51 - THE HYDROGYMNASTIC LIKE A POSSIBILITY IN THE COMBAT OF THE THEORY OF DISCONNECTION

SILVIO TELLES; MONIQUE MONTEIRO
UGF-RIO DE JANEIRO-BRAZIL
silviotelles@terra.com.br

INTRODUCTION

The physical activities for elderly population in Brazil are something that starts to become common inside the sporting context, as much in competitive character as in the incessant search for improvement in the quality of life. The perception of the demographic transition made proliferate in the whole world, also in Brazil, massive expansion of offers of physical activities programs for people aged 60 and older. (FARIA JÚNIOR, 1996).

With the variety of offers for aged, putting them in the way of practice some type of physical activity and mainly, with the participation of the medicine in the prevention, treatment and control of illnesses, with the improvements in social, politics and economic conditions, and with the adoption of a more healthy lifestyle start to long for a bigger life expectancy.

Such trends had taken the human being to desire to remain unharmed to the effect of the time. Obviously this being impossible (at least with our current technology), the attempt to live more, and not only this, to live more and better, became an obsession for many people. Gym academy, methods, exercises, alimentation, medicine, among others, had evolved excessively, allowing at least, that the hope for better days and the sensation of safe conscience as for the search of a more healthful life are reached.

The aged ones if collated with the reduction of the capacity of efficiency, production of resources, reduction of the status and social prestige, are taken many times to an isolation and depression situation, having accented its sores and possibly developing others. By the approaching to the end of life, the aged one starts to have attitudes that indicate acquiescence for the death. Such attitudes can be evidenced in the theory of disconnection, which shows how some elderly people behave perceiving that the moment of the death approaches. The theory of activity tries to prove that elderly who keep themselves active, through activities, physical or not, can minimize the effect of the aging moving them away from the theory of disconnection.

The hydrogymnastic is an activity widely practiced by the aged ones for different reasons, since its execution adjusts it the peculiarities of the age range in question.

According to Di Masi (2003) in the last years, with the increase of the interest for the hydro gymnastic in the whole world, this modality becomes evolving and spreading considerably in the world-wide scene and particularly in Brazil, where this growth is taking place on a large scale.

However, activities that approach elderly of the social conviviality contribute to minimize the effect mentioned above. We know that the physiological advantages which are pointed by diverse authors are unquestionable. Although in the social scope the measurement becomes more complex. Therefore we try to identify if the hydro gymnastic is contributing to provide aged ones a better social insertion. Of ownership of these data, we could infer the effectiveness of the activity in question as a tool in the combat the theory of the disconnection, since its bigger incidence acomete individuals that if move away from the social conviviality or for personality or from fact for the reduction of sociability in virtue of advancing of the age.

This work had as methodology the application of a questionnaire half-structuralized in 40 aged who frequent classes of hydrogymnastic in academies of the north zone of Rio de Janeiro. With this, the intention is to perceive which are the activities and actions that indicate an approach of the aged ones in the conviviality with other age ranges through hydrogymnastic classes. The sample was chosen randomly in 10 academies of the north zone in the districts: Engenho Novo, Méier, Piedade, Cascadura and Tijuca.

The relevance of the study consists in the possibility to diagnosis how the aged one (of the sample and region in question) through the hydro gymnastic practice, becomes social and runs away from the theory of disconnection, inserting himself socially, sticking to the theory of activity.

THE HYDROGYMNASTIC AND THE AGING

For some time, the hydro gymnastic has been acquiring more and more adepts by the efficiency as a sporting activity. This modality appears as an alternative of great value, having expressive results independently of the group of destination (aged, obese, etc.), its innumerable advantages make the body always win. (ROCK 1994).

Some physiological advantages of the hydro gymnastic are very commented, such as: gradual increase of the articulation amplitude diminishes the peripheral blood pressure favoring who has tendency of varicose veins, improves expressively the cardio-respiratory condition of the practitioner, fortifies the articulation musculature without risks (when applied correctly), improves expressively the rheumatic arthritis, assists the anaerobic or aerobic activities, makes the body more beauty, etc. (BONACHELA 1994). Therefore, the aged ones had become a large clientele whose search diverse benefits, among them the psycho-social one.

The oldest people are victims of their own machinations, because when young they had created illogical stereotypes of the aging, which now scare them. The stereotypography also seems to affect the confidence of oldest people and, generally, the more the person believes the stereotypes, the lower is the self-esteem. (STUART 2002)

Deeply negative visions of the aging appear when people make a direct comparison between an older and a younger person. In such circumstances, oldest people almost inevitably will be seen under a negative light. It is not "prejudice" to say that, in the average, the older people have more physical and psychological problems than younger, as well as it is not prejudice to say that, in average, women are shorter than men. However, these affirmations can easily predetermine these people like prejudiced. Thus, if the citizens will be requested to compare adult not to old with older adults, oldest certainly will be worse. (Id)

It is important to observe that an aspect of the personality is the way of life of the person, which includes choices of diet, exercise, cigarette, and others. The link between the cigarette and a minor expectation of life and the relation (more tenuous) between diet, exercise and health are so known that if is not necessary to reiterate them here. Therefore, believes that healthful habits contribute in all the sectors of the life of the person would not be an improper affirmation under the point of the scientism.

THEORY OF DISCONNECTION

Part of the aging is a preparation for the death. In any studies, this idea is more explicit than in the theory of disconnection (STUART, 2002). According to it, as the people grow old, they contract with the world diminish. In one moment, it happens through the decline of senses. In a social level, the loss of the spouse and friends and other social removals, as the retirement, make oldest people disconnect themselves of the contact with the others. It had been seen by Cumming and Henry Apud Stuart in "The Psychology of Aging" as a rational, initiated by the oldest people and induced and stimulated by the social conventions. It is like if people were preparing themselves to die, undoing their bonds with the physical world. The theory can be criticized (and it truly was) by presenting the behavior of waiting passively for the "Impious Harvester" as a good paper model for the oldest people. Perhaps it is a hard critic for Cumming and Henry, whose was talking about a relative disconnection, and not a total one. Posterior evidences indicating that the disconnection was limited in a large part to the people who had always been inmates. In other words, the phenomenon can be a "natural" extension of a specific type of personality, not a universal aspect of aging. Another critic is that the disconnection is a phenomenon very rare in developing countries, where the oldest people keep an active paper in the community.

Posterior, the researchers had argued that the best politics for the oldest people is to remain them as active as possible. The argument is more or less the following: normally exists the desire of keeping in activity, and the satisfaction with life is better in those people with an active involvement. People who disconnect of the society probably had been making this throughout the life - in other words, this is not only an answer to the aging. In extreme form, the theory of activity is not much attractive as the one which tries to substitute. The modern consensus is that the theories of disconnection and activity describe excellent strategies for some individuals, but not for all, and what will be better for each one depends on some factors: financial circumstances (the person has conditions to keep an active style of life?), health (the person still having necessary strength for some hobbies?), and types of personality (maybe the introverts hate a specific active style of life).

If it is possible to choose, many people probably would prefer to combine aspects of the life styles of disconnection and activity. This is shown by the researches about the preference for familiar relationships. It seems that, in occidental nations, at least, oldest people prefer to live in an independent way, but near to their children or close relatives. About 80% of the cases, parents live thirty minutes far from the house of one of their children, at least. Thus, it seems that the oldest people like to combine the opportunity of activities proportionate by the familiar interaction with the disconnection proportionate by the privacy of their home. (ibid)

At the same time, for a variety of reasons, the natality index decreased. It means that nowadays oldest people have fewer relatives to support them than in the past (even so about 80% of the oldest people have at least one son alive). However, does it mean that the difficult situation of aged ones (if it really exists) got worse? The answer is: probably not. First, the general improvement in the Standards of living and projects of pension disclose that oldest people are self-sufficient more frequently than their ancestral were. (Id)

According to that, unquestionably, the effect of physical activities, as of hydrogymnastic makes possible in collective terms significant increases in the quality of life. It is important to say that these benefits cannot be dissociable obtained of other sectors of society like health, education or security.

DATA ANALYSIS

The questionnaires had been applied in the presence of the authors after hydrogymnastic classes in different schedules and days of the week. Data analyses were made in percentages of analogous answers and the presentation disposed by questions.

Question 1 - What is your age? - The objective of this question was to delimit the sample. Only persons with 60 or older were interviewed. Only 10% of the interviewed had been men and the average age was 63 years. As we can see, women, perhaps for being less inhibited, have a better frequency. Talking with some teachers of the visited academies all of them agreed to say that the incidence of women in the hydrogymnastic classes is much bigger.

Question 2 - Why did you look for hydrogymnastic? - This question tried to evidence which are the reasons that made aged ones look for hydro gymnastic and later to perceive if they had their motivation modified with the permanence in the activity. The result was that 60% had been there by medical orientation, 30% for living a sedentary life and 10% for friend's indications.

Question 3 - Who lives with you? - The objective of this question is to know if the aged live alone or with their spouse and to perceive approximately which ages coexists among the pupils who practice hydrogymnastic with them daily.

The interview revealed that 60% live with their spouse and some member of the family as sons or grandsons. 30% live with another member of the family as brothers and 10% live alone.

Question 4 - Do you have many friends or colleagues in the same age as you? Yes ( ) No ( ) - This question has the intention to try to evidence the relationship with people in the same age. 95% of the interviewed answered yes for the question.

Question 5 - Do you have friends or colleagues who had been made at the gym during your hydro gymnastic classes? - These questions are intended to discover the influence of hydrogymnastic classes in the formation of friendships. We must perceive that the friendship concept can vary by person. However, measure the friendship level between people would generate another study, which is not the intention of this one. Only 10% said that they do not have friends in the hydrogymnastic. Such fact shows that independent of the friendship concept, 90% of the interviewed ones have some type of relationship with these activities pupils.

Question 6 - Which kind of activities do you do beyond hydrogymnastic? - We formulate this question in intention to perceive if the hydrogymnastic is really the only activity done by old people. 40% of the interviewed only practice that. Appeared in less percentages muscular exercises, mat, swimming, gymnastics and spinning.

Question 7 - Do you meet your classmates outside the gym? Yes ( ) No ( ) - This question was created to perceive if friendship circle constructed inside of hydrogymnastic classes surpasses the limits of the academy. 60% had said "No". Nevertheless, parties organized by them or by the academy had appeared in 80% of the answers, showing that at least inside the academy makes an interaction between them. We believe that these events are basically for maintenance and adherence of other pupils.

Question 8 - Beside the factors that had made you search the hydrogymnastic, which others keep you in this activity nowadays? - Considering that this study is related with the search for an activity which makes possible a bigger contact with other people, this question aimed to perceive if the maintenance of the aged ones in the hydrogymnastic was significantly occasioned for the relations constructed in the classes. 40% of the interviewed had said that they remain in classes just because of their health and 60% had told that they remain because of the friendships. It is important to say that 20% of the interviewed who were worried about their health at some time of the speech also had shown concern with some social matter (friends, parties, etc.).

Question 9 - Before making hydro gymnastic, what have you done generally in the time of the classes? - This question had as intention to identify which would be the activities that this person would have in case did not carry through hydrogymnastic. 82.5% had said that they would be at home or taking care of their grandsons, children or spouses. It is important to perceive that the accomplishment of an activity moves away the inactivity and introduces the leisure in their life providing benefits derived of factors connected to the attainment of pleasure.

FINAL CONSIDERATIONS

With the advance of capitalist system and the necessity of capital accumulation and wealth production aged ones felt kept out of society inside the social context. If we come back to the past, mainly before the writing, the aged ones had the function of memory people. Such fact happened, because the knowledge constructed by that community would be passed to the next generations through the morality once writing had still not been invented or systemized. (Le Goff, 1996)

Nowadays, in the world, many times the difficulties imposed to the aged ones by the system, create physical problems that develop bad physical, mental and social conditions. The theory of disconnection considers that people were preparing themselves to die, undoing yours bonds with the physical world. The physical activity could provide an increase of self-esteem besides approaching the aged one of the social conviviality.

The hydrogymnastic that appears as an activity extremely practiced by aged seems to be ideal to contribute for an approach of the aged ones to the social conviviality.

The research disclosed that women practice Hydrogymnastic more than men and that 60% are following medical orientations. Such evidence did not cause surprise therefore with the advance of the age the frequency in hospitals increases and an indication for practices of physical activities is always recommended and the hydrogymnastic with its advantages adjusts the necessities of the aged ones. It is interesting to compare the reason why aged people search hydrogymnastic and the reason that keeps them in. We perceive that the social factor has a significant influence since 60% of the interviewed had said that they remain for social matters. It shows that the search for social activities becomes (at least in this study) preponderant in peoples life.

Another factor to be detached is that 40% do not live with the spouse for reason of death or separation, and the conviviality with people of same age diminishes considerably with the years. If the elderly people do not have importance in familiar income, the possibility of they become a problem for the family is significant.

The hydrogymnastic contributes as it pointed in the research with respect to the construction of a friendship circle, what with no

doubts diminishes considerably with the years. With this, the possibility of the sprouting of the theory of disconnection increases. According to that, the increase on their friendship circles and the social importance that hydrogymnastic classes proportioned to the life of the practitioner increases the possibilities of the aged one run away from this theory, making possible a longer life and with a better quality.

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THE HYDROGYMNASTIC LIKE A POSSIBILITY IN THE COMBAT OF THE THEORY OF DISCONNECTION

ABSTRACT

With the advance of capitalist system and the necessity of capital accumulation and wealth production aged ones felt kept out of society inside the social context. Nowadays, in the world, many times the difficulties imposed to the aged ones by the system, create physical problems that develop bad physical, mental and social conditions. According to it, as the people grow old, they contract with the world diminish. With the variety of offers for aged, putting them in the way of practice some type of physical activity and mainly, with the participation of the medicine in the prevention, treatment and control of illnesses, with the improvements in social, politics and economic conditions, and with the adoption of a style of life more healthful, they start to long for a bigger life expectancy.This work had as methodology the application of a questionnaire half-structuralized in 40 aged who frequent classes of hydrogymnastic in academies of the north zone of Rio de Janeiro. The physical activity could provide an increase of self-esteem besides approaching the aged one of the social conviviality. The hydrogymnastic contributes as it pointed in the research with respect to the construction of a friendship circle, what with no doubts diminish considerably with the years. With this, the possibility of the sprouting of the theory of disconnection increases. According that, the increase on their friendship circles and the social importance that hydrogymnastic classes proportioned to the life of the practitioner increases the possibilities of the aged one run away from this theory, making possible a longer life and with a better quality.

Key Words: Aged ones - Hydrogymnastic - Theory of Disconnection

LE HYDROGYMNASTIQUE COMME POSSIBILITÉ DANS LE COMBAT LA THÉORIE DU DÉTACHAGE.

RÉSUMÉ

Avec l'avance du système de capitaliste, la nécessité de l'accumulation du capital et la production de richesse les âgées si rencontre marginalisées dans le contexte social. Dans le monde d'aujourd'hui, beaucoup de fois l'ostracisme impôt à les âgées pour le système, fait les problèmes qui développent les blessure physique, mental et social. La théorie du débranchage, c`est comme si la personne était si préparant pour mourir, défaisant ses liens avec le monde physique. Avec la variété d'offres et opportunité à les âgé pour pratiquer quelque type d'activité physique et principalement, avec la participation de la médecine dans la prévention, du traitement et commande des maladies, avec les améliorations en conditions politique, économiques, sociaux et avec l'adoption d'un modèle de la vie plus salubre, la même commencent à désirer ardemment pour une plus grande espérance de vie. Ce travail a eu comme méthodologie l'application de un questionnaire parcielment structure dans 40 âgées qu'ils fréquentent des leçons de hydrogymnastique dans les académies, de zone du nord du Rio de Janeiro. L'activité physique peut fournir une augmentation de l'auto-estime et aussi d'approcher âgées de la convivialité sociale. La hydrogymnastique étant une activité largement pratiquée par âgée pour les raisons diverses qui ajustent son exécution a les particularités de la bande d'âge en question contribue,comment a dire la recherche, pour la construction de le cercle des amitiés,que decliné consideravelmente avec le dépassement des années. Ce à cause, l'augmentation de la convivialité sociale et l'importance affective que les leçons de hydrogymnastique donnent a la vie de cela qui d`elle se emploient, et conséquemment l'augmentation les possibilités de le âgé fuir de cette théorie, faisant possible une plus longue vie et avec une meilleure qualité.

Clefs mots : Âgées - Hydrogymnastique - Théorie du détachage

LA HIDROGIMNASIA COMO POSIBILIDAD EN EL COMBATE CONTRA TEORÍA DE ALEJAMIENTO

RESUMEN

Con el avanzo del sistema capitalista, la necesidad de acumulación de capital y producción de riqueza, los ancianos se han sentido marginados en el contexto social. Hoy día muchas veces el ostracismo impuesto a los ancianos por el sistema crea problemas que desarrollan llagas físicas, mentales y sociales. La teoría de alejamiento es como si la persona estuviera preparándose para la muerte, rompiendo sus vínculos con el mundo físico. Con la variedad de ofertas a disposición de los ancianos para que practiquen algún tipo de actividad física, y principalmente con la medicina encargada de la prevención, tratamiento y control de enfermedad, con las mejorías en las condiciones sociales, políticas, económicas y con la adopción de un estilo de vida más saludable, los mismos empiezan a ansiar una expectativa de vida mayor. Este trabajo tuvo como metodología la aplicación de un cuestionario semi-estructurado en cuarenta ancianos que frecuentan las clases de hidrogimnasia en gimnasios de la zona norte de Rio de Janeiro. La actividad física puede proporcionar aumento en la auto-estima, además de acercar el anciano del convivió social. La hidrogimnasia es una actividad ampliamente practicada por los ancianos por muchas motivaciones que adecuan su ejecución a la peculiaridad de la edad en cuestión y contribuye, como mostró la pesquisa, para la construcción de lazos de amistad, que disminuye con el paso de los años. Con eso, el aumento del convivió social y la gran importancia afectiva que las clases de hidrogimnasia le dan a la vida de los que de ella aprovechan, aumentan las oportunidades para que los ancianos huyan de esa TEORÍA y además de eso, les permite una vida más larga y con mejor calidad.

Palabras-llave: Ancianos - Hidrogimnasia - Teoría de alejamiento

A HIDROGINÁSTICA COMO UMA POSSIBILIDADE NO COMBATE A TEORIA DO DESLIGAMENTO

RESUMO

Com o avanço do sistema capitalista, a necessidade do acúmulo de capital e produção de riquezas, os idosos se viram marginalizados dentro do contexto social. No mundo de hoje, muitas vezes o ostracismo imposto aos idosos pelo sistema, cria problemas que desenvolvem mazelas físicas, mentais e sociais. A teoria do desligamento é como se a pessoa estivesse se preparando para morrer, desfazendo seus vínculos com o mundo físico. Com a variedade de ofertas, oportunizando os idosos a praticarem algum tipo de atividade física e principalmente, com a participação da medicina na prevenção, tratamento e controle de doenças, com as melhorias nas condições sociais, política, econômicas e com a adoção de um estilo de vida mais saudável, os mesmos começam a almejar uma expectativa de vida maior. Este trabalho teve como metodologia a aplicação de um questionário semi-estruturado em 40 idosos que freqüentam aulas de hidroginástica em academias da zona norte do Rio de Janeiro. A atividade física pode proporcionar um aumento da auto-estima além de aproximar o idoso do convívio social. A hidroginástica sendo uma atividade amplamente praticada pelos idosos por diversos motivos, e que adequa sua execução às peculiaridades da faixa etária em questão, contribui, como apontou a pesquisa, para a construção do círculo de amizades que decai consideravelmente com o passar dos anos. De acordo com isso, o aumento do convívio social e a importância afetiva que as aulas de hidroginástica dão aos praticantes, aumentam as chances do idoso fugir dessa teoria, viabilizando uma vida mais longa e com uma melhor qualidade. Palavras chaves: Idosos - Hidroginástica - Teoria do desligamento