198 - REDUCTION OF THE LEVELS OF ANXIETY IN THE EMPLOYEES OF THE BINATIONAL ITAIPU, PRACTICING OF HYDROGIMNASTIC IN THE ACADEMY OF SWIMMING AQUAZUL OF FOZ DO IGUAÇU - PARANÁ

JAIME MENEGHINI ; SILVIA APARECIDA PIETA
CENTRO UNIVERSITÁRIO DIOCESANO DO SUDOESTE DO PARANÁ - UNICS - PALMAS - PARANÁ - BRAZIL
jaimemeneghini@yahoo.com.br

INTRODUCTION. The capitalist world prioritizes the productivity, the profit and not it quality of life of the employees who guarantee the profit of the company through the work. The practical one of the hydrogimnastic contributes for the improvement of the physical condition and reduces the anxiety levels, what it makes possible greater income and well-being in the work environment. The anxiety can be disclosed in three levels: neuroendocrine, visceral and of conscience. The neuroendocrine level says respect to the effect of the adrenalin, noradrenalin, glucagon, antidiuretic hormone and cortisone. In the visceral plan the anxiety runs on account, Autonomous Nervous System (simpatico), controls the functioning of guts exciting or inhibiting them, guaranteeing homeostasis. Increase in the anxiety levels causes disequilibria in the control mechanisms, what it leads to the sprouting of psychosomatic illnesses. 1 - The manifestation of such symptoms palpitations, fidget, etc. e include conscience of the physiological sensations of sudoresis; 2 - Conscience to be nervous or rightened. The individual standards of Anxiety vary widely. Some patients have cardiovascular symptoms, such as palpitations, sudoresis or oppression in the chest. Others reveal symptoms gastrointestinal as nauseas, vomit, diarrhea or emptiness in the stomach, as well as respiratory malaise or predominance of exaggerated muscular tension, of the type spasm, torticollis and low back pain. At last, the physical and visceral symptoms vary of individual for individual. Psychologically the anxiety can monopolize the psychic activities and compromise, the functions of attention and memory until the faithful interpretation of the reality. For improvement in the quality of life of the employees of the Binational Itaipu, practicing of hydrogimnastic in the Academy Aquazul de Foz of the Iguaçu - Paraná, was considered that one that it programs guided of hydrogimnastic assisted in the reduction of the levels of anxiety and improvement in the quality of life of the practitioners of the study.

METHODOLOGY.*The instrument of collection of data was the Inventory of Pointers of Tension and Anxiety. FORM INVENTORY OF TENSION POINTERS AND ANXIETY INSTRUCTIONS - Soon below, you it will find phrases that are very used to describe it proper itself. It reads each phrase and it designates the punctuation of 0 the 3 that it indicates in the best possible way as you feel yourself at this accurate moment. Good or bad answers do not exist. It does not delay much time to answer each question and answers designating the reply that better if adapt you at that moment.*

Almost Never	0
Sometimes	1

Time again	2
Mostly	3

1. I feel me calm.	
2. I feel me insurance.	
3. I am tens.	
4.I am opposed.	
5.I feel me alterate.	
6. I feel myself worried.	
7. I feel myself rested.	
8.I feel me sick.	
9.I feel me comfortable.	
10.I has confidence in me exactly.	
11.I feel me nervous.	
12.I feel me downtrodden.	
13.I am relaxed.	
14.I feel me satisfied.	
15.I feel me dazed.	

16. I feel me happy, glad.
17. I feel me well.
18. I tire quickly.
19. I feel me will to cry.
20. I like to be happy how much the other.
21.I lose chance for not deciding me soon.
22. I feel me rested.
23. I see that the difficulties if accumulate and cannot with them
24. I am worried of small account excessively about things
25. I face the things with much seriousness.
26. It lacks confidence to me in me exactly.
27. I feel myself sad (melancholic).
28. They very affect me the disillusions, that I cannot forget
29. I am a steady person.
30. When I think about subjects and current concerns, I am tense and agitated.

RESULT AND DISCUSSION. Referring to Question 1: "It is felt Calm": In first evaluation 10% they had answered that almost never they are felt calm; 30% feel the times calm, already 40% feel many times and 20% of almost always calm. In the second evaluation it had a significant improvement, one verified that 20% almost never are felt calm, 40% many times are felt calm and 40% almost always are felt calm. We could perceive that it had a very great improvement in the levels of anxiety of the interviewed ones. Referring to Question 2: "It is felt Safe": In first evaluation 50% they had answered that times and 50% almost always are felt safe. In the second evaluation it had a significant improvement, therefore only 20% had answered that the times are felt safe, 30% had answered that many times and 50% that almost always they are felt safe. We can say that it had a very great improvement therefore of 50% that they had answered that the times felt 30% safe had started to feel many times safe. Referring at Question 3: "It is felt Tense": In first evaluation 20% they had answered that almost never, 20% those times and 60% many times, we can perceive that the degree of tension in the first evaluation was very high. In second evaluation 30% of the interviewed ones they had answered that almost never they are felt tense, 50% had answered that the times are felt tense and 20% had answered that many times are felt tense. According to American Association North of Psychiatry in 1994, characterizes for anxiety and extreme concerns (an apprehensive expectation) that six months persist less for link. The concerns occur with the diverse activities day to day and have difficulty in relaxing or getting rid themselves of them. Through these data we can perceive that it had a significant improvement in the factor tension of the interviewed ones, therefore of 60% that they felt many times tense 20% had only remained with the same reply what it demonstrates that the level anxiety of the interviewed ones diminished sufficiently. Guedes & Guedes (1995) recognize the advantages of the practical one of regular physical activity in the improvement of the quality of life. Referring to Question 4: "It is felt Opposed": In first evaluation 30% they had answered that almost never, 50% the times, 10% many times and 10% almost always, we can perceive an accented degree of discontent in the interviewed ones. After the hydrogimnastic work we apply the second evaluation that in showed following data to them 40% had almost never passed to be felt opposed, 50% had continued to feel itself opposed times and 10% many times, but the percentage of 10% that they were felt opposed in the second evaluation had left to exist, can affirm then that it had the improvement

accented in the degree of opposition of the interviewed ones. Referring to Question 5: "It is felt Modified": In first evaluation 20% almost never they are felt modified, 70% are felt modified times and 10% many times. In second evaluation 40% almost never they are felt modified, 50% the times and 10% had remained many modified times. We can perceive that it had an improvement of 20% in the interviewed ones that they had almost never passed had been felt modified, what demonstrates the effectiveness of the carried through work. Referring to Question 6: "It is felt Worried": In first evaluation 20% they had answered that almost never, 50% that the times, 20% many times and 10% almost always, we can perceive an accented degree of concern in the interviewed ones. In the second evaluation after the hydrogimnastic work we perceive that 40% had almost never passed to be felt worried, 50% had remained worried the times, 10% many times and 10% that they were worried had almost always left to exist, what it shows the degree of significance of the work. The anxiety and the concerns are associates to the one fidget or the sensation to be with the nerves to the flower of the skin, fatigue, difficulty in concentrating itself ("white"), irritability, muscular tension (muscular pains), disturbance of sleep. Referring to Question 7: "It is felt Rested": In first evaluation 50% they had answered that almost never they are felt rested, 20% that the times are not felt rested, 30% that many times and none answered that almost always is felt rested, what demonstrates one accented degree of fatigue in the interviewed ones. In the second evaluation, the hydrogimnastic work 50% that almost never they were felt rested had after left to exist, 60% had started to feel themselves unmarried the times, 30% had remained answering that many times are felt rested and 10% had answered that almost always they are felt rested. We can observe then that the hydrogimnastic work was significant, therefore the great majority started to feel itself less tired, what it means one better quality of life. In this context, the International Federation of Physical Education - FIEP, elaborated the "World-wide Manifest of Physical Education - 2000", which represents an important event in the history of the Physical Education, therefore intends to congregate in an only document the accomplished proposals and quarrels, in the scope of this entity, elapsing of century XXI. The express manifesto the ideal contemporaries of valuation of the active life, that is, ratifies the relation between physical activity, health and quality of life and prioritizes the combat to the sedentarism as objective of the Physical Education (formal and not formal) by means of the education for the health and the active leisure of continued form. Referring to Question 8: "It is felt Overwhelming": In first evaluation 10% almost never 50% are felt overwhelming, times, 20% many times and 20% almost always are felt overwhelming what it demonstrates a degree accented of distresses in the interviewed ones. In second evaluation 40% they had answered that almost never they are felt overwhelming, 50% had remained feeling times overwhelming, 10% many times and 20% that almost always they were felt overwhelming had disappeared, what it demonstrates the degree of significance of the developed work of hydrogimnastic. The anxiety tends to produce percipient confusion and distortions, not only in terms of time and space, but of people and meaning of the events. These distortions can infer in the learning, lowering the concentration, reducing the memory and harming the capacity to relate an item with another one (association). Referring to Question 9: "It is felt Comfortable": In first evaluation 10% of the interviewed ones almost never they are felt comfortable, 20% the times, 60% many times and 10% almost always. In the second done evaluation after the hydrogimnastic work, 10% that almost never they were felt comfortable had disappeared, 30% had started to feel the times, 30% many times and 40% to be almost always felt comfortable. In accordance with the CID-10 (WORLD-WIDE ORGANIZATION OF HEALTH, 1993) "the individual usually suffers from depressed mood, loss of interest and pleasure and reduced energy taking to increased fatigabilities and diminished activity". We can perceive that the work brought significant improvement in the levels of anxiety in the interviews. Referring to Question 10: "It has Confidence": In first evaluation 10% it has confidence the times, 20% many times and 70% of almost always, in this question the interviewed ones had demonstrated to have confidence in proper itself. In the second evaluation also none interviewed answered almost never, 10% the times, 30% many times and 60% almost always. Referring to Question 11: "It is felt Nervous": In first evaluation 10% they had answered that almost never, 70% the times, 10% many times and 10% almost always are felt nervous. In the second evaluation it had a significant improvement therefore 20% had answered that almost never they are felt nervous thus increasing a percentage of 10%, 60% the times are felt nervous, none interviewed answered that it feels many times nervous and 20% had answered that almost always they are felt nervous. We can say that it had an improvement in the levels of anxiety of the interviewed ones, thus improving its quality of life. Silva (1999), when distinguishing the quality from life in general direction (applied the healthful individual) of the quality of life related to the health (applied the sick individual) ties with practical of physical activity to the attainment and the preservation of the quality of life. Referring to Question 12: "It is felt Oppressed": In first evaluation 30% they had answered that almost never, 60% the times, none interviewed almost always answered many times and 10%, we can perceive an accented degree of dissatisfaction in the interviewed ones. After the hydrogimnastic work we apply the second evaluation where 60% had almost never passed to be felt oppressed, 40% the times, none interviewed answered many times and almost always, the percentage of 10% that they were almost always felt oppressed in the second evaluation had left to exist, can affirm then that it had an improvement accented in the interviews through the hydrogimnastic work. Dantas (1999), searching to answer where measured the physical activity it would provide a desirable quality of life, suggests that well organized programs of physical activity can supply the diverse individual necessities, multiplying the chances of if getting pleasure and, consequently, to optimize the quality of life.

Referring to Question 13: "It is felt Relaxed": In first evaluation 20% almost never they were felt relaxed, 50% the times, 30% many times and none answered that it was almost always felt relaxed, can perceive that the great majority is not felt relaxed. In the second evaluation 10% of the interviewed ones had answered that almost never they are felt relaxed, 10% feel the times relaxed, 70% had started to almost always feel well many times and 10% what it proves the effectiveness of the hydrogimnastic work. Referring to Question 14: "It is felt Satisfied": In the first evaluation none interviewed almost never answered is felt satisfied, 30% feels the times, 40% many times, 30% satisfied almost always. In the second evaluation none interviewed almost never answered, 10% the times, 30% many times and 60% almost always. We can perceive that it had an improvement of 30% in the interviewed ones that they had almost always passed to be felt satisfied, what demonstrates the effectiveness of the carried through work. Referring to Question 15: "It is felt dazed": In first evaluation 40% they had answered that almost never they are felt dazed, 60% that the times are felt dazed, none interviewed almost always answered many times and. In the second evaluation, the hydrogimnastic work 60% had after answered that almost never they are felt dazed and 40% had started to feel themselves dazed the times. Referring to Question 16: "It is felt Happy": In first evaluation 20% almost never 10% are felt happy, times, 40% many times and 30% almost always are felt happy what it demonstrates an accented degree of misfortune in the interviewed ones. In the second evaluation none interviewed answered that almost never they are felt happy, 10% had remained feeling times happy, 70% many times and 20% that almost always they feel, what demonstrates the degree of significance of the developed work, therefore the great majority in the second evaluation happy answered that almost always it is felt happy. Referring to Question 17: "It is felt Well": In first evaluation 10% they had answered that almost never they are felt well; 10% feel the times well, already 50% almost always feel well many times and 30%. In the second evaluation it had a significant improvement in the question almost always I feel myself well, verified that none of the interviewed ones had almost never answered is felt well, 10% the times I feel myself well, 30% many times I feel myself well and 60% almost always are felt well. We could perceive that it had a very great improvement in the levels of anxiety of the interviewed ones. Referring to Question 18: "It is gotten tired Quickly": In first evaluation 30% of the interviewed ones they had answered that the times tire 60% quickly had answered that many times and 10% almost always are gotten tired quickly. Rasp (1999) affirms that the Physical Activity has, each time more, represented a factor of Quality of Life of the human beings, making possible a bigger productivity and better well-being to them. In the second evaluation it had a significant improvement, therefore 50% of the interviewed ones had answered that almost never they tire 30% quickly had answered that the times, 10% had answered that many times and 10% that almost always they tire

quickly. Referring to Question 19: "It feels Will To cry": In first evaluation 40% they had answered that almost never, 40% that times and 20% many times, we can perceive that the degree of tension in the first evaluation is high. In second evaluation 40% of the interviewed ones they had continued answering that almost never they feel will to cry, 50% had answered that times and 10% had only answered that they feel will to cry many times. Through these data we can perceive that it had a significant improvement in the factor tension of the interviewed ones. Referring to Question 20: "It would in such a way like To be Happy How much the Others": In first evaluation 20% they had answered that almost never, 40% the times, 20% many times and 20% almost always, we can perceive an accented degree of misfortune in the interviewed ones. After the hydrogimnastic work we apply the second evaluation that in showed following data to them 40% had almost never passed to feel necessity of being happy as the others 40% had continued to feel necessity of being happy as the others 10% many times and 10% had almost always continued sensible necessity of to be so happy how much the others, we can affirm then that it had an improvement in the level of anxiety of the interviewed ones. Referring to Question 21: "It loses Chances": In first evaluation 20% almost never they lose chances, 50% to the times, 30% many times, none interviewed answered that almost always it loses chances. In second evaluation 40% they had answered that almost never they lose chances, 40% the times and of 30% that they had answered in the first evaluation that had lost chances many times, only 20% had continued with this reply, what bought the effectiveness of the hydrogimnastic work. NAHAS (1997) admits the relation between the physical activity and quality of life. Referring to Question 22: "I feel rested": In first evaluation 10% they had answered that almost never they were felt rested, 60% felt times and only 30% rested many times. In the second evaluation 10% that almost never they were felt rested had disappeared, 10% had answered that the times, 70% had answered that many times had started to feel themselves rested and 20% many times. We can perceive that it had a significant improvement in the interviewed ones that they had passed to many times and almost always to be felt rested, what demonstrates the effectiveness of the carried through work. Referring to Question 23: "I see that the Difficulties if Accumulate and Cannot with Them": In first evaluation 40% they had answered that almost never 30% leave that the difficulties if accumulate, that the times leave the difficulties to be accumulated, 30% that many times and none answered that almost always the difficulties leave to be accumulated. In the second evaluation, the hydrogimnastic work 50% of the interviewed ones had after answered that almost never the difficulties leave to be accumulated, 50% had answered that the times leave the difficulties to be accumulated and 30% that they had answered in the first evaluation that many times left the problems to be accumulated they had left to exist. Referring to Question 24: "I am worried of small account Excessively about things": In first evaluation 20% almost never they are worried about things of small account, 60% the times and 20% almost always are worried about things of small account what it demonstrates an accented degree of anxiety in the interviewed ones. According to American Association North of Psychiatry (1994) the anxious upheavals can be disclosed for the phobia, that is, the manifest person fear apparently, in situations tends to believe to be displayed the evaluation of others, or if to hold in humiliating or shameful way. The attempt to prevent the cost all, but collected that the fear is incredible remaining itself auto critic, generally occurs understood in the social and occupational activities. In second evaluation 30% they had answered that almost never they are worried of small account about things, 50% had answered that times, 10% many times and 10% that almost always they are worried about things of small account, what demonstrates that had a reduction in the degree of concern of interviewed after the developed work. Referring to Question 25: "It faces the Things with Seriousness": In the first evaluation none interviewed almost never answered and the times, 40% many times and 60% of almost always, in this question the interviewed ones had demonstrated that they customer to have seriousness in that they make. In the second evaluation also none interviewed answered almost never, 10% the times, 20% many times and 70% almost always. Referring to Question 26: "It lacks Confidence in Itself Exactly": In first evaluation 50% they had answered that almost never, 20% to times and 30% many times. In the second evaluation it had a significant improvement, therefore 60% had answered that almost never the times feel lack reliable 30% feel lack reliable, of 30% that they had answered that many times felt lack reliable, only 10% had remained with the same reply and none interviewed almost always answered. Referring to Question 27: "I feel myself Sad": In first evaluation 40% they had answered that almost never they are felt sad, 40% the times, 10% many times and 10% almost always, we can perceive that the great majority is felt sad. However, a depressive person to be considered as Kaplan and Sadock (1993) "the sadness must become very bigger ratios, hindering the maintenance it life style subject it". In the second evaluation 40% of the interviewed ones had answered that almost never if they feel sad, 50% feel the times sad, 10% feel many times sad and 10% that they had answered that almost always they were felt sad in the first evaluation, had left to exist in the second evaluation, what proves the effectiveness of the hydrogimnastic work. Referring to Question 28: "The Disillusions Affect Very": In first evaluation 20% of the interviewed ones they had answered that almost never the disillusions affect them, 60% that to the times they are felt disillusioned, 10% that times and 10% almost always are felt disillusioned. In the second evaluation, the work of hydrogimnastic 40% had after answered that almost never they are felt disillusioned, 60% had started to feel itself disillusioned the times, 20% many times and 10% that they had answered that almost always they were felt disillusioned had disappeared. We can observe then that the hydrogimnastic work was significant, therefore a great majority started to feel itself disillusioned less, what it means one better quality of life. Referring to Question 29: "She is a Steady Person": In first evaluation 30% almost never they are felt steady, 50% many times are felt steady and 20% almost always are felt steady. In the second evaluation none interviewed answered that almost never they are felt steady, 20% feels the times unstable, 30% many times and 50% almost always feel, what it demonstrates the degree of significance of the developed work, therefore the great majority in the second evaluation steady answered that almost always it is felt steady. Referring to Question 30: "When It thinks about Subjects and Current Concerns, He is Tense and Agitated": First evaluation 10% of the interviewed ones is felt tense and agitated when they think about subjects and current concerns, 50% many times, 10% many times and 30% almost always. In accordance with Kaplan & Sadock (1993, p. 416) "the behaviors theories suggest that the anxiety is a conditional reply the specific ambient stimulus." In a model of classic conditioning, a person who does not have any allergy the foods can, for example, to be very sick, after to eat oysters in a restaurant, and subsequent expositions the oysters can make to feel themselves badly it. In the second done evaluation after the hydrogimnastic work, 30% of the interviewed ones had answered that almost never they are felt tense and agitated when they think about subjects and current concerns, 40% the times, 10% many times and 20% almost always. We can perceive that the work brought significant improvement in the levels of anxiety in the interviews.

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SUMMARY

The objectives of this study had been: To contribute in the improvement of the quality of life of the anxious employees of the Binational Itaipu, through a guided program of hydrogimnastic; To verify the anxiety levels and to prevent psychosomatic illnesses; To elaborate an adequate program of hydrogimnastic to the participants of the study; To verify if had improvement in the quality of life of the employees through thehydrogimnastic. For modernity and existing technology in the great companies we are suffering males day to day as the anxiety, stress, the muscular lack of motivation, depressions, pains and illnesses to articulate, that they cause to the lack in the work and damages to the company. Currently, the hydrogimnastic studied in the world all and futuristic already point the water as half the most propitious one with respect to the practical one of physical activities and affirm to be it white it of bigger investments in the financial market of fitness for the next years. The research was of the descriptive type, the instrument of collection of data was the questionnaire. 10 employees of the masculine and feminine sex of the Binational Itaipu of intentional form had been chosen. In the treatment of the data form was used for, through qualitative analysis of the data, to verify clinical registers of anxiety, depression, stress, etc. Through the descriptive questionnaire was verified between the I and II the evaluation differences and results. The hydrogimnastic work was of utmost importance for employees of the Binational Itaipu. Through the results it was evidenced that it had diverse aspects influenced for the hydrogimnastic work, as socialization, reduction of the fatigue, reduction of the anxiety that was the main objective, among others factors that had directly influenced the life of the employees, its performance and income inside of the company.

RESUMEN

Los objetivos de este estudio habían sido: Para contribuir en la mejora de la calidad de la vida de los empleados ansiosos del Binational Itaipu, con un programa dirigido de hydrogimnastic; Para verificar los niveles de la ansiedad y prevenir enfermedades psicosomáticas; Para elaborar un programa adecuado de hydrogimnastic a los participantes del estudio; Para verificar si mejora tenida en la calidad de la vida de los empleados con thehydrogimnastic. Para la modernidad y la tecnología existente en las grandes compañías estamos sufriendo a varones cotidianos como la ansiedad, la tensión, la carencia muscular de la motivación, las depresiones, los dolores y enfermedades para articular, que causan a la carencia en el trabajo y a los daños a la compañía. Actualmente, el hydrogimnastic estudiada en el mundo todo y ya el punto futurista el agua como mitad la más propicia con respecto el práctico de actividades físicas y lo afirman sea al blanco de inversiones más grandes en el mercado financiero de la aptitud por los años próximos. La investigación estaba del tipo descriptivo, el instrumento de la recogida de datos era el cuestionario. habían elegido a 10 empleados del sexo masculino y femenino del Binational Itaipu de la forma intencional. En el tratamiento de la forma de datos fue utilizado para, con el análisis cualitativo de los datos, verificar los registros clínicos de la ansiedad, la depresión, la tensión, el etc. A través del cuestionario descriptivo fue verificado entre el I e II las diferencias y los resultados de la evaluación. El trabajo hydrogimnastic era de importancia extrema para los empleados del Binational Itaipu. Con los resultados fue evidenciado que hizo los aspectos diversos influenciar para el trabajo hydrogimnastic, como socialización, reducción de la fatiga, reducción de la ansiedad que era el objetivo principal, entre otros los factores que habían influenciado directamente la vida de los empleados, de su funcionamiento y de la renta dentro de la compañía.

RÉSUMÉ

Les objectifs de cette étude avait été : Pour contribuer dans l'amélioration de la qualité de la vie des employés impatients du Binational Itaipu, par un programme guidé de hydrogimnastic ; Pour vérifier les niveaux d'inquiétude et pour empêcher des maladies psychosomatiques ; Pour élaborer à programme proportionné de hydrogimnastic aux participants de l'étude ; Pour vérifier si amélioration eue de la qualité de la vie des employés par thehydrogimnastic. Pour la modernité et la technologie existante aux grandes compagnies nous souffrons des mâles quotidiens en tant que l'inquiétude, l'effort, le manque musculaire de motivation, les dépressions, les douleurs et maladies pour articuler, qu'ils causent au manque dans le travail et aux dommages à la compagnie. Actuellement, les hydrogimnastic étudiés dans tout le monde et déjà le point futuriste l'eau comme moitié la plus propice en ce qui concerne les pratiques d'activités physiques et l'affirment à que ce soit le blanc de plus grands investissements sur le marché financier de la forme physique pendant les années à venir. La recherche était du type descriptif, l'instrument de la collecte des données était le questionnaire. 10 employés du sexe masculin et féminin du Binational Itaipu de la forme intentionnelle avaient été choisis. Dans le traitement de la forme de données a été employé pour, par l'analyse qualitative des données, pour vérifier les registres cliniques de l'inquiétude, la dépression, l'effort, etc. Par le questionnaire descriptif a été vérifié entre l'I et II les différences et les résultats d'évaluation. Le travail hydrogimnastic était de plus grande importance pour des employés du Binational Itaipu. Par les résultats on l'a démontré qu'il a fait influencer des aspects divers pour le travail hydrogimnastic, comme socialisation, la réduction de la fatigue, réduction de l'inquiétude qui était l'objectif principal, entre d'autres les facteurs qui avaient directement influencé la vie des employés, de son exécution et de revenu à l'intérieur de de la compagnie.

REDUÇÃO DOS NÍVEIS DE ANSIEDADE NOS FUNCIONÁRIOS DA ITAIPU BINACIONAL, PRATICANTES DE HIDROGINÁSTICA NA ACADEMIA DE NATAÇÃO AQUAZUL DE FOZ DO IGUAÇU PARANÁ

RESUMO

Os objetivos deste estudo foram: Contribuir na melhoria da qualidade de vida dos funcionários ansiosos da Itaipu Binacional, através de um programa orientado de hidroginástica; Verificar os níveis de ansiedade e prevenir doenças psicossomáticas; Elaborar um programa de hidroginástica adequado aos participantes do estudo; Verificar se houve melhoria na qualidade de vida dos funcionários através da hidroginástica. Pela modernidade e tecnologia existente nas empresas estamos sofrendo grandes males do dia a dia como a ansiedade, o stress, a falta de motivação, depressões, dores musculares e doenças articulares, que ocasionam a falta no trabalho e prejuízos à empresa. Atualmente, a hidroginástica é estudada no mundo todo e futuristas já apontam a água como o meio mais propício para a prática de atividades físicas e afirmam ser ela o alvo de maiores investimentos no mercado financeiro do fitness para os próximos anos. A pesquisa foi do tipo descritiva, o instrumento de coleta de dados foi o questionário. Foram escolhidos 10 funcionários do sexo masculino e feminino da Itaipu Binacional de forma intencional. No tratamento dos dados foi utilizado formulário para, através de análise qualitativa dos dados, verificar registros clínicos de ansiedade, depressão, stress, etc. Através do questionário descritivo foi verificado entre a I e a II avaliação diferenças e resultados. O trabalho de hidroginástica foi de suma importância para funcionários da Itaipu Binacional. Através dos resultados constatou-se que houve diversos aspectos influenciados pelo trabalho de hidroginástica, como socialização, diminuição do cansaço, diminuição da ansiedade que era o principal objetivo, entre outros fatores que influenciaram diretamente a vida dos funcionários, seu desempenho e rendimento dentro da empresa.