82 - INTERFERENCE OF THE DANCE HIP HOP AND TANGO STYLES IN THE VARIATIONS OF MOODS STATE.

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INTRODUCTION

The current approach in the study in aging and the oldness demonstrates the importance to note it as a heterogeneous experience. To be old involves a complexity of biological factors, psychological and social. Mercadante (1992), affirms that in our society the identity of aged ones it is constructed only for the contraposition to young identity, opposing itself the qualities: activity, force, memory, beauty, power and productivity. According to Belline (2002), the intention for controlling the aging is legitimate and without a doubt it is part of the search for happiness, and to reject the aging, according to the author, it is a mechanism natural men defense. It is believed that the perpetual youth is exactly to accept the third age as a reality and to be happy fully.

There are many forms to find happiness, one of them is the pleasure to dance a beautiful music or simply listen to them. Music can transmit for Roederer (apud OLIVEIRA 2002), information about effective states, it can be relax, others can make individuals to be happier or also they can cause frustrations, agitations among other manifestations.

It is very common to verify a joy climate enters the groups in third age, mainly when they are involved with the physical activity practice. With this, it can be observed that the psychological alterations are intrinsic to the quality of life and assume a role of great importance in third age, being necessary a special attention when it is related with music.

When music is used with corporal activities, according to Deutsch study (1997), generates a positive development in the individual, because working the physical, active the cognitive, alternating their moods states. Conciliating music with the physical activity of adjusted form, these two aspects are very important for the individual maintenance and they are excellent in positive interference of moods states, because the same ones are stimulated.

França (2004) affirms that the moods states is something momentary or momentary spirit state. For Volp (1997) the measures of moods states are connected in interactions forms that in personality one and that the same can suffer influences of some factors. Therefore, when dancing the people change their moods states for positive, because the same ones intervene in people's joy and slightness.

Believing that the comment of this material, in faithful transcription, it will allow to illustrate and understand one of the reasons to know why and as aged citizens they search in the dance a form of physical activity, expression and reconstruction of life quality, relating it with musical styles adopted. Therefore, it is necessary to search as the physical activity "dance" can intervene in moods states. This research had as objective, to evidence the moods states in third age under the interference of Hip Hop and Tango style and to identify which of the styles adopted intervenes more positive in third age.

MATERIAL AND METHOD

This research characterizes for being a direct study, using the descriptive method, that according to Mattos, Júnior and Blecher (2004), it possesses as characteristic to observe, to register, to analyze, to describe and to correlate facts or phenomena without manipulates them, looking for discovering with precision the frequency which a phenomenon occurs and its relation with the other factors.

It participated of this research a group of people in third age who realized different activities organized for the business social service Paranavaí. It participated of the lessons a total of 27 people. For the accomplishment of the study, they had been used material as paper, pens, music, cds, sound and classroom. The instrument used was the "Lista de Estados de Ânimo - Reduzida e Ilustrada" - LEA-RI (VOLP, 2000). In this list contains 14 adjectives being: happy, active, calm, light, pleasant, courageous, full of energy, sad, spiritual, agitated, heavy, unpleasant, scared and useless. Each adjective possesses as reply four intensities, being: very strong, strong, little and never, in which each individual must only opt to an intensity for each adjective. The LEA-RI is easy to understand and fast to manuscript, identifying the objective of the study. For this the option for the LEA-RI.

It was realized ten practical lessons, once a week. The lessons had been separate for style. Five lessons of Hip Hop and five lessons of Tango. In the first lesson, the leaves of Commitment Term and Invitation Letter had been distributed for the individuals in third age, and they had filled these confirming their participation in the lessons and in the research.

In the five first lessons the style was Hip Hop, when the lesson began it was realized some recreative activities, an allonge, heating and after the main part or the lesson properly said in the adopted style. Before the beginning of the fifth lesson, the list moods states was applied, to verify how the individuals were feeling until that moment and after the ending of the lesson it was applied to evaluate what was the interference of Hip Hop in this group, being positively or negative. The same procedure was used Tango, being five lessons, in the first one and the last one it was applied LEA-RI before and after the class.

Before this was realized an analysis using the description method. According to Cervo and Bervian (apud OLIVEIRA 2002), they describe the characteristics, properties or relations in the group or the reality during the research and being this study considered the appropriate method for being faithful to the results.

RESULT AND DEBATE

In this stage of the research it is presented and argued the data had gotten with the research realized with the test "Lista de Estados de Ânimo - Reduzida e Ilustrada" - LEA-RI, (VOLP, 2000) for the data interpretation, it was realized a sum of two intensities: VS + S and L + N, to verify the after-test of the two styles, in which one the adjective suffers more positive alteration. The data that will be blue color, it means that the adjective intervened more positively. The corresponding acronyms mean: VS (very strong), S (strong), L (little) and N (never). For the adjectives, the same ones will have an identification number, which is the same order of the "Lista de Estados de Ânimo - Reduzida e Ilustrada" and after the name of the adjective, which they are: **I-HC**=happy / cheerful, **II- HTO**=heavy / tired / oppressed, **III- P**=pleasant, **IV-S**=sad, **V-SD**=spiritual / dreamer / **VI-LK**=light / kind, **VII-FE**=full of energy, **VIII-A**=active, **IX-NA**=nervous / agitating, **X-U**=unpleasant, **XI-CP**=calm / peaceful, **XII-UA**=useless / apathy, **XIII-S**=shy, **XIV-S**=scared.

		HIP HOP								TANGO							
		After				Before				After				Before			
Nº	ADJ	VS	S	L	N	VS	S	L	N	VS	S	L	N	VS	S	L	N
I	HC	33%	56%	11%	0%	59%	30%	11%	0%	30%	59%	11%	0%	56%	30%	14%	0%
SUM		89 %		11%		89%		11%		89%		11%		86%		11%	
II	HTO	0%	22%	52%	26%	11%	19%	26%	44%	4%	15%	48%	33%	4%	7%	41%	48%
SUM		22%		78%		30%		70%		19%		81%		11%		89%	
III	P	56%	30%	14%	0%	52%	37%	11%	0%	56%	30%	14%	0%	48%	33%	19%	0%
SUM		86%		14%		89%		11%		86%		14%		81%		19%	
IV	S	7%	7%	26%	60%	7%	0%	15%	78%	3%	4%	26%	67%	4%	0%	26%	70%
SUM		14%		86%		7%		93%		7%		93%		4%		96%	
V	SD	48%	26%	22%	4%	44%	30%	26%	0%	48%	22%	30%	0%	48%	26%	19%	7%
SUM		74%		26%		74%		26%		70%		30%		74%		26%	
VI	LK	19%	37%	37%	7%	59%	19%	22%	0%	15%	48%	33%	4%	30%	44%	26%	0%
SUM		56%		44%		78%		22%		63%		37%		74%		26%	
VII	FE	64%	22%	14%	0%	52%	30%	18%	0%	33%	52%	15%	0%	56%	26%	15%	3%
SUM		86%		14%		82%		18%		85%		15%		82%		18%	
VIII	A	34%	44%	22%	0%	63%	22%	15%	0%	37%	37%	22%	4%	37%	37%	19%	7%
SUM		78%		22%		85%		15%		74%		26%		74%		26%	
IX	NA	10%	4%	56%	30%	4%	15%	44%	37%	3%	19%	30%	48%	4%	4%	44%	48%
SUM		14%		86%		19%		81%		22%		78%		8%		92%	
X	A	0%	0%	33%	67%	7%	7%	4%	82%	4%	4%	22%	70%	0%	4%	15%	81%
SUM		0%		100%		14%		86%		8%		92%		4%		96%	
XI	CP	33%	33%	30%	4%	41%	22%	37%	0%	37%	22%	37%	4%	30%	37%	30%	3%
SUM		66%		34%		63%		37%		59%		41%		67%		33%	
XII	UA	0%	4%	7%	89%	7%	4%	4%	85%	4%	4%	11%	81%	4%	7%	11%	78%
SUM		4%		96%		11%		89%		8%		92%		11%		89%	
XIII	S	4%	11%	48%	37%	0%	11%	52%	37%	7%	0%	52%	41%	4%	7%	37%	52%
SUM		15%		85%		11%		89%		7%		93%		11%		89%	
XIV	S	0%	11%	52%	37%	4%	4%	44%	48%	4%	7%	30%	59%	4%	7%	33%	56%
SUM		11%		89%		8%		92%		11%		89%		11%		89%	

List..: Comparative list between Hip Hop and Tango style.

The data of this research are compared with Deutsch ones (1997) that, in his study; he told that after the dance, the individuals had told to feel themselves with little fear and less oppressed, being a positive aspect. For that one who felt happier and light the importance to feel significant, it was favorable, because the motivation of the music rhythm induces the joy easily.

Oliveira (2002) in his study, pointed that the music practiced for a physical activity, it provides well-being for the individuals, and that the same one has a great positive influence in the emotional and physical answers, being a motivation factor for the same. Todaro (2001), demonstrates in his study, that a physically active style of life can serve of motivation for aged individuals, it is also suggested that the maintenance of well-being is proportionate for the benefit of physical activities. The same one concludes that the dance brings physical benefits, psychological and social for aged. The dance uses what it can call sonorous, visual and tactile languages. And, when dancing, it is entered in contact with these substances, it can be said that this type of physical activity is also an activity of expression. So, it can be said that the body is put into motion and express the soul.

These stories strengthen and prove the result of this study, when it demonstrates that it had positive alterations in moods states in third age, as much in Hip Hop and in Tango style, as it can be seen in the list below.

HAPPY / CHEERFUL	HIP HOP
HEAVY / TIRED / OPPRESSED	TANGO
PLEASANT	HIP HOP
SAD	TANGO
SPIRITUAL / DREAMER	TANGO
LIGHT / KIND	HIP HOP
FULL OF ENERGY	TANGO
ACTIVE	HIP HOP
NERVOUS / AGITATING	TANGO
UNPLEASANT	TANGO
CALM / PEACEFUL	TANGO
USELESS / APATHY	TANGO
SHY	HIP HOP
SCARED	HIP HOP

List 4: Comparative list of the results of the adjectives with the more positive style.

FINAL CONSIDERATION

The Third age is a gorgeous life stage, where the individual passes for some gradual changes in his biological aspect, arriving in white hair, increasing the flaccid and the loss of muscular force. In this stage a great reduction of agility and motor coordination is noticed. The psychological state is more complex, because it suffers with the individual one, and it searches a valuation in well-being. The search of the link between body and mind is the aged health. When realized a physical activity, as dance, the possibility of the individual to take conscience of this body, using the rhythm. The executions of movements are present more pleasant when followed by music.

In this study it can be verified that Hip Hop is a dance that possess marked and sped up rhythms. It appeared in a historical phase governed by machines, possessing its culture. The Tango, a hall dance that motivates the participant, making with that the participants renew, because presents calmer melodies, having more physical contact and contact with emotions.

On the basis of the results gotten through the application of the test "Lista de Estados de Ânimo - Reduzida e Ilustrada" (LEA - RI), it could identify that the two styles of dance modified the moods states in this clientele, however the Hip Hop intervened more positively in adjectives as: happy/glad, pleasant, light/kind, shy, active and scared. Tango intervened positively in these adjectives: full of energy, agitated/nervous, calm/peaceful, heavy/tired/oppressed, sad, spirituals/dreamer, unpleasant and useless/apathy. Which it came to confirm that really gets changes in moods states after the practical of Hip Hop and Tango.

Through the research, in which one the participants had answered the test LEA - RI and after the results, it was noticed that the majority of the participants were more willing and active, increasing the pleasure in the dance. It is one of the biggest pleasures that the human being can enjoy, this action that translates a sensation of joy, power, internal euphoria and mainly to overcome their limits, favorable for Third Age. Many of them when arriving in this life stage they don't believe in themselves, being that the study strengthens that the dance is a positive agent modifier of moods states.

In this study, Tango was the most positive style for these people and also the most pleasant. Strengthening theories that this dance style is daily in aged, their familiarity is bigger with the style adopted, bringing however bigger quality of life and greater positive alteration in moods states.

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INTERFERENCE OF THE DANCE HIP HOP AND TANGO STYLES IN THE VARIATIONS OF MOODS STATES.

ABSTRACT

The quality of life in the oldness interests all the professionals who believe that this phase of the life can be favored by emotional chances, physical and social. The present work had as study proposal to identify, between Hip Hop and Tango, which positively intervenes more with the states of moods of people in the Third Age. The research if characterizes for being a direct study, of qualitative form, demonstrating the result through pictures. It was analyzed objective by objective, comparing it enters the two styles of adopted dance and verifying which of the styles it was more positive. They had participated of the same group of the Third Age of Paranavaí-PR city, in a total of 27 people. 10 practical lessons had been carried through, where they had been separate for style, being first the five lessons of Hip Hop and the five last ones of Tango, where before, after the fifth lesson of Hip Hop and Tango was applied to the list of states of moods. The results found through the interference of the dance styles, had been seen and commented through the application of test LEA-RI, with 14 objectives, being 7 positives and 7 negatives. The test was applied before, and after the fifth lesson of the Hip Hop and the Tango, have been able to notice significant improvement in the moods states, mainly in the adjectives as negative, that they are: heavy / tired / loaded / sad / agitated / nervous / awkward / useless / indifference / shy and with fear, getting positive improvements and being Tango, the style most pleasant and positive for the Third Age.

Key-words: moods states, dance, third age.

INTERFÉRENCE DE L'HOUBLON DE HANCHE DE DANSE ET DES MODÈLES DE TANGO DANS LES VARIATIONS EXTRÈMEMENT DE L'ÉTAT

Le SOMMAIRE

La qualité de la vie dans l'oldness intéresse tous les professionnels qui croient que cette phase de la vie peut être favorisée par des chances émotives, physique et social. Le travail actuel a eu car proposition d'étude pour identifier, entre l'houblon de hanche et le Tango, qui intervient franchement davantage avec les états d'esprit des personnes dans le troisième âge. La recherche si caractérise pour être une étude directe, de forme qualitative, démontrant le résultat par des images. C'était objectif analysé par objectif, le comparer écrit les deux modèles de la danse adoptée et de vérifier lesquels des modèles il était plus positif. Ils avaient participé du même groupe de o du troisième âge de la ville de Paranavaí - P.R., dans un total de 27 personnes. 10 leçons pratiques avaient été portées à travers, où elles avaient été séparées pour le modèle, étant des premières les cinq leçons de l'houblon de hanche et du bout cinq ceux de Tango, où avant après que la cinquième leçon de l'houblon et du Tango de hanche ait été appliquée à la liste d'états de ãnimo. Les résultats ont trouvé par l'interférence des modèles de danse, avaient été vus et commentés par l'application de l'essai LEA-RI, avec 14 objectifs, étant 7 positifs et 7 négatifs. L'essai a été appliqué avant et après la cinquième leçon de l'houblon de hanche et le Tango, après avoir pu noter l'amélioration significative des états d'esprit, principalement dans les adjectifs eus en tant que négatif, qu'ils sont : apathie / inutile / maladroite / nerveuse / agitée / triste / chargée / fatiguée / pesée / timide et avec crainte, obtenant des améliorations positives et étant tango, le modèle le plus plaisant et positif pour troisième idade. Mots clés: états d'esprit, danse, troisième âge.

LA INTERFERENCIA EM LOS ESTILOS DE DANZA HIP HOP Y TANGO EM LAS VARIACIONES DE ESTADOS DE ÁNIMO.

El RESUMEN

La calidad de la vida en el vejez interesa a todos los profesionales que creen que esta fase de la vida se puede favorecer por ocasiones emocionales, físico y social. El actual trabajo tenía pues oferta del estudio identificar, entre el Hip Hop y Tango, que interviene positivamente más con los estados del ánimo de la gente en la Tercera Edad. La investigación si caracteriza para ser un estudio directo, de la forma cualitativa, utilizó el método descriptivo, demostrando el resultado em consecuencia de cuadros. Era objetivo analizado por objetivo, compararlo incorporar los dos estilos de la danza adoptada y de verificar cuáles de los estilos él era más positivo. Habían participado del mismo grupo de la Tercera Edad de la ciudad de Paranavaí-Banda, en un total de 27 personas. 10 lecciones prácticas habían sido llevadas, donde habían estado separadas por el estilo, siendo primeras las cinco lecciones del Hip Hop y del último cinco unos de Tango, donde antes después de que la quinto lección del Hip Hop y de Tango fuera aplicada a la lista de estados de ánimo. Los resultados encontraron con la interferencia de los estilos de la danza, habían sido considerados y comentados con el uso de la prueba LEA-RI, con 14 objetivos, siendo 7 positivos y 7 negativas. La prueba fue aplicada antes y después de la quinta lección del Hip Hop y el Tango, pudiendo notar la mejora significativa en los estados de ánimo, principalmente en los adjetivos tenidos como negativa, que son: peado / cansado / triste / turbulento / nervioso / desagradable / inútil / indiferente / tímido y con miedo, consiguiendo mejoras positivas y siendo Tango, el estilo más agradable y positivo para la Tercera Edad.

Palabras-llave: estados del ánimo, danza, tercera edad.

INTERFERÊNCIA DOS ESTILOS DE DANÇA HIP HOP E TANGO NAS VARIAÇÕES DOS ESTADOS DE ÂNIMO

RESUMO

A qualidade de vida na velhice interessa a todos os profissionais que acreditam que essa fase da vida pode ser favorecida por oportunidades emocionais, físicas e sociais. O presente trabalho tem como proposta de estudo identificar, entre os estilos Hip Hop e Tango, qual interfere mais positivamente nos estados de ânimo de pessoas na Terceira Idade. A pesquisa se caracteriza por ser um estudo direto, de forma qualitativa, utilizado o método descritivo demonstrando o resultado através de quadros. Foi analisado adjetivo por adjetivo, comparando entre os dois estilos de dança adotada e verificando qual dos estilos foi mais positivo. Participaram do mesmo o grupo da Terceira Idade do município de Paranavaí - PR, num total de 27 pessoas. Foram realizadas 10 aulas práticas, onde foram separadas por estilos, sendo as primeiras cinco aulas de Hip Hop e as cinco últimas de Tango, onde antes a pós a quinta aula de Hip Hop e antes e após a quinta aula de Tango foi aplicada à lista de estados de ânimo. Os resultados encontrados através da interferência dos estilos de dança, foram vistos e comentados através da aplicação do teste LEA - RI, com 14 adjetivos, sendo 7 positivos e 7 negativos. Podendo notar melhora significativa nos estados de ânimo, principalmente nos adjetivos tidos como negativos, que são: pesado / cansado / carregado, triste, agitado / nervoso, desagradável, inútil / apático, tímido e com medo, obtendo melhoras positivas e sendo o Tango, o estilo mais prazeroso e positivo para a Terceira Idade.

Palavras-Chave: Estados de Ânimo. Dança. Terceira Idade.