52 - CONTRIBUTION OF THE PHYSICAL ACTIVITY TO REGULATE IN THE CONTROL OF THE ANXIETY LEVELS

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INTRODUCTION

Among the most frequent upset in the population, it is the anxiety, with prevalence of 12,5%, along the life, 7,6% in the year. The upset associated to the anxiety are the most common among the emotional upset, reaching more than 10% of the North American and European population (VAAS, 2004). In that way, to face the referred upset, alternative means have been examined, as the physical exercise and the sport, since the emotional treatments are long and the medicines produce collateral effects, besides the high cost of both (BECKER JR, 1998).

In the middle of last century, the physical exercise, as treatment for these upset, refused due to the development of effective drugs and of the psychotherapy how to aid in the emotional upset (CAMPBELL & DAVIS, 1940). However, according to United States Department of Health and Human Services (USDHHS, 1990), there was a return for the attention to the influence of the exercise, in the treatment of the emotional problems, with emphasis in the prevention and in the treatment (apud BECKER JR, 1998).

According to Plants & Rodin (1990 apud SOUZA, 2005), the regular physical exercise it increases the temperature of the body provoking the possible tranquilizing effect of moment. It improves the adaptation to the stress increasing the nice activity, it reduces the nervous potential of the muscles in rest liberating the tension. Facilitates the transmission and liberation of hormones that it improves the vitality and it produces positive psychological effects, besides, the best physical condition, to increase the competence sensation, control and self-sufficiency. Unchains state of conscience more relaxed, it promotes amusement, and time of escape of thoughts, emotions and unpleasant conducts. The social reinforcement improves the psychological states that compete with negative states as anxiety and depression.

Being like this, that work has the objective of comparing the levels of anxiety line - state, among Professionals of Education with participation or not in programs of controlled physical activity and regulated. Besides being justified for turning more effective, the physical education Professional's contribution, in the control of the anxiety levels in patients with anxious pictures subject to the evolution for depression and/our other upset that you/they flow of anxious pictures as syndrome of the panic, phobias, depression (RODNEY, CUNNINGHAN, 1997, apud BALLONE, 2000). since, studies demonstrate the benefits, of the physical activity, of character: physiologic, psychological and social which are preponderant factors to the psychological upset (CHEIK and MELLO, et al 2003).

MATERIALS AND METHODS

For this work 28 Professionals of Education of both goods were selected, subdivided in 4 groups: Group 1 - Professionals of Education, that practice regular physical activity (N = 10); Group 2 - Professionals of Education that never accomplished the practice of regular physical activity (N = 7); Group 3 - Professionals of Education that are without practice of regular physical activity in the moment, (N = 5, stopped temporarily to an average of 3 months); Group 4 - Professionals of Education that practice physical activity in the weekends (soccer).

In the four groups it was applied, for a psychology professional, IDATE (Spielberg, 2003) that is a questionnaire of solemnity-evaluation of the anxiety level, composed by 2 questionnaires. The first questionnaire contains 20 subjects that evaluate the anxiety - state and the second contains 20 subjects they evaluate the anxiety - line.

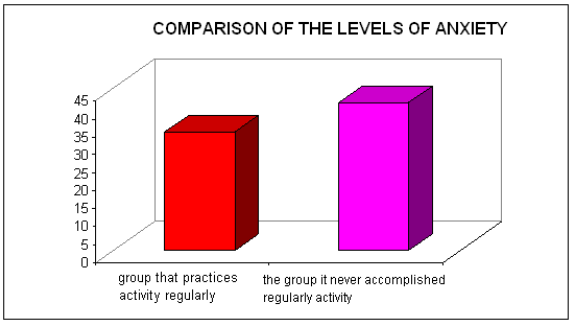
The work is a descriptive rising, characterized by a research of the quantitative type with comparative approach the one that second Gil (2002), search to translate a reality just as her it is, without interferences, inside of a sample population describing and comparing the result found. Where it was verified that the group of the Professionals of Education, that practice regular physical activity they presented indicative scores of anxiety line-state smaller than the other studied groups.

The statistical treatment the descriptive statistics methods were used in the sense of characterizing the demonstrative universe under your aspects of frequency distribution, when it treats of discreet and medium data, variances and other pertinent statistics, when it treats of continuous data.

Besides the inference statistics, that was used to answer the relationships among the variables of the study a test of T of Student's through which identifies in a comparative way, where, they appear, the possible differences manifested by the test of statistical.

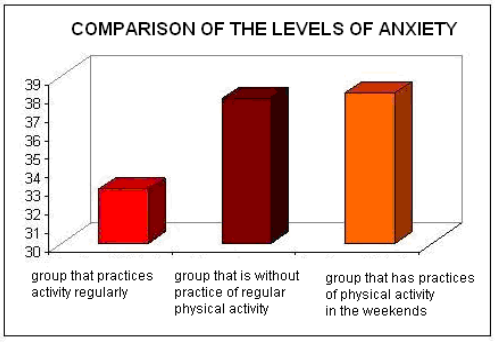
The level of considered significant will be of p <0,05, that is, 95% of certainty for the affirmatives negative and/our that the present study comes to denote.

RESULTS AND DISCUSSION



GRAPH 1: Presentation of the results obtained in the comparison of the levels of anxiety Line - State, for the group that practices activity regularly (33 points), with the group it never accomplished regularly activity (42 points), where a significant difference was demonstrated for p <0,05

The group that practices physical activity regularly obtained scores of anxiety line-state of 33 points where the values are smaller than the scores of the group that never practiced physical activity to regulate that obtained 42 points, corroborating like this with the studies that defend the regular practice of physical activity as great ally for the treatment of the upset of the anxiety, considering that some researches suggest that physical exercises can aid in the rehabilitation therapy in patients with anxiety disturbances (BALLONE, 2006 and CHEIK AND MELLO, et al. 2003). since during the physical exercises the organism liberates hormones (b-endorfina and dopamine) that it produces tranquilizing and analgesic effect in the regular apprentice, that with that effect relaxing powder-effort maintains a balance psicossocial (MARIN - GRANDSON et al. 1995, apud CHEIK AND MELLO, et al. 2003).

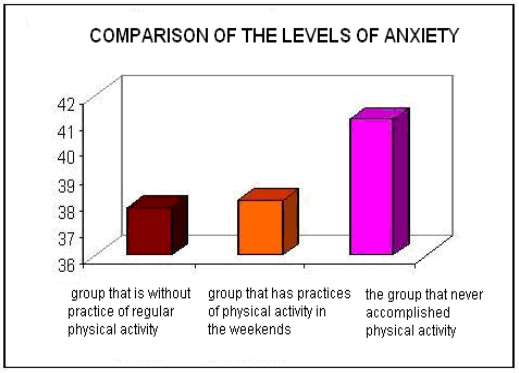


GRAPH 2: Presentation of the results obtained in the comparison of the levels of anxiety Line-state, for the group that practices physical activity regularly (33 points), with the group that is without practice of regular physical activity (38 points), and the one that has practices of physical activity in the weekends (38,5 points), where they didn't present statistical difference among them for p <0,05.

Although without statistical meaning, observed a larger tendency in the reduction of the indicative scores for anxiety line - state in the practicing group of physical activity to regulate (33 points) in relation to the group without practice (38 points) and the apprentice in the weekends (38,5 points), same being an eclectic group with relationship the modality, regularity, etc, the accomplishment of physical exercises would be possibly resulting in a series of physiologic and biochemical alterations involved with the nervous transmitters activation and specific receivers, as for instance, to promote regulation mechanisms feedback making possible the increase of the hormones (serotonina) liberation (MICHAL,1998 GUYTON, 1985 CHAOULOFF, 1996, apud MARTINS and JESUS, 1999).

Although itis not considered that the activities just practiced on the weekend they can have the benefits of an activity with larger regularity, considering the minimum of 3 times a week, the result presented by the group 4 (activity in the weekends - soccer), it might have been in function of what it is considered by Ballone (2004): that the positive effect of the physical exercise about the anxiety " can extend up to 15 weeks after that practice aerobics and it seems to be larger when the practice of the exercise stimulates a heart frequency up to 70% of the sportsman's maximum frequency in subject ", not noticing that effect in intensity low or moderate. Besides being considered the effect protected psicossocial for Cheik and Mello, et al. (2003), Martins and Jesus (1999), among other, since the group has regular encounters, propitiating like this, a social interaction.

And with relation to the group that was without regular activity in the moment of the research the presented result should be for the same protected reason for Ballone(2004) with relationship to the effects of the exercise about the anxiety if they extend for 15 weeks. Considering that the education professionals that were without physical activity, in the period of the research, were without the practice in one time that varied from 60 to 100 days, in other words, from 9 to 14 weeks, it is possible, then, that those effects still persisted.



GRAPH 3: Presentation of the results obtained in the comparison of the levels of anxiety Line - State, for the group that never accomplished physical activity (42 points), with the group that is without practice of regular physical activity (38 points), and what has practice of physical activity in the weekends (38,5 points), where they didn't present statistical difference for p <0,05.

Considering what it was discussed in the graph 2, in relation to the effects of the physical activity in the maintenance of less high anxiety levels, even if not statistical meaning, in the group that is without practice of physical activity to regulate (38 points) and in the group with physical activity in the weekends (38,5 points), it is noticed in some way, in the graph 3, the benefit of the physical activity in a better control of the anxiety of those groups in relation to the group that never practiced physical activity (42 points). Probably for the persisted endogenous effects, defended by Ballone (2004), since in situations of organic unbalance, the hormones enter in scene to reestablish the organic balance.

Of the hormones liberated in the organism (the endogenous opióides), the more acquaintance is the b-endorfina. " Many studies have been trying to verify the effect of the physical exercise on the endorfinas concentrations in SNC (brain) or in the plasma ". And the one that try identify these opióides in SNC are plenty of to invade and complex and consequently restricted to you encourage. Although with some doubts in relation to the exact mechanisms in what concerns the endogenous opióides and the physical exercise we can affirm with certainty that one of the manageable best of reaching a total balance of the organism (physical and mental health) it is through the physical activity to regulate (LUCAS,2006).

CONCLUSION

In this work it was possible to observe that, the practicing individuals of regular physical exercises, although without the control of the frequency, duration, volume and intensity previously established, they presented lower values for scores of anxiety line-state. And that can be attributed to the physiologic and metabolic improvements current of the physical exercise promoting mechanisms to regulate, as, for instance, activation of some neurotransmissores and receivers, considering your participations in the anxious processes. Besides the physiologic approach, we can consider the approach psicossocial, considering that when linking with other people and to be in charge of get even and with the solemnity-image, it increases the self-esteem, the self-confidence and strays more the attention of the factors that cause the anxiety.

Being like this, the observed data suggest that the regular practice of physical exercises can aid in the reduction of the anxiety levels. For that reason, it is done more and more important the physical education Professional's participation in teams multidisciplinares for treatment of the psychological subjects. A work together can result in a better evolution of the treatment with or without medicines, since a physical activity with regularity and programmed, orientated by prescribed physiologic parameters based on the private and individual data it can be more efficient.

The regular practice of physical activity is an alternative, that besides alleviating the stress, the depression and the anxiety, it is a process pleased, cheap and beneficial, that aids in the promotion of the individual's total health.

RECOMMENDATIONS

It is recommended that, to do a comparison and to demonstrate the influences of the physical activity about the anxiety, be accomplished exams that invade the body, complex exams so that she can observe the possible levels of stress metabolic biochemical and/our, correlated with the answers of the anxiety levels.

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CONTRIBUTION OF THE PHYSICAL ACTIVITY TO REGULATE FOR THE CONTROL OF THE ANXIETY LEVELS

SUMMARY

The anxiety is one of the emotional upset more common of the present time. The applied treatments to the anxiety are traditional, expensive and slow. Being like this, this study search to corroborate with other works, in the sense of, to find in the physical activity an alternative for the prevention and treatment of the anxious upset comparing the levels of anxiety line-state among Professionals of Education with participation or not in programs of controlled physical activity and regulated. For that a research work was accomplished, using, in four different groups, the Questionnaire of evaluation of the Anxiety (IDATE), where it was verified that, the practicing group of physical activity to regulate it presented indicative scores of anxiety line-state smaller than the other groups that didn't practice physical activity to regulate and mainly with relationship to the group that never practiced physical activity to regulate. We can point out that was possible to observe that, the practicing individuals of regular physical exercises, although without the control of the frequency, duration, volume and intensity previously established, they presented lower values for scores of anxiety line-state.

Word-key: Anxiety. Emotional upset. Physical activity to Regulate.

CONTRIBUTION DE L'ACTIVITÉ PHYSIQUE RÉGULIÈRE POUR LA COMMANDE DES NIVEAUX DE L'INQUIÉTUDE

RÉSUMÉ

L'inquiétude est celle des bouleversements émotifs plus communs de l'époque actuelle, devenant débilitants le facteur pour l'être humain de santé, puisqu'elle est dévoilée dans d'autres bouleversements, en tant qu'elle l'estresse de dépression et, au delà de ceux de aggravations, comme phobies, des bouleversements de la panique entre d'autres. Ayant dans le compte que les traitements appliqués à l'inquiétude sont traditionnels, chers et retardés, cette étude il searchs corroborer avec d'autres travaux, dans la direction de, trouver dans l'activité physique une alternative pour la prévention et le traitement des bouleversements impatients. Considérant que l'inquiétude est un bouleversement de psicofisiológico et que l'exercice physique

régulier stimule la production d'hormone dans les niveaux ajustés, le reequilibrando les hormonais fonctionne sauvant, ainsi, l'homéostasie du corps organique, au delà de reequilibrar les fonctions psychiques. Dans cette direction cette étude il a comme objectif pour comparer le tracer-état de niveaux d'inquiétude entre les professionnels de l'éducation à la participation ou pas dans les programmes de l'activité physique commandée et réglée. Pour ceci l'inventaire de l'inquiétude a été exécuté un travail de recherches employant dans quatre groupes distincts tracent - Estado (IDATE), où si démontré cela, le groupe de pratique d'activité physique régulière t'a présenté l'appui vertical vers le haut de moins indicatifs du tracer-état d'inquiétude qui les autres groupes qui n'ont pas pratiqué l'activité physique régulière et principalement en ce qui concerne le groupe qui n'a jamais pratiqué l'activité physique régulière.

Mot-Clef : Inquiétude émotive, bouleversements, activité physique régulière,.

CONTRIBUCIÓN DE LA ACTIVIDAD FÍSICA REGULAR PARA EL CONTROL DE LOS NIVELES DE LA ANSIEDAD

RESUMEN

La ansiedad es uno de los trastornos emocionales más comunes de la actualidad convirtiéndose en un factor debilitante para la salud humana, ya que conlleva a otros trastornos como el stress y la depresión además de las agravantes propias de la ansiedad como las fobias y el trastorno de pánico entre otros. Teniendo en cuenta que los tratamientos aplicados a esta entidad son tradicionales, caros y demorados este estudio busca corroborar con otros trabajos en el sentido de buscar en la actividad física una alternativa para la prevención y tratamiento de los trastornos ansiosos. Considerando que la ansiedad es un trastorno psicofisiológico y que el ejercicio físico regular estimula la producción de hormonas en niveles adecuados, re-equilibrando las funciones hormonales rescatando, así, la homeostase del cuerpo orgánico, además de re-equilibrar las funciones psíquicas. En ese sentido este estudio tiene como objetivo comparar los niveles de ansiedad trazo-estado entre Profesionales de Educación con o sin participación en programas de actividad física controlada y reglamentada. Para esto fue realizado un trabajo de investigación utilizando en cuatro grupos distintos el inventario de Ansiedad Trazo - Estado (IDATE), constatándose que el grupo practicante de actividad física regular presentó escores indicativos de ansiedad trazo-estado menores que los otros grupos que no practicaban actividad física regular y principalmente con relación al grupo que nunca practicó actividad física regular.

Palabra-importante: Ansiedad. Trastornos Emocionales,.Atividad Física Regular.

PERCEPÇÃO DOS NÍVEIS DE ANSIEDADE A PARTIR DA FIDEDIGNAÇÃO COM A PRÁTICA DE ATIVIDADE FÍSICA

RESUMO

A ansiedade é um dos transtornos emocionais mais comuns da atualidade, em comorbidade com o estresse e a depressão. Os tratamentos aplicados à ansiedade são tradicionais, caros e demorados. Sendo assim, este estudo busca corroborar com outros trabalhos, no sentido de, encontrar na atividade física uma alternativa para a prevenção e tratamento dos transtornos ansiosos comparando os níveis de ansiedade traço-estado entre Profissionais de Educação com participação ou não em programas de atividade física controlada e regulamentada. Para isso foi realizado um trabalho de pesquisa, utilizando, em quatro grupos distintos, o Inventário de Ansiedade Traço - Estado (IDATE), onde se constatou que, o grupo praticante de atividade física regular apresentou escores indicativos de ansiedade traço-estado menores que os outros grupos que não praticavam atividade física regular e principalmente com relação ao grupo que nunca praticou atividade física regular. Podemos ressaltar que foi possível observar que, os indivíduos praticantes de exercícios físicos regulares, ainda que sem o controle da freqüência, duração, volume e intensidade previamente estabelecidos, apresentaram valores mais baixos para escores de ansiedade traço-estado.

Palavras-Chave: Ansiedade. Transtornos Emocionais. Atividade Física Regular.