114 - LEVEL OF PHYSICAL ACTIVITY AND PHYSICAL FITNESS RELATED TO THE HEALTH OF ADOLESCENTS OF DIFFERENT HABITS OF LEISURE

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INTRODUCTION

The globalization of the world economy that was intensified since the last decade of last century has been promoting strong repercussions in the current society. In fact, specialists in economy have been announcing the end of a structure of the formal job. De Masi (2000) says that in the postindustrial era there will be decrease of job offer, however, the school and the family are insisting on preparing the future generations for the work, when those two institutions should prepare the children and the adolescents to work with the free time. According to him the man needs to learn to enjoy his free time, because the world tendency is that the people start to have more hours available and they need to adapt themselves to that tendency, that little by little are happing in the developed countries, and even in those in development. Like this, the leisure seems to be consolidated as a characteristic phenomenon of that new century. Among the different leisure manifestations denominated as physically inactive, especially, the time dedicated to attend television and the electronic games has been receiving critics so much in the scientific way for to promote the social isolation and to incite the violence (FERREIRA NETO, 1995) as well as for promoting the sedentary way of life (FONSECA, SICHIERI & VEIGA, 1998; WHISTLES & MALINA, 2000; GOMES, SIQUEIRA & SICHIERI, 2001; VIEIRA, PRIORE & FISBERG, 2002; BRACCO et. al., 2002; MATSUDO et. al., 2003; BUSHES et. al., 2003; ALVES, 2003; SEABRA et. al., 2004; JENOVESI et. al., 2004; FARIAS & SAVIOR, 2005; ESCULCAS & MOTA, 2005; SAINTS et. al.2005). However, it seems that some reflections are imposed as best need to interpret the relationship among the time dedicated to attend television, to participate in cybernetic leisure and the children's and adolescents sedentary way of life. So, if we consider those individuals that have access to cable TV, Internet and video are usually belonging to social classes with larger purchasing power and, that being the best economical state group presented as a decisive factor in the largest participation in physical / sport activities (MATSUDO et. al., 2002, 2003; BRACCO et. al., 2002; GOMES, SIQUEIRA & SICHIERI, 2001; SALLES-COSTA et. al., 2003; FARIAS & PETROSKI, 2003). Also, that population presented a more effective participation in the practices of sporting activities in their moments of leisure. Before the exposed, the present work had as objective identifies the main habits of adolescents' leisure and their possible differences between the level of physical activity and physical fitness related to the health of the same ones.

METHOD

The context of the study was the Federal Center of Technological Education (CEFET) Florianopolis, SC, Brazil. It is an institution with a physical infrastructure and human resources of excellent quality. Its teaching value was recognized in last ENEM, the National Exam of the High School Level (BRAZIL / MEC, 2006).The population of the study was 537 adolescents of both sexes with age between 15 and 18 years. The accessible group that composed the sample was formed by 374 adolescents, 69,6% of the enrolled students in the high school level of that Federal Institution of Teaching, being 59,1% male and 40,9% female. The option for the age group was intentional, due to the fact of that age period is referred in the literature as critical period of changes of behavior and abandonment of the physical / sport activities.

The identification of the leisure habits was done through the use of a questionnaire composed by 22 items, elaborated starting from the Inventory of Habits of Leisure of Cloes et. al. (1997), adapted for Portuguese language by Esculcas and Mota (2005) and, through the Scale of Habits of Leisure developed by Ant, Ayroza and Dias (2005). It is an instrument presented in Likert type scale of five points. So, the punctuation in each item of the questionnaire presented the following characteristics, according to the daily routines of the adolescents: 1 - they are not part, 2. few times are part, 3. they are part frequently, 4. almost always and 5. always. Considering the Bioecological Model of Bronfenbrenner (KREBS, 1995), it was decided to enroll just the scores from 3 to 5, understanding each other in that way, that those activities were shown significant and with temporary persistence in the students' life. Starting from the leisure habits that received punctuation from 3 to 5, it was also requested that the adolescents mentioned the amount of time that they dedicated to the activities, besides identifying the main leisure habits to quantify the average of time dedicated to the same ones. From the twenty-two present leisure habits in the questionnaire, two had for objective to verify if the adolescents practiced physical / sport activities with and/or without professional orientation, making possible besides, to identify which were those activities when it was the case. In that way, the sample was divided into two groups: students enrolled in physical activities/sport in the moments of free time and students not enrolled in physical activities/sport in the moments of free time.

The classification of the level of physical activity was accomplished through the International Questionnaire of Physical Activity. IPAQ. Version Tans (MATSUDO et. al., 2001; 2002), which recently had its validity accomplished for population with age equal or superior to 14 years, showing high reliability (GUEDES, LOPES & GUEDES, 2005). That instrument is composed by items of multiple choices that allow the researcher to identify the individual's habits of physical activity in the leisure and in the work. It was possible to classify the adolescents into three levels: sedentary, assets and very assets. Both questionnaires were applied by a single researcher, in theoretical class.

The physical fitness related to the health was evaluated through the protocol developed by the *Projeto Esporte Brasil*, PROESP-BR, which has as objective to delineates the profile physical fitness of children and adolescents with age between 7 and 17 years (GAYA, 2005).According to the battery of PROESP. BR, the physical tests whose purpose is to diagnose the physical fitness related to the health are the following ones: test of running and walk during 9 minutes, which it seeks had evaluated the aerobic capacity; test of sit and reach, that intend to evaluate the flexibility and, the test of trunk (sit-up) flexing in 1 minute that has the objective to evaluate the force / resistance of abdominal. The corporal composition that is pointed as a variable related to the healthy (GALAHUE & OZMUN, 2005) physical fitness was not considered in that study. The PROESP protocol followed the procedures suggested by FITNESSGRAM (Cooper Institute for Aerobics Research) created normative tables that allowed to classify the adolescents into three levels: below, inside and above the Healthy Area of Physical fitness (ZSApF).

The study used both descriptive and inferential statistical techniques. The frequency distribution was used to analyze the profile of the sample as for the gender characteristics, leisure habits, level of physical activity and physical fitness related to the health and, average and standard deviation for age. For working with ordinal variables, the test U of Mann Whitney was used to verify differences among the groups, being adopted a level of significance of 5% ($p < 0,05$). The Statistical Package for Social Sciences (SPSS) program version 10.0 was used.

RESULTS AND DISCUSSIONS

Because of abstention or mistake in answering the questionnaire of leisure habits, there was a loss in the sample of 5,1% as it can be verified in the Table 1. For that reason, it was not obtained registrations of the habits of 19 adolescents' leisure (16 boys and 3 girls), what echoed in a reduction in the sample in that activity of 374 for 355 participants. Strategically, when dividing the sample among those that referred practice and not to practice physical activities / sports in the moments of leisure, it was verified that 54,9% affirmed to participate in some physical activities / sports in their free time, and 45,1% that affirmed not to practice.

Tabela 1: Perfil de hábitos de lazer quanto o tipo de atividades ativas e sedentárias

Hábitos de Lazer		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Hábitos Ativos	195	52,1	54,9	54,9
	Hábitos Sedentários	160	42,8	45,1	100,0
	Total	355	94,9	100,0	
Missing	System	19	5,1		
Total		374	100,0		

The Results obtained in this study are quite exciting when compared with the scarce registrations in populations with inferior age to 20 years, presents in the Brazilian literature (WHISTLES and MALINA, 2000; GOMES, SIQUEIRA and SICHIERI, 2001) and with age same or superior to 20 years (MONTEIRO et. al. 2003; ALVES et. al. 2005; SALLES-COSTA et. al., 2003) that appear for the prevalence of the sedentary in leisure activities. However the adolescents of this study showed habits of less active leisure than their Portuguese pairs, of the which 74,5% of the studied age group they affirmed to practice some sport (BUSHES et. al., 2003). However, we have still to consider that the data were collected in the months of July and August that characterize winter station and, that in agreement with Santos et. al. (2005) the seasonal variation interferes directly in a smaller practice of the active leisure among adolescents in this season.

When identifying the main leisure habits among adolescents in the group of less involvement in practice of physical activities / sports in the moments of leisure, the study verified that practically differences don't exist among the main leisure habits reported by adolescents of active habits and of sedentary habits, as it can be seen in the table 2. The research showed, likewise, that the concerns that they are made present in the psychosocial field (FERREIRA NETO, 1995, seem to be softened for that population. This findings are contradicting a tendency in the literature regarding time dedicated to the electronic games, internet use. Those observations get dressed of an odd importance, for the simple fact of proposing the break of an established paradigm in the last years based on a cause relationship and effect among dedicated time the television, computers, video loves and sedentary way of life in the adolescence, suggesting the need that those subjects are elucidated better.

Tabela 2: Hábitos de lazer de praticantes e não praticantes de atividades esportivas

Hábitos Ativos	N	n = 195	T Mean	Hábitos Sedent	N	n = 160	T Mean
HL1	103	52,8%	63,6408	HL1	88	55%	68,7500
HL2	135	69,2%	126,6296	HL2	117	73,1%	118,4188
HL3	109	55,9%	108,9450	HL3	0	0	
HL4	46	23,6%	95,4348	HL4	28	17,%5	103,2143
HL5	29	14,9%	62,7586	HL5	25	15,6%	55,0000
HL6	76	39%	125,0000	HL6	49	30,6%	110,5102
HL7	32	16,4%	147,5000	HL7	21	13,1%	97,6190
HL8	169	86,7%	163,0473	HL8	132	82,5%	170,0075
HL9	53	27,2%	106,9811	HL9	18	11,2%	135,8333
HL10	55	28,2%	111,2037	HL10	29	18,1%	113,7931
HL11	74	37,9%	107,7703	HL11	32	20%	116,5625
HL12	166	85,1%	135,6627	HL12	136	85%	137,8519
HL13	50	25,6%	97,1569	HL13	32	20%	129,8125
HL14	23	11,8%	120,0000	HL14	9	18,1%	116,6667
HL15	52	26,7%	100,1887	HL15	39	24,4%	121,9231
HL16	134	68,7%	149,8485	HL16	86	53,7%	161,7059
HL17	16	8,2%	61,8750	HL17	16	10%	106,2500
HL18	8	4,1%	81,2500	HL18	2	1,2%	90,0000
HL19	27	13,8%	54,2593	HL19	14	8,7%	52,1429
HL20	6	3,1%	98,3333	HL20	7	4,4%	51,4286
HL21	124	63,6%	100,8468	HL21	0	0	
HL22	28	14,4%	114,4643	HL22	22	13,7%	123,4091
Valid N (listwise)	0			Valid N (listwise)	0		

Where: HL1 is reading, HL2 to attend TV, HL3 to practice sporting activities with professional orientation, HL4 to go to bars and restaurants, HL5 to participate in bad luck games, HL6 to visit family or known people, HL7 to go to the movies, shows, etc., HL8 to date or to talk with friends, HL9 to attend sporting events, HL10 just to sleep or to rest, HL11 to play video it loves, HL12 to hear music, HL13 make manual works, HL14 to Go to the shopping center, HL15 to sing or to play some instrument, HL16 to navigate in the internet, HL17 to do activities of corporal expression, HL18 to participate in movements environmental, social-political, HL19 to do purchases, HL20 to accomplish works of social solidarity, HL21 to practice sporting activities without orientation, HL22 to go to the church.

Regarding the level of physical (NAF) activity, it was observed in this study that only 16,7% of the sample moderated sedentary life habits, in other words, something around 83,3% was pronounced as assets and very assets. Those discoveries reveal a pleasant surprise, once in a past no so distant, a study accomplished in the same city of Florianopolis, with adolescents of the same age group of this study, and of social classes A and B, Farias Júnior (2002) verified a high index of youths insufficiently assets, in the order of 52,7% for the girls and 78,1% for the boys and, in recent research accomplished by Ministry of Health of Brazil, capital granddaughter, an index of 36,6% of sedentary habits was registered for youths between 15 and 24 years of age (BRAZIL, 2005). Really, it seems that the discoveries found in this very exciting healthy work, because, to the we compare with other studies accomplished in Brazil, it is observed, for instance, that in São Paulo, Matsudo et. al. (2002) they registered 49,5% of sedentary habits among young from 15 to 29 years; He/she Whistles & Malina (2000), more than 85% in adolescents of 14 and 15 years in Niterói, RJ; Nardo Júnior et. al. (2004) in Maringá, PR, identified that in his/her largest part, the adolescents from 13 to 17 years, didn't assist the levels of physical activity that are established for the normality patterns. In the best intention to understand that phenomenon, when analyzing the level of physical activity in the two groups, apprentices and no physical / sport apprentices of activities in the moments of leisure, it was verified that those that possess active habits present smaller sedentary habits frequency and larger frequency of very active level, to see table 3.

Tabela 3 : Caracteristicas do nivel de atividade fisica segundo hábitos de lazer

Hábitos Ativos		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Sedentário	16	8,2	8,3	8,3
	Ativo	105	54,1	54,4	62,7
	Muito Ativo	72	37,1	37,3	100,0
	Total	193	99,5	100,0	
Missing	System	1	,5		
Total		194	100,0		
Hábitos Sedentários		**Frequency**	**Percent**	**Valid Percent**	**Cumulative Percent**
Valid	Sedentário	43	26,7	26,9	26,9
	Ativo	114	70,8	71,3	98,1
	Muito Ativo	3	1,9	1,9	100,0
	Total	160	99,4	100,0	
Missing	System	1	,6		
Total		161	100,0		

In spite of the study to show there to be a considerable sedentary contingent of adolescents of habits that you/they referred to have a classification of the level of physical activity as assets, the literature gets attention for the fact that no necessarily a level of physical activity considered assets comes to echo in a physical fitness related to the health in indexes accepted as inside of the normality patterns (GLANER, 2002; GUEDES et. al., 2002; MATSUDO et. al., 2003). Like this, as it can be seen in the illustration 1, it is explicit that the adolescents that moderated habits assets in the moments of free time, presented smaller classification index below the healthy area of physical fitness and, larger classification indexes inside and above the healthy area of physical fitness, having significant differences significant besides in favor of the adolescents of habits assets as it can be confirmed in the table 4. Still on the subject it is good not to lose of view, that the adolescents that presented larger levels of physical activity and better classification in the physical fitness indexes are the same ones that moderated to accomplish leisure activities more frequently as it plays video and to navigate in the internet.

FINAL CONSIDERATIONS

The authorities in economy have been accomplishing forecasts that appear for the decrease of the formal work with a consequent increase in the free time. The form as he/she feels the occupation of the free time can bring serious repercussions on the adolescent's development. This way, in spite of, some works in the area of sciences of the health have been appearing for the leisure habits such an as attending television, to navigate in the internet and to play video loves, as the main opponents of the practice of the physical / sport activity among the adolescents, leading them more and more to a sedentary way of life. However, it seems that is done necessary to the accomplishment of qualitative researches that better can explain that phenomenon once the present work, starting from the adopted methodological strategy, got to show that adolescents that moderated to accomplish such activities more frequently as playing video love and to navigate in the internet, they are the same ones that you/they told to be involved in physical / sport activities for at least three times in the week, echoing besides in a better level of physical activity and in a better physical fitness classification related to the health. Being like this, everything takes to have faith that independently of the adolescent it is involved in activities of sedentary leisure, the fact of the same to reserve a time for the physical / sport practice of activities an efficient strategy it is shown to promote benefits close to physical fitness related to the health of the same ones, however, the study still suggests that seems there to be a more positive influence of the accomplishment of the physical exercise than of the practice of the physical activity to reach these ends, once the group that referred not to practice sporting activities in the moments of leisure also presented high levels of physical activity but, however, low physical fitness related to the health.

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LEVEL OF PHYSICAL ACTIVITY AND PHYSICAL FITNESS RELATED TO THE HEALTH OF ADOLESCENTS WITH DIFFERENT HABITS OF LEISURE

SUMMARY

The present work had as proposal to identify the main habits of adolescents' leisure, trying to observe if there were differences between the level of physical (NAF) activity and physical fitness related to the health (AFRS) of the same ones. For attainment of those objectives, the study used a questionnaire built starting from the Inventory of Habits of Leisure of Cloes et. al. (1997) adapted for Portuguese language by Esculcas & Mota (2005) and, of the Scale of Habits of Leisure developed by Ant, Ayroza & Dias (2005). To discover the level of physical activity the International Questionnaire of Physical Activity it was used. IPAQ, version tans (MATSUDO et. al., 2001) and, the physical fitness was evaluated through the protocol of PROESP-BR (GAYA, 2005). As methodological strategy of that work, we decided to classify the sample in two groups, G1 (apprentices of activities physics / sport in the moments of leisure) and, G2 (no apprentices of activities physics / sport in the moments of leisure). The results of the study showed that G1 presented larger frequency in leisure activities considered sedentary such as playing video it loves and to navigate in the internet, smaller sedentary levels and better physical fitness level. Those discoveries suggest that independently of the adolescent be involved in activities of sedentary leisure, the fact of the same to dedicate a part of his/her time for practice of physical activity, it is shown efficient to drive them to improve their indexes of AFRS, however the work also suggests that those objectives seem to be better reached with the accomplishment of the physical exercise, that with the practice of the physical activity, once G2 presented high activity levels and low AFRS. KEY WORDS: Leisure habits, Physical Activity, Physical fitness

LE NIVEAU D'ACTIVITÉ PHYSIQUE ET MISE EN FORME A ÉTÉ EN RAPPORT AVEC LA SANTÉ D'ADOLESCENTS D'HABITUDES DIFFÉRENTES DE LOISIR

RÉSUMÉ

Le présent travail avait comme proposition pour identifier les principales habitudes du loisir d'adolescents, en essayant d'observer s'il y avait des différences entre le niveau d'activité physique (NAF) et mise en forme été en rapport avec la santé (AFRS) des mêmes. Pour acquisition de ces objectifs, l'étude a utilisé un questionnaire a construit démarrer à partir de l'Inventaire d'Habitudes de Loisir d'et Cloes. al. (1997) a adapté pour langue Portugaise par Esculcas & Mota (2005) et, de l'Échelle d'Habitudes de Loisir développée par Fourmi, Ayroza & Dias (2005). Découvrir le niveau d'activité physique le Questionnaire International d'Activité Physique il a été utilisé. IPAQ, la version bronze (et MATSUDO. al., 2001) et, la mise en forme a été évaluée à travers le protocole de PROESP-BR (GAYA, 2005). Comme stratégie méthodologique de ce travail, nous avons décidé de classer l'échantillon dans deux groupes, G1 (apprentis d'activités physique / sport dans les moments de loisir) et, G2 (aucuns apprentis d'activités physique / sport dans les moments de loisir). Les résultats de l'étude ont montré que G1 a présenté la plus grande fréquence dans les activités du loisir considérées sédentaire tel que jouer la vidéo il aime et naviguer dans l'internet, plus petits niveaux sédentaires et meilleur niveau de la mise en forme. Ces découvertes suggèrent qu'indépendamment de l'adolescent soit impliqué dans activités de loisir sédentaire, le fait du même pour consacrer une partie de son temps pour entraînement d'activité physique, il est montré effectif pour les conduire pour améliorer leurs index d'AFRS, de quelque manière que le travail suggère aussi que ces objectifs paraissent être atteints mieux avec la réalisation de l'exercice physique qui une fois G2 a présenté avec l'entraînement de l'activité physique, la haute activité nivelle et bas AFRS. **MOTS-CLÉS**: Habitudes du loisir, Activité Physique, mise en forme

NIVEL DE LA ACTIVIDAD FÍSICA Y ESTADO FÍSICO RELACIONADO CON LA SALUD DE ADOLESCENTES DE HÁBITOS DIFERENTES DEL OCIO

RESUMEN

El actual trabajo tenía como la propuesta identificar los hábitos principales del ocio de adolescentes, tratando de observar si había diferencias entre el nivel de la actividad de (NAF) física y el estado físico relacionado con el (AFRS) de salud de los mismos ones. Para el logro de esos objetivos, el estudio usó un cuestionario de los hábitos del ocio de Cloes et. Al. (1997) adaptar para la lengua portugués por Esculcas & Mota (2005) y, de la balanza de los hábitos del ocio desarrollar por Ant, Ayroza & Dias (2005). Para descubrir el nivel de la actividad física se uso el IPAQ, versión (MATSUDO et al., 2001) y, el estado físico fue valorado a través del protocolo de PROESP - BR (GAYA, 2005). Como la estrategia metodológica de ese trabajo, decidimos clasificar la muestra en dos grupos, G1 (aprendices de física / deporte de actividades en los momentos del ocio) y, G2 (non aprendices de actividades física / deporte en los momentos del ocio). Los resultados del estudio mostraban que G1 presentó la frecuencia más grande en las actividades de ocio consideradas inactivo como jugar en el video y para navegar en la Internet,. Esos descubrimientos indican que el adolescente está involucrado en las actividades del ocio inactivo, pero a lo mismo tiempo dedican una parte de su tiempo para la práctica de la actividad física. Es possible concluir que ellos mejoren sus índices de AFRS, embora el trabajo también indica que esos objetivos tengan llegados mejor con el logro del ejercicio físico, que con la práctica de la actividad física, una vez G2 presentó niveles de actividad altos y AFRS bajo. **Palabras clave**: los hábitos de ócio, la actividad física, el estado físico

NÍVEL DE ATIVIDADE FÍSICA E APTIDÃO FÍSICA RELACIONADA À SAÚDE DE ADOLESCENTES COM DIFERENTES HÁBITOS DE LAZER

RESUMO

O presente trabalho teve como proposta identificar os principais hábitos de lazer de adolescentes, procurando observar se havia diferenças entre o nível de atividade física (NAF) e aptidão física relacionada à saúde (AFRS) dos mesmos. Para consecução desses objetivos, o estudo se valeu de um questionário construído a partir do Inventário de Hábitos de Lazer de Cloes et. al. (1997) adaptado para língua portuguesa por Esculcas & Mota (2005) e, da Escala de Hábitos de Lazer desenvolvido por Formiga, Ayroza & Dias (2005). Para averiguar o nível de atividade física utilizou-se o Questionário Internacional de Atividade Física - IPAQ, versão curta (MATSUDO et. al., 2001) e, a aptidão física foi avaliada por intermédio do protocolo do PROESP-BR (GAYA, 2005). Como estratégia metodológica desse trabalho decidiu-se por classificar a amostra em dois grupos, G1 (praticantes de atividades física/desportivas nos momentos de lazer) e, G2 (não praticantes de atividades física/desportivas nos momentos de lazer). Os resultados do estudo mostraram que o G1 apresentou maior freqüência em atividades de lazer consideradas sedentárias tais como jogar vídeo game e navegar na internet, menores níveis de sedentarismo e melhor nível de aptidão física. Esses achados sugerem que independentemente do adolescente está envolvido em atividades de lazer sedentário, o fato do mesmo dedicar uma parte do seu tempo para prática de atividade física, se mostra eficiente para conduzi-los a melhores índices de AFRS, no entanto o trabalho também sugere que esses objetivos parecem ser mais bem alcançados com a realização do exercício físico, do que com a prática da atividade física, uma vez que o G2 apresentou elevados níveis de atividade e baixa AFRS.
PALAVRAS CHAVES: Hábitos de lazer, Atividade Física, Aptidão Física.