70 - PHYSICAL ACTIVITY AND QUALITY OF LIFE CONSIDERING THE CONDITIONS OF LIFE OF WORKERS OF AN INDUSTRY OF VICTUALS

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That research has as objective to do an analysis of the conditions of life dos(as) funcionários(as) of a provision industry and to relate them with the practice of the physical activity and the representation of quality of life dos(as) mesmos(as). The reasons that took to this study left of studies and researches on the worker's health and active lifestyle, as well as of the observation and coexistence with the workers of a located provision industry in the neighborhood of Jacarepaguá, in the Municipal district of Rio de Janeiro.

Aligned with this concern, it emerges in the years 1980 the discussion about the Worker's Health in Brazil, appearing inside the collective health, influenced by the presuppositions of the Latin-American social medicine, for the Italian sanitary reform and for the movement in favor of the Brazilian sanitary reform that culminated in the institucionalização of the unique system of Health (SUS), (PORTO; ALMEIDA, 2002).

In this study, the worker's health is understood, as "a body of practices theoretical interdisciplinares - techniques, social, human - and interinstitucionais, developed by several located actors in different and informed social places for a common" perspective (MINAYO-GOMEZ; THEDIM-COSTA 1997 p. 25). This discussion comes to open a field that went exclusive land to specialists in productivity starting to count also with analyses that consider the worker's point of view for many years (LAURELL, 1981).

Laurell (1981, p.17) he/she says that: To " analyze the problem of the health of the point of view of the social and technical process opens the perspective of understanding what is exploration of the work and as this exploration it consumes the worker ".

The work ends for organizing the daily, considering that is in him that we passed most of our day. The profession orientates the complex social practices, implicating in contradictions, antagonisms and dynamic opposition between the subjects and social groups, that are organized inside relatively of systems in ways autonomous, generating diversity and contradiction. Therefore, when analyzing the daily of those employees, starting from the perspective of the worker's health, it is necessary to verify as the interlacements of the life in the work and out of him they are produced.

The traditional approach of education for the health has if worried essentially with the alteration of the lifestyles, in other words, it has been coming to persuade the people to alter her/it your habits for if " they fit " in the atmosphere in that live. This model has for objective that the people accomplish the programa/proposta that they are introduced. However, this approach has been ending for leading to the victim's " culpabilização, that is, the own individual to feel responsible for not altering your behavior (PALMA, 2002).

Therefore, if we consider that the work ends for orientating the individuals' life, to do an approach of the daily dos(as) funcionários(as) of the provision industry it requests to verify that forms the work it intervenes in this daily one and as this it is capable to alter the routine of work of these subjects.

Objectives

•To Identify the habits of the daily, the life conditions and the form and the time of leisure dos(as) funcionários(as) of an industry of victuals of Jacarepaguá;

•To Analyze the conditions of life dos(as) funcionários(as) of a provision industry and to relate them with the practice of the physical activity and the representation of quality of life of the same ones, in a gender perspective.

Methodology

The Study is characterized by the qualitative approach and he/she has as purpose to work with the narratives of the subjects. For the collection of the data they were made interviews approaching the following topics: perception of health, life habits, leisure and representation of life quality.

Subject of the Research:

Funcionários(as) between 24 and 40 years of an industry of victuals of the neighborhood of Jacarepaguá, in the Municipal district of Rio de Janeiro. Six (06) employees and five (05) employees of the production line.

Profile of the subject of the sample

Table 1: Profile of the sample

Women	Age	CIVIL STATUS	CHILDREN	EDUCATION
Maria	24	Married	1	fundamental Level
Roberta	29	Married	1	fundamental Level
Renata	38	Married	2	fundamental Level
Aline	40	Married	1	fundamental Level
Joana	30	Married	2	High school
Fernanda	32	Married	1	High school
Men	**Age**	**CIVIL STATUS**	**CHILDREN**	**EDUCATION**
Jerônimo	33	Single	3	fundamental Level
João	25	Single	0	fundamental Level
José	24	Married	1	High school
Jairo	29	Married	1	High school
Jorge	26	Married	0	7th series

With relationship to the level socioeconômico, all live in lacking communities, homes of two comfortable and with, at least, four people inhabiting. João, Jairo and Jorge live the about one hour and thirty minutes of the work, if we consider that the displacement is made of bus. Maria and Aline also live distant. The others live closer to the industry, being long at the most 30 minutes of bus displacement or to foot. Renata lives rented home and Maria is still paying the financing of your house, the others live own home. The wages vary between an and five minimum wages.

Perception of health

The employees make regular use of medicines (mainly analgesic and antialérgicos) and they evaluate your health as "

it regulates " and " bad ". the employees Already consider your good " and " very good " health ". in agreement with Canguilhem (1995 p. 145):

The border between the normal and the pathological is imprecise for several individuals considered successively (...) The individual is that evaluates that transformation because it is him that suffers your consequences, in the own moment in that feels unable to accomplish the tasks that the new situation imposes him/her.

The one that can be observed reinforces the one that Mourão and Duarte (2003) they tell on the masculine and feminine social papers: "although the individuals can exchange behaviors in the daily, what still sees he/she is the woman suffering the pressures of the accumulation of functions in your social relationships and in your condition of health" (p.158). this way we found for a same type of carried out work, differentiated perceptions of health among the goods, because the women are questioned by a daily one that he/she doesn't close up out starting from the activities of the work of house, the cares with the house, the children and the husband checks them the couple day in your daily ones.

Life habits

The inadequacy of hours of sleep of three of the six employees can be associated to the couple's work day presence. The multiples tasks, besides they interfere in the leisure, they can be related with the fatigue generated by the accumulation of functions. Long work days associated to inadequate rests they can take to one: "[...] sensation of morning fatigue, with alterations in the heart rhythm, anxiety, anguish and increase of the contratura muscular, proportionate pains in the zones cervical, number and lumbar". (BRITO, 2000, p. 200). The women complain more than the men about the sleep time.

Table 2: Hours of sleep of the sample

Women	HOURS OF SONO	SUFFICIENCY	Men	HOURS OF SONO	SUFFICIENCY
Roberta	9	they are enough	José e Jairo	9	they are enough
Joana	8	they are enough	Jerônimo	7	they are enough
Maria e Aline	7	they are not enough	Jorge	6	they are enough
Renata	6	they are enough	João	5	they are not enough
Fernanda	5	they are not enough			

Table 3: Physical activity

CS	X Week	TYPE OF ACTIVITY	IMPORTANCE OF THE PHYSICAL ACTIVITY	Reason for not doing the physical activity
a	0	--	Good for health	Lack of time
	5	Gym (1h) e Muscle Fitness (2h)	It is good to the health and I feel more willing	
	2	Gym (1h)	It does well for health and I feel more willing in the day by day	
	0	--	It does well for the health	Lack of money
da	2	Gym laboral (1h)	Because I lose weight and I feel more willing for the work, stronger and lighter	It is one month without doing because of the work
	2	Gym laboral	felt very well	
CS	**X Week**	**TYPE OF ACTIVITY**	**IMPORTANCE OF THE PHYSICAL ACTIVITY**	**Reason for not doing the physical activity**
	1	Race and Soccer	is fundamental for health and he/she gives more disposition	Work
	4	Muscle Fitness (1h)	it is good for appearance, for the body and the mind and it gives me more disposition.	
	3	Soccer (2h)	It does well and he/she leaves me more willing	
o	7	Race (40 min.)	To maintain the person in better performance, it improves the blood circulation and it maintains the physical form better	
	7	Walk (20 min)	Walk	

Physical activity

Maria is the informer that more she is devoted to the practice of physical activity and she complains about the inadequacy of the hours of sleep, she sleeps little and "she works out" a lot. It is verified in the narratives of this informer that the physical activity wins prominence in your daily one, even if he/she has to do a reengenharia of the time so that he/she can practice her.

Roberta and Joana don't make physical activity; they say that same tends the gymnastics laboral, for a lot of times the work accumulation doesn't allow that do: we "have the gymnastics here in the company, but we also have to accomplish our tasks of the day; it finishes that doesn't remain time for people to do".

Renata makes physical activity in academy, Fernanda and Aline they practice gymnastics in the company and Fernanda is the only that reference in your speech, that the physical activity practiced by her he/she leaves her more disposed for the work.

Among the employees, José just makes muscular activity; João, Jorge and Jerônimo walk and they run and Jairo plays soccer regularly; in other words, all the men involved in the research they practice some type of physical activity.

To the they be asked on the importance of the physical activity, all recognized the paper for the health and some related to the aesthetics and the revenue in the work. As it can be seen, most dos(as) funcionários(as) they make some type of physical activity. Among the women it is verified that even with the difficulties found in your daily one they try to maintain the regular practice of physical activity.

I smoke and Alcohol

With relationship to the habit of healthy life is observed that enters the women, Renata, Joana and Fernanda smoke and none of the men makes cigarette use. In relation to the alcoholic drink, most of the women (Roberta, Maria, Renata, Joana and Fernanda) he/she drinks beer regularly in the weekends, among the men João and José just drink. For those individuals, the drink appears as escape valve being associated to moments of relaxation and of pleasure. The other subject of the sample don't make use of alcoholic drinks.

Feeding

It is irregular and they present difficulty in maintaining a good quality. The irregularity is associated at the time, because many have couple day. With relationship to the quality, it was verified three reasons for not being desirable: the knowledge lack, the economical situation and the time.

Table 4: Feeding

n	MEALS	LARGER FREQUENCY OF THE VICTUALS
	3	Chicken, masses and soda (5X) and fries (4X)
	2 (breakfast and lunch)	Chicken and coffee (7X) and vegetables (5X)
	3	Mass, milk, fruits and vegetables (7X), red meat and fries (3X)
	3	Coffee (5X), soda (3X), red meat, mass and vegetables (2X)
	4	Coffee (7X), Vegetables (5X), fruits and red meat (4X)
	3 (breakfast, lunch and snack)	Vegetables (7X), Fruits (5X) and red meat (4X)
	MEALS	**LARGER FREQUENCY OF THE VICTUALS**
	4	Milk (7X), masses (4X) and vegetables (4X)
	4	Soda (2X a day), fries (6X), Chicken, fruits and vegetables (7X)
	3	Soda, fruits and vegetables (7X)
	3 (breakfast, lunch and snack)	red meat, mass and coffee (7X)
	3	Chicken, masses, milk and sodas (7X)

Leisure

For some subjects, the leisure appears as moment of I don't work; for other, as time to be with the family and to take care of the tasks of the house. The table below demonstrates what they like to do in your moment of leisure, that all associated a weekends.

Table 5: Feminine leisure

Feminine	LEISURE	Masculine	LEISURE
Roberta	to Leave to walk with the family	João	Soccer
Maria	to see TV	José	Soccer
Renata	Pagode and beer	Jairo	to read books
Joana	to play with the children	Jerônimo	to hear music and sport
Fernanda	to Play with the children and to go the beach	Jorge	to Hear music
Aline	to read books and to go the beach with the family		

It can be verified gender subjects related to the moments of leisure, because although three of the employees have children, they didn't include them on those moments. Already among the employees, just one doesn't relate your moment of leisure with the family.

It is necessary that a public politics of leisure is had, that according to Marcelino (2001):

means to speak of the reduction of work day - without reduction of wages -, and, therefore, in a politics of reordenação of the time, in a politics of urban transport etc.; it means, also, to speak in a politics of reordenação of the urban soil, that embraces the spaces and the leisure equipments - including the home and yours spills; and, finally, in a politics of formation of pictures, professionals and volunteers, for us to work in an efficient and updated way. Summarizing: the leisure has your especificidade, besides as public politics, but it cannot be treated in isolated way of other social subjects. (p.58)

Representation of life quality

It was asked the subject of the sample: What is life quality for you?

The following answers were presented.

Table 6: Concept of life quality attributed by the subject of the sample

n	REPRESENTATIONS OF QUALITY OF LIFE
	to have in first place health and to be always smiling at the people
	is to be with health, to be happy and to be always of well with the life
	is to be well with my health
	to Live in a clean community and that has order
	to Have a good employment, to give to my family a comfortable life and with few concerns with the future.
	Everything of good in our life
	REPRESENTATIONS OF QUALITY OF LIFE
	is to have good health and interior peace
	is to be very physical and mentally and to have balanced life
	is to be very willing to work and to accomplish with all my obligations
	is to be clean with itself and responsible
	is always to be used, being used it is already a great quality for my life

The life quality for the subject of the study is to have health and this he/she comes from way to have conditions of accomplishing your daily tasks. It can also be seen that subjects as home, cleaning and employment appear as important for the quality of life of the informers, what denotes that the actions that benefit that working class cannot be descomprometidas with those subjects. Minayo (2000 p.7) it places the life quality seen through a social representation that is "maid starting from subjective parameters (well-being, happiness, love, pleasure, personal accomplishment), and also objectives, whose references are the satisfaction of the basic needs and of the needs created by the degree of development certain economical and social society."

Those representations take to the that Minayo (2000) it relates how composing the semantic field about life quality, because they are much more gone back to lifestyle and life situation.

CONCLUSIONS OF THE STUDY

What can be noticed in the collected data it is that although the employees feel need to take care of the health, attributing to her the main factor to have life quality, they have difficulty of adopting healthy habits in function of the work day associated at the time of displacement, to the domestic tasks, to the level socioeconômico and the education.

Already the employees, although they get to do the physical activity regularly, the feeding and hours of sleep suffer the direct interference of the level socioeconômico and of the education.

The daily and the conditions of life dos(as) funcionários(as) of the provision industry in subject demonstrate the difficulties found by the population of low income for us to maintain healthy habits. The public politics need to be gone back to that reality. It just is not enough to accuse the individual for your lifestyle, but to look for forms that make possible the obtaining of a healthy lifestyle. Funtowicz & Ravetz (1997) they establish that the analysis of the complexity is ruled in two attributes: the uncertainties and the decisions in game; Palm (2002) it increases still one more attribute: the vulnerabilidade. Therefore, we have to take in bill those attributes so that we can implement programs that favor the possible adoption of a healthy lifestyle. Minayo (2000, p.7) it complements saying that the representations should be considered about the "development notions, democracy, way, conditions and lifestyle ".

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ABSTRACT

Objective - to Analyze the life conditions and of the daily relating the practice of physical activity and the quality of employees' of a provision industry life. He/she took place eleven interviews, where it was verified that the employees try to maintain healthy habits, however, the feeding appeared as the largest difficulty found by them, the level socioeconômico and of instruction they can be decisive of that picture. The daily and the conditions of the employees' of the provision industry life in subject demonstrate the difficulties found by the population of low income for us to maintain healthy habits. The public politics need to be gone back to that reality.

Key words: life conditions, physical activity and complexity.

RÉSUMÉ

L'objectif - Analyser la vie conditionne et du raconter l'entraînement d'activité physique et la qualité de quotidiennement employés d'une vie de l'industrie de la provision. He/she a eu lieu onze entrevues où il a été vérifié que les employés essaient de maintenir des habitudes saines, cependant, l'alimentation a paru comme la plus grande difficulté trouvée par eux, le socioeconômico égal et d'instruction ils peuvent être décisif de cette image. Le quotidien et les conditions des employés de la vie de l'industrie de la provision dans sujet les difficultés trouvées par la population de bas revenu pour nous pour maintenir des habitudes saines démontrent. Les politique publiques ont besoin d'être allé arrière à cette réalité.

Les mots de la clef: la vie conditionne, activité physique et complexité.

RESUMEN

El objetivo - Analizar la vida condiciona y del relacionar diario la práctica de actividad física y la calidad de empleados de una vida de industria de provisión. He/she tuvo lugar once entrevistas dónde fue verificado que los empleados intentan mantener los hábitos saludables, sin embargo, que el alimento aparecía como la dificultad más grande encontrada por ellos, el socioeconômico nivelado y de instrucción ellos pueden ser firmes de ese cuadro. El periódico y las condiciones de los empleados de la vida de industria de provisión en el asunto las dificultades encontradas por la población de ingreso bajo para nosotros mantener los hábitos saludables demuestran. La política pública necesita haber sido regresada a esa realidad.

Palabras de la llave: la vida condiciona, actividad física y complejidad.

RESUMO

Objetivo - Analisar as condições de vida e do cotidiano relacionando a prática de atividade física e a qualidade de vida de funcionários de uma indústria alimentícia. Realizou-se onze entrevistas, onde se verificou que os funcionários tentam manter hábitos saudáveis, entretanto, a alimentação apareceu como a maior dificuldade encontrada por eles, o nível socioeconômico e de instrução podem ser determinantes desse quadro. O cotidiano e as condições de vida dos funcionários da indústria alimentícia em questão demonstram as dificuldades encontradas pela população de baixa renda para manterem hábitos saudáveis. As políticas públicas precisam estar voltadas para essa realidade.

Palavras chaves: condições de vida, atividade física e complexidade.