46 - THE PROFILE OF LIFE QUALITY AND THE FLEXIBILITY ON THE GROWING OLD PROCESS

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Introduction

The current demographic transformation of the worldwide population is a result, in terms, of the life expectation increase. In 1950, Brazil occupied the 16™ place among the countries that had in their population people older than 60 years old. In 2050, it will be among the six firsts countries with the biggest number of men and women with 60 years of age or more (around 16 millions), being preceded by Japan, USA, India and China.

The growing old process brings up a lot of physiological changings, that gradually, decreases the functional capacity of the individuals. The maintenance of the improvement of this capacity is very important, because it allows a greater dependence of the elderly on the performance of the daily activities.

General Objectives

The objective of this research was to investigate the level of the life quality and the profile of the flexibility of the individuals with the age of 65 or older in the town of Corumbá of Goiás.

Methods

Population and sample

23 individuals constituted the sample. 16 were female and 7 were male, both were members from the "Prayer's Group", from the church of Corumbá-GO. The descriptive research was the option chosen with the finality of observing, registering the level of flexibility and life quality of this sample. The only factor to be included in this test was to be 65 years old or older.

Instruments

The data were collected through the equipment "Wells' bank", with the test "sit and reach".

The questionnaire of life quality, WHOOOLF-Bref (1998), the questionnaire composed by 26 questions and multidimensional, and valuates the life quality in a general position, with four great domains: physical health, psychological health, social relations and environment.

Procedures

As a data collection instrument, it was chosen the application of the "sit and reach" test, which is a linear method, proposed by Well and Dillon in 1952, in agreement with the classification references of Guadagnine and Olivoto (2004). The first test was realized without warming, in which the individual remained in the maximum flexible possible until the reading of the movement was done. On the second test, each individual realized 4 trunk flexions, keeping the knees, elbows and fists in extension. On the last try, the individual had to remain in the same position until the ruler reading was done.

For the data collection of the questionnaire, the elderly were visited by the valuator in their own houses, where each question from the questionnaire was explained.

Statistics analysis

For the data analysis was used the descriptive statistics, with average and standard deviation, having as a resource the statistics program SPSS 10.0. a database was organized, so the necessary information could be processed.

On what concerns to the questionnaire, the questions were valuated in a scale with a number value from 1 to 5. And each answer was correspondent to a specific score. For analysis means, the questions 3, 4 and 26 had their scores inverted, in function of: 1=5; 2=4; 3=3; 4=2; 5=1.

Analysis' results

The results will be presented in the standard of the descriptive analysis, with an average and standard deviation of the data. The chart number 1 presents the general characteristics of the individuals, as age, flexibility, life quality and its domains. It is observed on chart 1 that the average age of the individuals who were part of the research is 71,22 years (7,05). For the flexibility presented without any repetition, the average obtained was 15,30 (9,55), and the flexibility test after 4 repetitions presented an average of 18,13 (10,12). Regarding the level of life quality, the sample showed the classification 12,95 (2,82). The questionnaire doesn't identify this classification as good or bad. And regarding the Domain 1 (Physical), the elderly presented a medium classification about how their physical performance affects their lives (13,26 2,44). In Domain 2 (Psychological), in the analyzed sample, was identified that individuals feel depressive and anxious (13,88 2,27). In Domain 3 (Social Relations), the sample presented a good satisfaction regarding the social relation (15,82 1,67) and in Domain 4 (Environment), the elderly considered this aspect not good or bad (11,69 2,43).

VARIABLES	N		Minimum		Maximum		Average		Standard deviation	
	F*	M**	F	M	F	M	F	M	F	M
AGE	**23**	**7**	**65**	**65**	**90**	**86**	**71,22**	**73,29**	**± 7,05**	**± 7,65**
Test of flexibility without heating	**23**	**7**	**0**	0	**38**	**21**	**15,30**	**9,14**	**± 9,55**	**± 6,77**
Test of flexibility after 4 attempt	**23**	**7**	**4**	4	**42**	**23**	**18,13**	**11,29**	**± 10,12**	**± 6,52**
Q.V (life quality)	**23**	**7**	**4**	12	**16**	**16**	**12,95**	**13,42**	**± 2,82**	**± 1,51**
Domain 1 (Physical)	**23**	**7**	**6,86**	**10,86**	**16**	**15,43**	**13,26**	**13,95**	**± 2,44**	**± 1,54**
Domain 2 (Psychological)	**23**	**7**	**8**	**12**	**18**	**16**	**13,88**	**13,90**	**± 2,27**	**± 2,24**
Domain 3 (Social Relations)	**23**	**7**	**10,67**	**13,33**	**20**	**17,33**	**15,82**	**15,80**	**± 1,67**	**± 1,19**
Domain 4 (Environment)	23	**7**	**4,5**	12,5	**14,5**	**14,5**	**11,69**	**13,35**	**± 2,43**	**± ,62**

CHART 1 -General characteristics of the feminine and masculine sex in the variables, age, flexibility, life quality and depression. * FEMININE **MASCULINE

CHART 1 -General characteristics of the feminine and masculine sex in the variables, age, flexibility, life quality and depression. * FEMININE **MASCULINE

The chart 1 presents a characterization of the masculine Sex, in the same domains above. The average age of men was 73,29 years old (7.65), the flexibility without heating showed an average of 9,14 cm (6,77), and heated flexibility had an average of 11,29 (6,77). Life quality of masculine Sex was 13,42 (1,51), not as good or as bad as it could be. Regarding Domain 1 (Physical), the elderly showed a medium classification when affected by their physical performance (13,95 1,54). In Domain 2 (Psychological), men presented that frequently feel depressive and anxious (13,90 2,24). In Domain 3 (Social Relations), they showed to be very satisfied (15,80 1,19) and in Domain 4 (Environment), the elderly consider this aspect not good or bad (13,35 0,62).

The same characteristics, but now for women, are presented. The women's average age was 70,31 years old (6,82). The flexibility level without heating had an average of 18 cm (9,48) and flexibility with heating was 21,12 cm (10,09). The women's life quality was 12,75 (3,25), nor good or bad. Regarding the Domain 1 (Physical), the elderly presented a medium classification when affected by physical performance (12,96 2,73). In Domain 2 (Psychological), elderly women feel depressive and anxious (13,87 2,64). In Domain 3 (Social Relations), they showed to be very satisfied about their relations (15,83 1,87) and in Domain 4 (Environment), the elderly were not satisfied (10,96 2,58).

Results Discussion

Flexibility Analysis

On this research, the group generally presented a flexibility of 15,30 cm on the test without heating. On the heating test was reached 18,13 cm. These results, in agreement with the method used by Guadagnine and Olivoto (2004)[11], presented a medium rate of the flexibility level. But, when it's analyzed apart, there is a difference in flexibility level and also in the classification, among the Sexes' researches. The elderly men presented 18 cm in the first test, being classified in a medium level and in the second test, they presented 21,12 cm, being classified as good. The elderly men presented a weak level of flexibility regarding both tests (9,14 6,77; 11,29 6,52).

These researches done by Guadagnine and Olivoto (2004) were realized with people who used and who didn't use to practice physical activities. These researchers concluded that the sample that was constituted by people in ages from 50 to 83 years old presented excellent results regarding flexibility. But they add that the best flexibility rate was found in the group that practiced physical activities. For those others, who didn't practice physical activities, there were too many variations on the levels of flexibility, being considered as individuals who have muscular shortening. Therefore, our sample with 65 to 90 years old individuals was similar to that group that didn't practice any physical activity.

In the general analysis, the chart 1 proves that the result of the flexibility rates was medium. If age is taken as a variable that interferes on flexibility, Weineck (2000) gives an account that age interferes in the mobility of the spine, because individuals show evidences, which are limited because of the reduction of the elasticity on the ligaments. There is also an atrophy on the active and passive locomotion systems.

The chart 2 shows that flexibility on men was smaller than in women. In agreement to researches of Ueno (2000), even for elderly, this difference is kept. However, it's important to mention that some factors make the flexibility different for both sexes. The author believes that these differences have many reasons, like: physiological and anatomic differences; women's muscles and ligaments are more elastic and flexible; women's tissues have a smaller density than men's ones do do do.

Life Quality Analysis

The results showed that in both analyses (the general and the sex researches), the perception of life quality was the same, not considered good or bad.

Souza and Galante and Figueiredo (2003) relate that life quality for elderly is associated many times to dependence and autonomy. This dependence might be on biological alterations, generating, sometimes, deficiencies and incapacities.

Researches from Souza, Galante and Figueiredo (2002) had different results from our research. The researchers found out that life quality and well being of 1.665 elderly people are quite positive, classified as pretty good. In this research, life quality wasn't qualified as good or bad.

Following this, life quality will be analyzed in the 4 domains:

Domain 1 - Physical

The physical domain, which is relationed to the daily life, physical activities, functional limitations, fatigue and energy levels, pain, discomfort and sleep, was identified with all these characteristics for both elderly (in the general research and in the sexes research).

As Anderson et al. (1998) described in a research about health and life quality on third age, the authors identified that the perception that an elderly has upon his/her health is considered as an indicator of mortality risk. In our research, elderly aren't satisfied or unsatisfied about their own health.

About the interference that physical pain might have upon daily activities, the elderly told it may interfere sometimes.

Domain 2 - Psychological

Regarding negative feelings, like bad mood, despair, anxiety and depression, the individuals who were analyzed showed that these feelings are usual.

For Hay et al. In 2002, these symptoms might be a ruin for any individual, at any age, because they cause more suffering than any other physical disease.

Another research agrees with facts we found out in our research. Gazalle et al. (2004), when studying depressive symptoms and factors associated to elderly on this region.

Gazalle et al. (2004) makes the remark that elderly women are more inclined to develop depression,

On what concerns the WHOOOLF-Bref Questionnaire, the individual, in a general way, are all subject to develop some kind of depression.

Therefore, the individuals from our research must be attentive to any sign of depression.

Domain 3 - Social Relations

Regarding personal relationships and social support, the elderly told they are very satisfied.

Cruz et al. (2003) in a research about care with elderly, these authors identified through informations given by elderly, that they feel ignored by their family, and without attention from them, being neglected.

In a transverse study done in 2005 with the population who lived in the " House of the Old of city Ozanan" in Belo Horizonte-MG, the researchers Silva et al. (2005) noticed that the group of the 90 elderly, the main reason of unsatisfaction was relationed to the living between the roommates, who showed some difficulties in a social relationship.

Domain 4 - Environment

On what regards the environment, concerning financial resources, transportation, physical ambient, physical security, and "free time" protection, the elderly in this study related that these aspects aren't good or bad.

Mazo et al. (2005) verified in his study done with elderly that the lack of objectives and the lack of plans for recreational activities increase the dependence and bring despair.

Herédia et al. (2004), got to the conclusion that the most of the elderly are in asylum by the lost of autonomy/independence: they need cares but they don't have enough money to fulfill their needs like feeding, clothing, health, home. And when they are asked about their social-economic situation, it's seen that their income is low.

Conclusion

The results found out in this research allow that the following conclusions are presented:

The levels of flexibility of the sample generally showed a medium level. The female sample presented a positive rate of flexibility, being classified from medium to good. Meanwhile, the male sample didn't obtain a satisfactory result, being classified in a weak level.

The mensuration of life quality showed that the group, in a general way, presents the following characteristics: in the physical domain, the elderly are affected more or less by the physical performance; in the psychological domain, the elderly usually feel negative feelings that might interfere on their life quality; in the social relations domain, the sample showed that they are very satisfied, and on what concerns the environment domain, the elderly from this research related that their perception upon this aspect isn't good or bad.

In both sexes and in the general analysis of the sample, it was noticed that in life quality, as general, the elderly showed a perception of not being good or bad.

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O PERFIL DE QUALIDADE DE VIDA E FLEXIBILIDADE NO PROCESSO DE ENVELHECIMENTO

O objetivo da pesquisa foi de investigar o perfil da qualidade de vida e da flexibilidade de indivíduos com idade igual ou superior a 65 anos. Esta pesquisa se caracterizou como um estudo descritivo, usou-se o teste t para comparar entre os sexos. A amostra foi constituída por 23 indivíduos sendo 16 do sexo feminino e 7 do sexo masculino, com idade igual ou superior a 65 anos, de Corumbá-GO. Aplicou teste de sentar e alcançar do banco de Wells, um questionário; qualidade de vida - WHOQOL bref. Os resultados encontrados formam: O nível de qualidade de vida, a amostra no geral apresentou a classificação 12,95 (2,82) que é considerada como nem ruim e nem boa. Quanto aos 4 domínios (físico, psicológico, relações sociais e meio ambiente), só o domínio meio ambiente é que os dois sexos foram diferentes, pois as mulheres idosas estão muito insatisfeitas, enquanto os homens consideram esse aspecto como nem ruim e nem bom. Quanto ao nível de flexibilidade sem nenhuma repetição anterior apresentou um média de 15,30 cm (9,55), já o teste de flexibilidade com 4 repetições, apresentou uma média de 18,13 cm (10,12), sendo classificado o nível de flexibilidade como médio para a amostra no geral. Quando analisado por sexo, o feminino teve uma flexibilidade entre médio e bom, enquanto o sexo masculino foi classificado como fraco. Conclui-se que o em ambos os sexos, o estudo constatou que na análise da qualidade de vida no geral, os idosos apresentaram uma percepção de nem ruim e nem boa. Quanto ao nível de flexibilidade no geral apresentou um nível médio, a amostra feminina teve um índice positivo , sendo que a amostra masculina não obteve um resultado satisfatório, tendo como classificação o nível fraco.

Palavras-chave: Envelhecimento. Flexibilidade. Qualidade de vida.

HE PROFILE OF LIFE QUALITY AND THE FLEXIBILITY ON THE GROWING OLD PROCESS

It was opted to this type of research with the objective to investigate the profile of the quality of life and the flexibility of individuals with equal or superior age the 65 years. In this direction the research comes to justify itself, for the importance of if verifying this component of the physical aptitude that mainly has great importance for the health of the third age, therefore this 0 variable influences of negative form the quality of life. This research if characterized as a descriptive study. The sample was constituted by 23 individuals being 16 of feminine sex and 7 of the masculine sex, with equal or superior age the 65 years, that are part of the group of conjuncts of the church of Corumbá-GO. It applied test to seat and to reach of the bank of Wells, a questionnaire; quality of life - WHOQOL bref. The results will be presented in the form standard of analyze descriptive with shunting line standard of the data in agreement picture 1. The joined results form: The level of quality of life, the sample in the generality presented classification 12,95 (2,82) that it is considered as nor bad and nor good. How much to the 4 domínios (physicist, psychological, social relations and environment), the domain environment is only that the two sexos had been different, therefore the aged women is very unsatisfied, while the men consider this bad and nor good aspect as nor; How much to the level of flexibility without no previous repetition it

presented one average of 15,30 cm (9,55), already the test of flexibility with 4 repetitions, presented a average of 18,13 cm (10,12), being classified the level of flexibility as average for the sample in the generality. When analyzed for sex, the feminine one it had a flexibility between good medium and, while the masculine sex was classified as weak. One concludes that in both the sexos, the study evidenced that in the analysis of the quality of life in the generality, the aged ones had presented a perception of nor bad and nor good. How much to the level of flexibility of the sample in the generality it presented an average level, the feminine sample had a positive index, being that the masculine sample did not get a satisfactory result, having as classification the weak level.

Unitermos: Aging. Flexibility. Quality of life.

LE PROFIL DE QUALITÉ DE VIE ET DE LA FLEXIBILITÉ DANS LES PROCÈS DE VIEILLISSEMENT

La finalité de cet étude a été de faire des recherches du profil de qualité de vie et de la flexibilité chez les individus depuis les 65 ans . Cet étude a eté caracterisé come descriptif et on a utilisé le test pour faire la comparaison entre les sexes. L'échantillon a evalué 23 personnes : 16 du sexe fémenin et 7 du sexe masculin de Corumba-GO. On a appliqué le test de s'asseoir et reússir le banc de Wells et un questionnaire: qualité de vie - WHOQOL bref. Conséquence :Dans le niveau qualité de vie, l'échantillon a présenté une classification globale de 12,95 (± 2,85), considerée aceptable. A propos de quatre domaines (physique, psychlogique, rapports sociaux et environement) seulement le le domaine environnement a été different parmi les hommes et femmes puisque les femmes plus vieilles ont été insatisfaites pendant que les hommes considèrent cet item comme aceptable. Selon la flexibilité sans aucune répétition anterieure s'est presenté une moyenne de 15,30cm (±9,55), mais le test de flexibilité avec 4 répétitions a presenté une moyenne de 18,15cm (± 10,12), on a classifié comme intermédiaire le niveau de flexibilité pour l´échantillon global. Quand on analyse les résultats par sexe, le féminin a eu une flexibilité intermédiaire et bonne et le sexe masculin a été classifié avec mauvaise flexibilité. On infère que dans les deux sexes, on a constaté en analysant globalement la qualité de vie, que les vieux ont présenté une qualité de vie aceptable.A propos du niveau de la flexibilité, de forme globale, ils ont présenté une qualité de vie aceptable. Selon le niveau de flexibilité, globalement, ils ont présenté un niveau intermédiaire et l´échantillon féminin a eu un index positif, mais l´échantillon masculin, n´a pas eu un résultat satisfactoire, et on l´a classifié avec une mauvaise flexibilité.

Mots clé : vieillisement, flexibilité, qualité de vie.

EL PERFIL DE LA CALIDAD DE VIDA Y DE LA FLEXIBILIDAD EN EL PROCESO DE ENVEJECIMIENTO

El objetivo del estudio fué investigar el perfil de la calidad de vida y de la flexibilidad en individuos a partir de los 65 años de edad. Este estudio se caracterizó como descriptivo, haciendo uso del test para la comparación entre los sexos. La muestra evaluó 23 individuos, 16 del sexo femenino y 7 del sexo masculino, a partir de los 65 años de Corumbá-GO. Se aplicó el test de sentar y alcanzar del banco de Wells y un cuestionario; calidad de vida - WHOQOL bref. Resultados: En el nivel de calidad de vida, la muestra presentó una clasificación global de 12,95 (± 2,82), considerada aceptable. Referente a los 4 dominios (físico, psicológico, relaciones sociales y medio ambiente), solo el dominio medio ambiente fué diferente entre hombres y mujeres dado que las mujeres añosas estuvieron muy insatisfechas siendo que los hombres consideraron este íten como aceptable. En lo referente a la flexibilidad sin ninguna repetición anterior, presentó un promedio de 15,30cm (± 9,55), pero el test de flexibilidad con 4 repeticiones, presentó un promedio de 18,13cm (± 10,12), siendo clasificado como intermedio el nivel de flexibilidade para la muestra global. Al analizar los resultados por sexo, el femenino tuvo una flexibilidad de intermedia a buena y el sexo masculino fue clasificado con mala flexibilidad. Se concluye que en ambos sexos, el estudio constató, analizando globalmente la calidad de vida, que los ancianos presentaron una calidad de vida aceptable. En lo referente al nivel de flexibilidad, de forma global, presentaron un nivel intermedio teniendo la muestra femenina un índice positivo, pero la muestra masculina no logró un resultado satisfactorio, siendo clasificada con mala flexibilidad.

Palabras llave: Envejecimiento, fexibilidad, calidad de vida.