our society is going through great technological evolutions; the transformations have caused behavioral changes, establishing new patterns and life habits. We are witnessing a revolution in the basic pillars which make up the social environment, which generates new temporal and spatial occupation rhythms, new lifestyles, new community forms, new ways of interaction and lifestyles in an extended social network, and these are networks of cultural groups, gathering points, solidarity circuits, which, although maintaining a series of relations through the circulation of information, and people, keep a life of their own (PINTO,2002).

Furthermore, as highlighted by Featherstone (1995), lifestyle is a phrase, which, with the present time transformations, is no longer conceived as a set of relatively fixed dispositions, tastes and cultural practices which demarcated frontiers between groups, in order to, in the contemporary city, constitute a more dynamic manner. As a consequence, the construction of a lifestyle is no longer based on class or neighborhood relations, but on the dynamics of the everyday life, where coherence and unity give in to the exploration of transitory experiences with diverse effects, a fact that interferes with the quality of life (Moreira, 2001; and Nahas, 2003).

Lifestyle is a set of attitudes and values incorporated into the socio-cultural environment, capable of determining the habitual actions of an individual or even of a group. It is a set of habitual experiences based on family characteristics, type of home, daily activities, incentive with regard to spaces for practicing physical and leisure activities and the forms of socio-cultural sharing. (BURGOS; BIGUELINI; MACHADO, 2002, p. 67).

Most people consider leisure as a liberation from work and from the daily duties. For adolescents, this work would be the school, the tasks required by the school and by the parents. Nowadays, children and adolescents help their parents in hours that could be dedicated to leisure. The lifestyle of human beings, in the society where we live, is only geared toward work and not toward leisure, and there is a need for a balance between the two of them. To consider leisure in the perspective of the lifestyles is a manner of accepting that it inserts into a society that harbors lots of constraints relative to the use of the time, but, in spite of this, the individual has the chance to carry out his/her own choices during this time, in search of activities which bring satisfaction (STIGGER, 2002, p.234). According to De Marco (2001), human development is a process aimed at broadening people's quality of life: to enjoy a long and healthy life, build knowledge and have access to the necessary resources for leading a decent life. In the absence of these fundamental possibilities, many others will remain inaccessible.

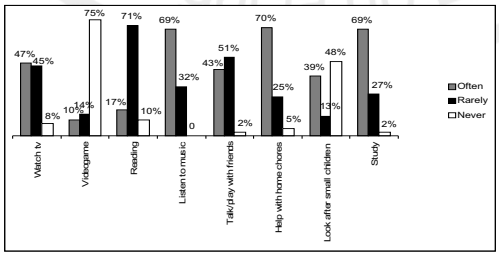
According to Pohl, Krebs, Fernandes (2002), lifestyle is a set of everyday activities experienced by the individual under development, in the immediate contexts in which he participates actively. Thus, the **objective** of this study is to describe the characteristics that demarcate the characteristics of the lifestyle, cultural and leisure activities and sports activities of rural adolescents in the municipality of Herveiras - RS.

2 METHODOLOGICAL PROCEDURES

The subjects of the research were 77 students, ages 10 to 16, totaling 42 boys and 35 girls, all 5th or 6th graders of two fundamental schools located in the rural zone of Herveiras (a small municipality), in the state of Rio Grande do Sul. The methodological approach is descriptive exploratory, and the contact with the subjects was done through the EVIA inventory (SOBRAL, 1992) adapted to the Brazilian reality (TORRES E CARDOSO, 1995).

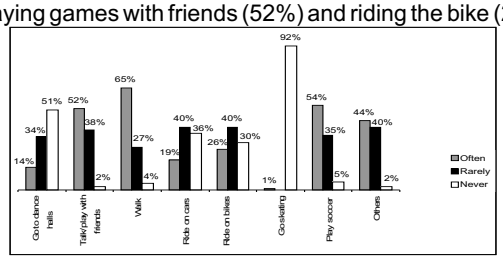
3 PRESENTATION, ANALYSIS AND DISCUSSION OF RESULTS

With regard to the education of their parents, it was found out that the mothers spent more years at school (55%) than the fathers, once many of them (41%) did not even complete their fundamental school years. It is important to highlight that only a small number of parents never went to school (4%). As to the activities the students usually do at home, they include domestic chores (70%), listening to music (69%), studying (69%), watching television (47%) and entertainment/meeting friends (43%) (PICTURE 1).



Picture 1: Activities they normally do at home

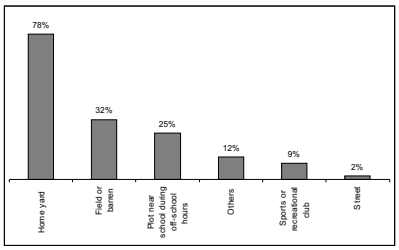
The indicators of the activities carried out by the students, when they go out (PICTURE 2), frequently consist in walking (65%), playing soccer (54%), talking/playing games with friends (52%) and riding the bike (26%).



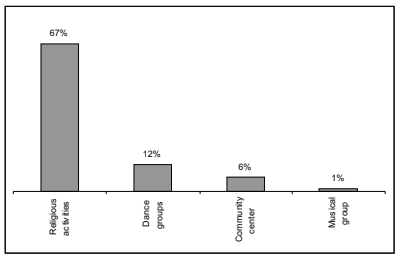
Picture 2: Activities they normally do outside

The place most utilized for their sports activities is the home yard (78%) and also fields/barren plots (32%) and the school playground during off-school time (25%) (PICTURE 3). With regard to cultural activities (PICTURE 4), we ascertained that religious activities stand out (67%) and dance groups (12%); sports and recreational club, only 9%.

Sports under the guidance of a teacher/trainer, we ascertained that all the students play football (100%), always at school and during their Physical Education lesson.



Picture 3: Most common places for sports



Picture 4: Participation in some cultural activity

3.1 Synthesis of results and discussion

In synthesized manner, we could say that the investigated subjects live in a small municipality, of German origin, emancipated from Santa Cruz do Sul, in 1995, which shows strong rural characteristics that might explain many of the characteristics of the daily life of the surveyed subjects. What they do most at home is to help with the domestic chores, listen to music and study; when they go out, they do such activities as walking, playing soccer and they equally talk/play with friends. Similar studies, with rather different results, were conducted by Burgos (1997) and Burgos Gaya (2001), with children and pre-adolescents (ages 7 to 11) in an urban zone (downtown and surroundings; in private, state and municipal schools, in Santa Cruz do Sul-RS), where: *at home,* they predominantly prefer to watch television, play video-game (where the downtown children show higher rates), listen to music, talk and play with friends (where the children from the outskirts show higher rates), go for a walk in the park (Study by Gaya, Torres and Poletto (2002), conducted in Porto Alegre -RS, with 7 to 14 year old students of municipal schools, show that the most common activities *inside the home* include television, study and school tasks, music, domestic chores; *outside the home:* play/talk with friends, play soccer, particularly the boys, and ride the bicycle. The participation in cultural groups is insignificant and irrelevant, but religious groups stand out, which showed again in the study conducted by Burgos, Biguelini and Machado (2002) with 7 to 16 old students, participants of the Cestinha Project (Basketball), in Santa Cruz do Sul; in this research, the activities that stand out *at* home include talks with friends, television, music, domestic chores and study; *outside the home* the predominance is for talks with friends, soccer games, bike rides, walks. In Porto Alegre, Gaya and Guedes (2002) conducted a study with 7 to 14 year old municipal students, with similar results, but with some additional activities carried out *at home,* such as: watch television, study, talk and play with friends, play video-game, listen to music, help with domestic chores, leisure readings; whereas, *outside the home,* the following are most common: talk/play with friends, play soccer and ride the bike. With regard to the participation in social groups, these are not much attended, but participation in clubs and religious activities are of note. Studies conducted in Portugal, by Matos, Simões, Canha e Fonseca (1996) who took part in the National Study of the European Network HBSC/OMS (1996) show that the surveyed students, of both genders, have as leisure activity *at home:* watch television, watch videos and play computer games. Matos (2003), also in several municipalities in Portugal, in a similar study, shows that most activities of the young in Portugal, practiced *at home*, include: listening to music, playing cards, playing video-game and computer games; watching television or videos. The study also shows that among the leisure activities practiced *outside the* home, the most common are talks with friends and spending time with friends. Going to the cinema, theater and concerts was also mentioned in great number.

In the present research it was also ascertained that the places most utilized for sports and leisure activities were the home yard and also barren fields/plots during off-school time. With regard to cultural activities, a great number of adolescents of the rural zone take part in religious activities and dance groups. With regard to sports under the guidance of a school master/trainer, we ascertained that all the students (males and females) play soccer, always at school, during the off-school hours or during the Physical Education lessons. With regard to the *places* most used for sports and leisure activities, they hardly appeared in the study by Burgos and Gaya, where the social and sports clubs stand out; in Burgos, Biguelini and Machado (2002), the highlights were the home yard, the street, the school field and off-school hours, field or barren plot; But in Gaya and Guedes (2002), the following are most frequent: park/plaza, home yard, street, school yard during off-school hours. To Matos (2003), the places most utilized by the Portuguese students include the following: school, street, home (their own or friends' home), sports areas and cafés, results that are different in some aspects to our study. Thus, the data obtained in the present study reveal the habitual opportunities of the rural adolescents of a small municipality, a fact that generates restrict context conditions and opportunities , which reflect into scarce leisure options, physical activities and sports, as well as cultural activities; this, particularly, if we compare it to similar studies conducted in Santa Cruz do Sul, Porto Alegre, as well as the population of several towns in Portugal. In the latter, there are options that did not come up in the Brazilian municipality that was surveyed, such as going to the cinema, theater, concert and going to cafés for leisure purposes.

FINAL CONSIDERATIONS

We concluded that the subjects of the study have everyday options and actions that demonstrate a very little active lifestyle, as to regular physical activities; sports are restricted to soccer and a great time for leisure activities; within this context, they end up being filled by religious activities. This is explained by the fact that Herveiras is a recently emancipated municipality, which still lacks opportunities for active leisure and amusement activities. There is a great deficiency in extra-school projects in the surveyed schools. It is good to mention that the places and types of experiences, the activities that represent the everyday life have reflections on the incorporation of attitudes and values of every individual life in the community.

We suggest that the municipal authorities should speed up the construction of such facilities as gymnasiums and parks for sports and leisure activities, as well as launch socio-cultural projects, in the schools and community with the aim to encourage sports, cultural groups and dance groups, and traditional activities which, in addition to generating an active lifestyle, fill up the leisure hours, with activities that produce pleasure and promote advances in the quality of life of its people.

REFERENCES

ARAÚJO, V.C. e PEREIRA, E.F. Análise do estilo de vida dos meninos de rua de João Pessoa-PB. *Revista Digital Buenos Aires*, ano 11, n. 103, dezembro de 2006. Disponível no site: http://www.efdeportes.com/efd103/meninos.htm. Acessado em 31 de maio de 2007.

BURGOS, M. S.; BIGUELINI, G; MACHADO. Jogo e Lazer enquanto dimensões do estilo de vida: um estudo com crianças e adolescentes do Projeto Cestinha - UNISC. In: BURGOS, M. S.; PINTO, Leila Mirtes S. M. (Org.). *Lazer e estilo de vida.* Santa Cruz do Sul: EDUNISC, 2002.
BURGOS, M. S. *As atividades lúdico-desportivas e sua relação com o desenvolvimento integrado da personalidade em crianças de 7 a 11 anos.* Tese de doutorado apresentada ao Programa de Ciências da Educação da Universidade Pontífica de Salamanca. Salamanca: Kadmos.
BURGOS, M. S.; GAYA, A. O lazer e as atividades lúdico-desportivas qualificados pelos hábitos de vida: uma resposta do contexto sociocultural. In: *Cinergis*. Revista do Departamento de Educação Física e Saúde. Santa Cruz do Sul: Edunisc. v. 2, n. 1. jan/jun. 2001. ISSN 1519-2512.
DE MARCO, A. Qualidade de vida e educação: a infância e a adolescência no Brasil. In: MOREIRA, W. W. (Org.). *Qualidade de vida, Complexidade e Educação.* Campinas: Papirus, 2001, p. 190.
GAYA, A.; TORRES, L.; POLLETO, A. Uma paisagem sobre o cotidiano: o perfil sociocultural dos alunos das escolas da rede pública municipal de Porto Alegre. In: BURGOS, M. S.; PINTO, L. M. S de M. *Lazer e estilo de vida*. Santa Cruz do Sul: Edunisc, 2002.
GAYA, A; GUEDES, C. Estilos de vida: um retrato da realidade estudo associativo do nível socioeconômico sobre os hábitos de vida dos escolares das escolas da rede pública municipal e privada de Porto Alegre. In: *Revista Perfil*: Dossiê Projeto Esporte Brasil.Publicação do Programa de Pós-graduação em Ciências do Movimento Humano - Mestrado/Doutorado. Porto Alegre: ESEF/UFRGS. Ano VI, n. 6, 2002.
FEATHERSTONE, M. *Cultura de consumo e pós-modernismo*. São Paulo: Studio Nobel, 1995.
MATOS, M. G.; SIMÕES, C.; CANHA, L.; FONSECA, S. Saúde e Estilos de Vida nos jovens portugueses: Estudo Nacional da Rede Européia HBSC/OMS. In: *Aventura Social e Saúde*. Revista do Programa de Promoção e Educação para a Saúde. Faculdade de Motricidade Humana. Lisboa: Combiarte, 1996.
MATOS, M. G. (Coordenadora do Projeto Aventura Social e Saúde). A saúde dos adolescentes portugueses: quatro anos depois. Relatório Português do Estudo HBSC 2002. In: *Aventura Social e Saúde*. Revista do Programa de Promoção e Educação para a Saúde. Faculdade de Motricidade Humana. Lisboa: Combiarte, 2002.
MOREIRA, W. W. (Org.). *Qualidade de vida, Complexidade e Educação.* Campinas: PAPIRUS, 2001, p. 190.
NAHAS, M. V.. *Atividade física, saúde e qualidade de vida*: conceitos e sugestões para um estilo de vida ativo. 3. ed. Londrina: Midiograf, 2003.
PEREIRA, R.R. e BARROS, J. F. Estilo de vida dos escolares de Montes Claros, MG. Revista Digital Buenos Aires, ano 10, nº 75, agosto de 2004. Disponível no site: http://www.efdeportes.com/efd75/escolar.htm. Acessado em 31 de maio de 2007.
PINTO, L. M. S. M. Lazer e estilos de vida: reflexão e debate na perspectiva da "virada" da contemporaneidade. In: BURGOS, M. S.; PINTO, Leila Mirtes S. M. (Org.). *Lazer e estilo de vida.* Santa Cruz do Sul: EDUNISC, 2002.
POHL, H. H.; KREBS, R. J.; FERNANDES, S. Estilo de Vida e lazer das trabalhadoras alocadas em linha de produção. In: *Cinergis*. Revista do Departamento de Educação Física e Saúde. v. 3, n. 2, Santa Cruz Sul: Edunisc. jul./dez. 2002.
SOBRAL, F. O estilo de vida a actividade física habitual. In: Sobral, F.; Marques, A. T. (eds). FACDEX. Desenvolvimento somato-motor e factores de excelência desportiva na população escolar portuguesa. Relatório Parcial, Área do Grande Porto. Lisboa: Min. Ed., v. 2., 1992.
STIGGER. M. P. *Esporte, lazer e estilos de vida*. Campinas: Autores Associados, chancela editorial Colégio Brasileiro de Ciências do Esporte (CBCE), 2002.
TORRES CARDOSO, L. *Hábitos de vida de alunos de uma escola da rede municipal de ensino de Porto Alegre*. 1995. 54 f. Monografia. Programa de Especialização em Metodologia do Ensino da Educação Física. Universidade Federal do Rio Grande do Sul - Escola de Educação Física, Porto Alegre, 1995.

Rua Ernesto Carlos Iserhard, 537
96825-040, Santa Cruz do Sul - RS
(51) 3713-1116
mburgos@unisc.br

LIFESTYLE OF RURAL ADOLESCENTS IN HERVEIRAS-RS

ABSTRACT

This descriptive exploratory study is aimed at describing the lifestyle profile of 77 fundamental school 5th and 6th graders, from both genders, ages 10 to 16, of two municipal schools in the rural zone of Herveiras - RS, and the data collection system is based on the inventory of lifestyle habits - EVIA. The daily/habitual actions indicate that the subjects are little active, and most of them do not have the habit of practicing regular physical activities, but when this happens, playing soccer and riding a bicycle are the preferred ones, and are usually carried out around the home (field, lawn). *At home*, the most common activities consist in watching television and listening to music. Our conclusion was that the study subjects perform everyday actions that demonstrate a little active life in terms of regular physical, sports and leisure activities and, within this context, they end up filling their free time with religious activities. We suggested that the municipal authorities should see to the construction of special facilities (gymnasiums, parks, stadiums) for sports and leisure activities, also in the rural zone, along with socio-cultural projects, at schools and in the community, in order to see to these matters, thus fighting sedentary habits, providing an occupation for the free time and promoting quality of life for the people in the municipality.

KEY WORDS: lifestyle, adolescents, rural zone.

STYLE DE VIE DES ADOLESCENTS DU MILIEU RURAL DE HERVEIRAS - RS

RESUMÉ

Cet étude descriptif-exploratoire a comme objectif décrire le profil du style de vie de 77 étudiants de 5ª (cinquième) et 6ª (sixième) sèries d' enseignement fondamental, de deux sexes, âgés entre de 10 et 16 ans, appartenant à deux écoles municipales de la zone rurale de Herveiras - RS, étant employé dans la collecte des donnés, l'inventaire des habitudes de vie - EVIA. Les actions quotidiennes/habituelles indiquent que les sujets sont très peu actifs étant donné que la majorité n'a pas l'habitude de pratiquer, régulièrement, activités physiques et quand ça arrive, jouer au ballon (football) et faire du vélo sont les pratiques préferés mais faites généralement dans la cour de la maison (champ, patio). Quand ils sont chez eux, les activités les plus courants sont : regarder la télévision et écouter de la musique. Nous avons conclu que les sujets de cet étude ont des actions quotidiennes qui démontrent un style de vie trés peu actif en relation à la pratique régulière de l'activité physique, sportive et de loisir et, dans ce contexte, ils finissent en remplissant leur temps libre avec des activités religieuses. Nous suggerons que le pouvoir publique municipale agissent rapidement dans la construction de locaux (gymnases, parcs,stades) pour la pratique

sportive et de loisir, aussi dans les zones rurales, et fassent des projets socio-culturelles, auprès des écoles et comunauté, pour atteindre à ces questions, en combattent le sedentarisme, en occupant le temps libre et en promouvant les avances de la qualité de vie des municipes.

MOTS-CLEFS: style de vie, adolescents, zone rural.

ESTILO DE VIDA DE ADOLESCENTES DEL MEDIO RURAL DE HERVEIRAS - RS

RESUMEN

Este estudio descriptivo-exploratorio tiene el objetivo de describir el perfil del estilo de vida de 77 estudiantes de 5ª y 6ª series de la educación básica, de ambos los sexos, con edad entre 10 y 16 años, de dos escuelas municipales de la zona rural de Herveiras - RS, siendo aplicado, en la colecta de datos, el inventario sobre hábitos de vida - EVIA. Las acciones cotidianas/habituales indican que los sujetos son poco activos, siendo que la mayoría no tiene la costumbre de practicar, regularmente, actividades físicas, y cuando eso ocurre, jugar a la pelota (fútbol) y andar en bicicleta son los preferidos, siendo, generalmente, practicados en el patio de casa (campo, potrero). Cuando están en casa, las actividades más realizadas son: asistir a programas de televisión y escuchar música. Concluimos que los sujetos del estudio tienen acciones cotidianas que demuestran un estilo de vida poco activo cuanto a la práctica regular de actividad física deportiva y de ocio y, en este contexto, acaban ocupando el tiempo libre con actividades religiosas. Sugerimos que el poder público municipal agilice la construcción de locales (gimnasios, parques, estadio) para prácticas deportivas y de ocio, incluso en la zona rural, y lance proyectos socio-culturales, junto a las escuelas y comunidad, para atender a estas cuestiones, combatiendo el sedentarismo, ocupando el tiempo libre y promoviendo avanzos en la calidad de vida de los munícipes.

PALABRAS-CLAVE: estilo de vida, adolescentes, zona rural.

ESTILO DE VIDA DE ADOLESCENTES DO MEIO RURAL DE HERVEIRAS-RS

RESUMO

Este estudo descritivo-exploratório tem o objetivo de descrever o perfil de estilo de vida de 77 estudantes de 5ª e 6ª séries do ensino fundamental, de ambos os sexos, com idade entre 10 e 16 anos, de duas escolas municipais da zona rural de Herveiras - RS, sendo aplicado na coleta de dados, o inventário sobre hábitos de vida - EVIA. As ações cotidianas/habituais indicam que os sujeitos são pouco ativos sendo que a maior parte não possui o hábito de praticar, regularmente, atividades físicas e quando isto ocorre, o jogar bola (futebol) e o andar de bicicleta são os preferidos sendo, geralmente, praticados no pátio de casa (campo, potreiro). Quando estão em casa, as atividades mais realizadas são: assistir programas de televisão e escutar música. Concluímos que os sujeitos do estudo têm ações cotidianas que demonstram um estilo de vida pouco ativo quanto à prática regular de atividade física, esportiva e de lazer e, neste contexto, acabam preenchendo o tempo livre com atividades religiosas. Sugerimos que o poder público municipal agilize a construção de locais (ginásios, parques, estádio) para práticas esportivas e de lazer, também na zona rural, e lance projetos socioculturais, junto às escolas e comunidade, para atender a estas questões, combatendo o sedentarismo, ocupando o tempo livre e promovendo avanços na qualidade de vida dos munícipes.

PALAVRAS-CHAVE: estilo de vida, adolescentes, zona rural.