116 - LEVEL OF PHYSICAL ACTIVITY AND QUALITY OF LIFE OF ELDERLY PEOPLE THAT SPEND FREE TIME AT CONSERVATORIA _ RJ

BENTO PIRES[1]
MONIQUE SERAPICOS[2]
MARCIA ALBERGARIA[1,2]
1 - Curso de Educação Física - LAFIEX - Campus Akxe.
2 - Curso de Pós-Graduação em Fisiologia do Exercício, Medidas e Avaliação - Campus Akxe.
Universidade Estácio de Sá, RJ, Brasil.
bentopiresjunior@gmail.com

INTRODUCTION

Increasing the number of people aged 60 years or more has been regarded as a worldwide phenomenon, changing the political and economic geography. In 1991, individuals aged 60 years or more accounted for 7.3% (10,722,705) of the total population of Brazil. By 2000, this share increased to 8.6% (14,536,029), approximately 9,000,000 of these still responsible for their households (IBGE, 2000).

The characteristics of aging are seen with losses in body composition, functional capabilities (cardiovascular system, respiratory system, nervous system) and physical qualities. (ACSM, 2000).

In body composition, there is increased fat mass, muscle hypotonia, reduced stature, loss of bone mass (osteopenia and osteoporosis), stiffness in tendons and ligaments, decreased production of synovial fluid and dehydration of the intervertebral discs (GRABOWSKI E TORTORA , 2002).

In the cardiovascular system there is a reduction of maximum heart rate for loss of permeability of the sinus node, thickening and hardening of the arteries, loss of collagen, causing atherosclerosis, hypertension, slow venous return and orthostatic hypotension. In the respiratory system, there is decreased muscle strength, the lungs become stiff and decreased ventilation capacity (VO2max). Since the nervous system shows loss of neurons and decrease the speed of nerve impulses, weakening of the reflexes and changes in regulation of posture. In its physical qualities with decreased strength, endurance, balance system (visual, vestibular and somatic sensory system), decreased coordination and decreased range of motion (Moreno, 2009).

Quality of life is a subjective concept that is related to personal wellness and self-esteem, age, personal aspirations, as they include aspects such as functional ability, socioeconomic status, emotional state, social interaction, the intellectual activity, self care, family support, their own state of health, cultural values, ethics and religion, the lifestyle, satisfaction with job and / or daily activities and the environment in which we live (VECCHIA et al., 2005).

The perception of well being associated with a set of personal parameters, socio-cultural and environmental factors that characterize the living conditions of the human being, biulds the individual concept of quality of life (NAHAS, 2006).

Self-efficacy is the perception that old people have about their own capacities for organization and execution of activities of daily life. Thus we can say that the belief of self-efficacy has nothing to do with their personal skills, but with the trial of what can be done from their own skills (Goldstein, 1995 apud CARNEIRO E Falcone, 2004). In general, the elderly have a perception of self-efficacy decreased, they are very strong social pressures on their capacity. These take as escape and avoidance behaviors that are not adaptive and defensive behaviors, undermining their self-image, maintaining a vicious circle of these types of behaviors (Cavalcanti, 1995 apud CARNEIRO E Falcone, 2004).

The practice of regular physical exercise for elderly people promotes both individual benefits (immediate: physiological, psychological and social medium-term structural and functional), and for the society as a whole. The more active and healthy the elderly, lower the cost of medical care and social assistance, increasing their productivity and participation in community activities and also changing the negative view these people are seen by the society (NAHAS, 2006).

The frequency, kind, duration and intensity of exercise recommended by the ACSM (2000) in general are the same as for low risk individuals. The training exercises with low intensity (eg., 40 to 70% of VO2max) seems to cause a marked reduction in blood pressure, or even greater than the higher intensity exercises, which may be particularly important in hypertensive populations specific, such as the elderly.

According to data from the City of Valencia (2010), the Office of Economic Development, the Individual, the Environment and Society (IDEAS), Conservatoria has a strong cultural identity based mainly on music, and a good structure hotel, but only visited on weekends and holidays because of the lack of greater unity, encouragement and planning for better use of the site during all weekdays. Visitors of Conservatoria are in the age group of this study, most of whom are retired, and have willingness to travel on any day of the week. Minstrels and supporters are all part of Brazil, who seek weekends known as the capital of the world and singers serenade. These tourists spend their free time walking through the center of the district, which covers an area of 285.34 km square, visiting museums, shops, bars and restaurants, and night, go to the streets singing and accompanying the serenade, which occurs every Fridays and Saturdays with about two hours. With the constant visitation by people in this age group, performing various physical activities, one realizes the need to assess this population in order to discover their physical activity levels and quality of life as a guiding factor in new research.

The aim of this study is to assess the level of physical activity and quality of life of aged who are experiencing free time in the city of Conservatoria.

METODOLOGY

This study is a descriptive one with quantitative and qualitative characteristics (THOMAS NELSON, 2007).

The survey sample consisted of 50 elderly, apparently healthy, 68% (34 individuals) were female and 32% (16 individuals) were male, mean age 68.10 ± 6.22 years and were approached at the Pousada Locomotive 206, Conservatoria, the municipality of Valença, Rio de Janeiro, where they were staying during the weekend.

This study meets the Standards for the Conduct of Human Research, Resolution 196/96 of the National Health Council, 10/10/1996.

The procedure of data collection was an application of International Physical Activity Questionnaire (IPAQ) and the WHOQOL-OLD. The IPAQ questionnaire is an instrument developed jointly by the World Health Organization (WHO), the Center for Disease Control and Prevention (CDC) and the Karolisnka Institute (Sweden), validated in 12 countries and 14 research centers, to subjective assessment of physical activity level, defining the subject as very active, active, insufficiently active or sedentary, by questions about the amount of time an individual spends performing various activities during a week (BENEDETTI et al., 2007).

The WHOQOL-OLD project was developed by the Group of Quality of Life of the World Health Organization (World

Health Organization Quality of Life Group - WHOQOL Group), and looks for a generic measure of quality of life in older adults. It is a questionnaire consisting of 24 items, divided into six facets that address the topics of sensory function (SF), autonomy (AUT), social participation (SO) activities past, present and future (PPF), Death and dying (DD) and intimity (INT) (Manual WHOQOL-OLD). The collected data were treated by means of quantitative procedures of descriptive statistics, mean and standard deviation. Were also prepared charts and tables to facilitate understanding of results

DATA ANALYSIS AND DISCUSSION

After analyzing the IPAQ, the elderly are characterized, as 8% (4 individuals) very active with a mean age of 65.75 ± 6.29 years, 62% (31 individuals) actives with a mean age of 68.29 ± 6.41 years, 22% (11 individuals) insufficiently active with a mean age of 66.36 ± 5.87 years, and 8% (4 individuals) sedentary with a mean age of 73.75 ± 2.22 years, as illustrated in Figure 1.

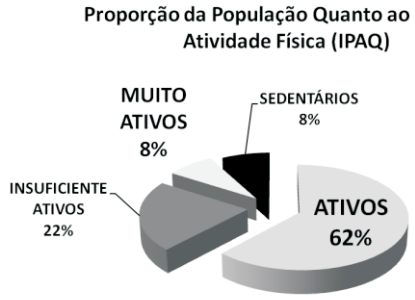

Figure 1: Schematic representation of the distribution of population and the level of physical activity.

In the data analysis of WHOQOL-OLD, for all subjects, we observed a high total score (81.06 points), indicating a perception of good quality of life. The highest scores occurred in the facets related to the functioning of sensory (85.00 points) and intimacy (85.63 points), and lowest, related to the facets of autonomy (78.00 points), social participation (81.13 points) and death and dying (77.13 points) (Table 1).

For individuals considered to be very active, we find a high total score (84.90 points), followed by those considered active (80.48 points) and insufficiently active (78.69 points) respectively. Since the sedentary group showed the highest total score of the study (88.28 points). (Table 1).

For those considered very active was found the maximum score (100.00) for facet related to intimacy and a high score for facet related to past activities, present and future (92.19). (Table 1)

The group considered insufficiently active total score (78.69) lower compared with other groups, with the score of the facet that addresses issues of death and dying (MEM), reaching the score (71.59) obtained the lowest of all (Table 1).

The sedentary group had higher scores considered. Near maximum facet related to Intimacy (98.44), followed by facet Death and Dying (92.19), Social Participation (90.63) and Activities Past, Present and Future (89.06). (Table 1).

IPAQ X WHO-OLD	IDADE MÉDIA	FS	AUT	PPF	PSO	MEM	INT	TOTAL
TOTAL DO GRUPO	**68,10**	**85,00**	**78,00**	**81,13**	**79,50**	**77,13**	**85,63**	**81,06**
MUITO ATIVOS	65,75	81,25	75,00	92,19	84,38	76,56	100,00	**84,90**
ATIVOS	68,29	86,29	78,63	79,23	78,02	77,22	83,47	**80,48**
INSUF. ATIVOS	66,36	84,09	77,27	79,55	77,84	71,59	81,82	**78,69**
SEDENTÁRIOS	73,75	81,25	78,13	89,06	90,63	92,19	98,44	**88,28**

Table 1: The data reported in Table 1 are the total and partial scores for facets. found after application of the WHOQOL-OLD, related to the level of physical activity.

Quantifying the group of active we identify a balance in the scores of all facets. Being the highest scores found in the facets related to the operation of the Sensory (86.29) and Intimacy (83.47). (Figure 2).

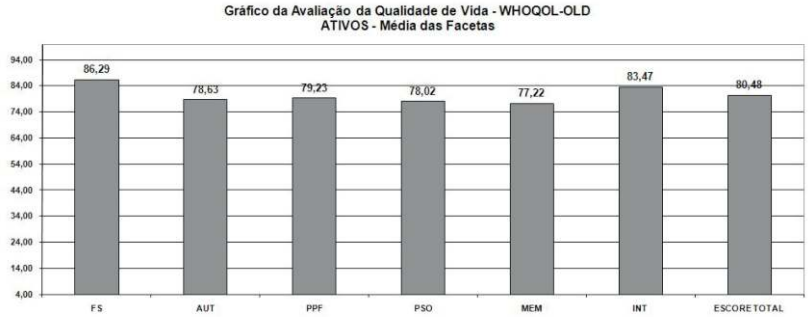

Figure 2: The data reported in the chart are the scores obtained by subjects classified as actives.

In Aquino (2007) study , who used a similar sample, with individuals between 60 and 83 years and mean age of 69.20, we analyzed 20 individuals considered healthy females, divided into two distinct groups (physically active in academia and sedentary). We noticed a similarity in the mean age for the group considered active in both studies. Score was found related to Intimacy facet of 77.50 for group considered active, coinciding with the high score in the same facet found in the current study. For the sedentary group was considered related to the facet score found intimacy of 43.75 and 98.44 in the present study. The total score was found in all the facets was 75.33 for those considered active, and for the same group in this study the total score was 80.48. For the sedentary group considered was found the total score of 63.93, and for the same group in this study the total score of 88.28.

CONCLUSIONS

Regarding the level of physical activity, individuals who seek the district to spend your free time is mostly considered active. The activities in the district probably did not influence the speech of individuals in order that the IPAQ instrument is based on reports of activities in recent weeks.

The study showed that the activities undertaken by individuals in the district during your stay, may have positively influenced in their perception of quality of life. The fact that individuals are parading the streets singing love songs in the district and can remember the good times experienced should be considered. These activities are directly related to the depths of individuals, motivating them to get around and probably influenced in his speech.

It is recommended that further studies with this population to identify the physiological reality of the individuals seeking this district in order to enjoy their free time, using invasive methods and physical tests.

REFERENCES

ACSM - American College of Medicine Sports. **Diretrizes do ACSM para os Testes de Esforço e sua Prescrição.** Sexta Edição. P. 137. 2000.;

AQUINO, M. **Comparativo da Qualidade de Vida e da Autonomia Funcional de Idosas Ativas e Insuficientemente Ativas.** 21 f. Monografia. UNESA, Rio de Janeiro, 2007.;

BENEDETTI, T.; ANTUNES, P.; RODRIGUES-ANEZ, C.; MAZO, G.; PETROSKI, E. Reprodutibilidade e validade do questionário internacional de atividade física (IPAQ) em homens idosos. **Revista Brasileira de Medicina do Esporte** – Vol. 13, no. 1 – pag. 11-16 – Jan/Fev, 2007.;

CARNEIRO, R.; FALCONE, E. Um estudo das capacidades e deficiências em habilidades sociais na terceira idade. **Psicologia em Estudo**, Maringá, 2004.; IBGE - **Revista do CENSO 2000**. número 8, 2000, p. 28. http://www.ibge.gov.br/censo/revista8.pdf, acesso em 10/10/2009.; Instituto para o Desenvolvimento da Economia, do Indivíduo, do Ambiente e da Sociedade IDEAS - http://www.ideias.org.br/informativo/planejamento-estrategico-de-conservatoria-muda-de-data, acesso em 10/11/2009.; Manual WHOQOL-OLD em Português – http://www.ufrgs.br/psiq/WHOQOL-OLD_Manual_POrtugues.pdf, acesso em 10/10/2009.;

MORENO, R.; **Programación de acondicionamiento físico orientado a la salud para personas mayores de 50 años.** Revista Digital - Buenos Aires - Ano 14 - Nº 137 - Outubro de 2009. Acesso em: 01/11/2009.;

NAHAS, M. **Atividade física, Saúde e Qualidade de Vida:** Conceitos e sugestões para um estilo de vida ativo. Londrina: Ed. Midiograf, 2006.; PMV - Prefeitura Municipal de Valença. http://www.valenca.rj.gov.br/distritos/conservatoria/historia.htm, acesso em 10/11/2009.;

THOMAS, R.; NELSON, K. **Métodos de Pesquisa em Atividade Física.** Ed. Artmed – Ed. 5 – 2007.; TORTORA, G; GRABOWSKI, S.; **Princípios de Anatomia e Fisiologia**. Rio de Janeiro: Ed. Guanabara Koogan, 2002.; VECCHIA, R.; RUIZ, T.;

BOCCHI S.; CORRENTE, J.; Qualidade de vida na terceira idade: um conceito subjetivo. **Revista Brasileira de Epidemiologia**, 2005.

LEVEL OF PHYSICAL ACTIVITY AND QUALITY OF LIFE OF ELDERLY PEOPLE THAT SPEND FREE TIME AT CONSERVATORIA _ RJ

ABSTRACT

Increasing the number of people aged 60 years or more has been considered a worldwide phenomenon. During aging, physical activity is a great strategy against the loss of mobility, functional capacity and quality of life. Quality of life is a subjective concept that is related to personal well-being, self-esteem, age, personal aspirations, among others. Registry has a strong cultural identity based on the song and that district Valença-RJ is visited on weekends and holidays, for Seresteiros mostly elderly. The aim of this study was to analyze and describe the subjective perception of physical activity level and quality of life of individuals who spent free time in the Conservatory. The survey sample consisted of 50 seniors, 68% female and 32% male, mean age 68.10 ± 6.22 years. The procedure of collecting data was the application of the International Physical Activity Questionnaire (IPAQ) and the WHOQOL-OLD. In analyzing the results of the IPAQ, the elderly were classified as very active 8%, 62% active, insufficiently active and 22% 8% sedentary. In analyzing the results of the WHOQOL-OLD for all groups, the scores were high in all facets. For the active and sedentary groups were obtained close to maximum scores on the facets related to intimacy. In the study by Aquino (2007), we obtained high scores on the facet intimacy to the active group, as similar to the present study. Since the sedentary group had a score of 43.75 and facet of intimacy in this study, 98.44. Most patients who seek the district to spend your free time are considered assets. The study showed that the activities undertaken by individuals in the district, may have positively influenced the perception of physical activity and quality of life.

KEYWORDS: Physical activity. Quality of life. Elderly.

NIVEAU DE L'ACTIVITÉ PHYSIQUE ET LA QUALITÉ DE VIE DES PERSONNES AGEES QUI PASSENT DU TEMPS LIBRE À CONSERVATÓRIA _ RJ

RÉSUMÉ:

Augmenter le nombre de personnes âgées de 60 ans ou plus a été considéré comme un phénomène mondiale. Au cours du vieillissement, l'activité physique est une excellente stratégie contre la perte de la mobilité, la capacité fonctionnelle et qualité de vie. La qualité de vie est un concept subjectif qui est lié à leur bien-être, l'estime de soi, l'âge, des aspirations personnelles, entre autres. Conservatória a une forte identité culturelle basée sur la chanson et de ce district Valença-RJ est visité les week-ends et jours fériés, pour la plupart âgées Serenateur. L'objectif de cette étude était d'analyser et de décrire la perception subjective du niveau d'activité physique et la qualité de vie des personnes qui ont passé du temps libre au Conservatória. L'échantillon de l'enquête se composait de 50 personnes âgées, femmes 68% et 32% de sexe masculin, âge moyen de 68,10 ± 6,22 années. La procédure de collecte des données a été l'application de la International Physical Activity Questionnaire (IPAQ) et le questionaire WHOQOL-OLD. En analysant les résultats de l'IPAQ, les personnes âgées ont été classés comme 8% très actif, 62% de actif, 22% insuffisamment active et 8% sédentaire. En analysant les résultats de l'WHOQOL-OLD pour tous les groupes, les scores ont été élevés dans toutes les facettes. Pour les groupes actifs et sédentaires ont été obtenues à proximité des scores maximum sur les facettes liées à l'intimité. Dans l'étude de Aquino (2007), nous avons obtenu des scores élevés sur l'intimité de facette pour le groupe actif, comme semblable à la présente étude. Depuis le groupe sédentaire avaient un score de 43,75 et la facette de l'intimité dans cette étude, 98,44. La plupart des patients qui cherchent le

district de passer votre temps libre sont considérés comme des actifs. L'étude a montré que les activités entreprises par des individus dans le quartier, peut avoir une influence positive sur la perception de l'activité physique et la qualité de vie.

MOTS-CLÉS: Activité physique. La qualité de vie. Les personnes âgées

NIVEL DE ACTIVIDAD FÍSICA Y CALIDAD DE VIDA DE LAS PERSONAS MAYORES PARA IR TIEMPO LIBRE EN CONDADO DE CONSEVATORIA - RJ

RESUMEN:

El aumento en él número de personas de 60 años de edad o más, ha sido considerado como un fenómeno mundial. Durante el envejecimiento, la actividad física es una gran estrategia contra la pérdida de la movilidad, la capacidad funcional y la calidad de vida. Calidad de vida es un concepto subjetivo que está relacionado con el bienestar, la autoestima, la edad, las aspiraciones personales y otras más. Conservatória tiene una fuerte identidad cultural, especialmente por la música y este distrito de Valença-RJ es visitado a los fines de semana y festivos por Seresteiros en su mayoría ancianos. El objetivo del estudio fue analizar y describir la percepción subjetiva de nivel de actividad física y calidad de vida de las personas que pasan tiempo libre en Conservatória. La muestra de la encuesta fue compuesta por 50 ancianos, 68% mujeres y 32% hombres, con promedio de edad de 68.10 ± 6.22 años. El procedimiento de recopilación de datos fue aplicación del cuestionario internacional actividad física (IPAQ) y cuestionario WHOQOL-OLD. En el análisis de los resultados del IPAQ, los ancianos fueran caracterizados siendo 8% muy activo, 62% activos, 22% insuficientemente activos y 8% sedentarios. En el análisis de los resultados del WHOQOL-OLD para todos los grupos, los resultados fueran altos en todas las facetas. Para grupos considerados activos y sedentarios se obtuvieron resultados muy cerca al máximo en aspectos relacionados con la intimidad. En el estudio de Aquino (2007), se obtuvo la puntuación alta en la intimidad de la faceta para el grupo activo, de forma similar a este estudio. Ya el grupo de los sedentarios se obtuvo puntuación de 43.75 en la faceta intimidad y 98.44 en este estudio. La mayoría de las personas que buscan el distrito para pasar el tiempo libre se consideran activos. El estudio mostró que las actividades realizadas por los individuos en el Distrito, pueden haber influido positivamente en la percepción del nivel de actividad física y calidad de vida.

PALABRAS CLAVE: Actividad física. Calidad de vida. Ancianos.

NÍVEL DE ATIVIDADE FÍSICA E QUALIDADE DE VIDA DE IDOSOS QUE PASSAM TEMPO LIVRE NO DISTRITO DE CONSERVATÓRIA

RESUMO:

O aumento do número de pessoas com 60 anos ou mais tem sido considerado um fenômeno mundial. Durante o envelhecimento, a atividade física é uma ótima estratégia contra a perda da mobilidade, da capacidade funcional e qualidade de vida. Qualidade de vida é um conceito subjetivo que está relacionado ao bem estar pessoal, auto-estima, faixa etária, aspirações pessoais, entre outros aspectos. Conservatória possui uma forte identidade cultural baseada na música e esse distrito de Valença-RJ é visitado aos finais de semana e feriados, por Seresteiros em sua maioria idosos. O objetivo do estudo foi analisar e descrever a percepção subjetiva do nível de atividade física e qualidade de vida de indivíduos que passavam tempo livre em Conservatória. A amostra da pesquisa foi composta por 50 idosos, 68% do sexo feminino e 32% do sexo masculino, com idade média de 68,10 ± 6,22 anos. O procedimento de coleta de dados foi aplicação do Questionário Internacional de Atividade Física (IPAQ) e do Questionário WHOQOL-OLD. Na análise dos resultados do IPAQ, os idosos foram classificados como 8% muito ativos, 62% ativos, 22% insuficientemente ativos e 8% sedentários. Na análise dos resultados do WHOQOL-OLD para todos os grupos, os escores foram altos em todas as facetas. Para os grupos ativos e sedentários foram obtidos escores muito próximos do máximo nas facetas relacionadas à intimidade. No estudo de Aquino (2007), foi obtido escore alto na faceta intimidade para o grupo ativo, dado semelhante ao do presente estudo. Já o grupo de sedentários obteve escore da faceta intimidade de 43,75 e no presente estudo de 98,44. A maioria dos sujeitos que buscam o distrito para passar o tempo livre se consideram ativos. O estudo mostrou que as atividades realizadas pelos indivíduos no distrito, podem ter influenciado positivamente na percepção de atividade física e qualidade de vida.

PALAVRAS CHAVE: Atividade física. Qualidade de vida. Idosos.