102 - ANALYSIS OF THE QUALITY OF LIFE OF WORKERS AT THE CENTRAL POST OFFICE IN THE CITY OF FORTALEZA-CE

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INTRODUCTION

Life style is directly connected to the modem concept of health, understood not only as an absence of sickness, but preoccupied with the quality of life and psycho-corporal integrity as well as a healthy life (SANTOS e VENÂNCIO, 2006).

The World Health Organization has defined health as a state of physical, mental and social well being. And not merely an absence of sickness. Accepting this definition of the WHO as a basis, we must try to understand the quality of life and well being in its global form, taking into account in a holistic manner the various components of the human person. However, we must not omit to consider aspects that are stictly subjective in each individual. We live in a capitalistic society where consumerism is a preponderant factor in social relationships as a result of continual progress in industrialization where technological development, industrial growth and economic expansion began in the middle of the XVIII century causing a radical change in the "modus vivendi" of the world population. With this change in life style carne confort which brought with it a continual reduction of physical activities, substituting daily habits that demanded effort, like going upstairs, physical activities in the home and in sports. For those who lived a hiperactive life, the use of elevators, moving stairways, machines for washing clothes etc. reduced activities considerably. So we see a change from the scale of deaths from infectious disease to deaths from chronic degenederation (GUEDES E GUEDES, 1995). The sum of daily actions, values and opportunities in life define what we call life style. The five point diagram for well being is an instrument that uses a scale ofO-3 to verify the life style of an individual or group of individuals with behavioral changes that run a risk to health and the quality of life (NAHAS, 2003). According to NAHAS, 2001, research in various countries showed great relevance in analyzing and measuring the integrating factors of life styles as a condition "sine qua non" for understanding individual groups and communities. Thus, the application of the five point diagram for well being in an effort to discover the health and well being of any individual can be a first step in securing a better life style.

METHODOLOGY

Research planning

This work is a study of teansversal outline on workers at the municipal Post Office in the city of Fortaleza, Brazil. The individuals were choosen by random sample depending on the time they had available to till in the questionaire. The information was collected in September of2006.

Sample

The sample consisted of 61 workers from the administrative area, 33 being females and 28 being males. Their ages varied from 17 to 60 years of age.

Instruments and proceedures

The data was collected through the application of a questionaire to verify the individual life styles. The questionaire was derived from the five point diagram elaborated by HAMAS (2001, p.18) and published in the brazilian magazine for Physical Activity and Health, 5 (2), 48-59. This instrument includes five components related to life styles: nutrition, physical activity, preventive behavior, social relationships and stress control. Each component presented 3 questions, with each answer being base don a scale that ranged from O (zero) - 3(three) points. Scores measuring zero or one point indicated behavior causing a risk to health. It was decided to categorize the answers according to the answer most frequently observed (mode) for each of the fifteen items on the questionaire. The questionaire permitted the visualization of the results by a representative figure called "The Five Point Diagram for Well Being".

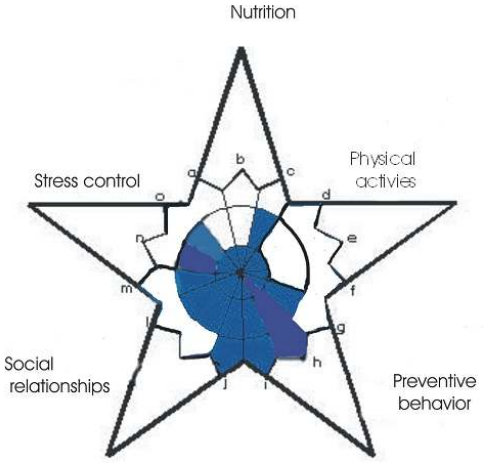
Statistical treatment

Data analysis was statistically descriptive (frequency distribution, average, mode, median, standard deviation). The Software Statistical Package for Social Sciences (SPSS 13.0) was used in the treatment of the data obtained.

RESULTS

Regarding Nutrition, 47,5% of the participants said they sometimes included at least five portions of fruit and vegetable in their daily diet. 54,1$ said they sometimes avoided fat foods (fat meat, fries) and sweets. 32,8% nearly always took 4 or 5 varied refections daily including a full breakfast. Examening the physical activities, a majority of the Post Office workers - 45,9% said they had less than 30 minutes of moderate physical activity five or more times weekly. 29,5% said they did not do, at least twice weekly, exercises that demanded muscular strength. 27,9% said they daily walked to work and used the stairs Instead of the elevator. Regarding preventative behavior 41% said they regularly checked their blood pressure, colesterol levels and tried to control them. 54,1% confirmed that they did not smoke or drink alcoholic drink or drank alcohol with moderation. The majority 70,5% stated that they respected the rules of the road as pedestrians, cyclists or motorists. They always used the seat belt when driving and never drank alcohol when driving. As regards relationships the majority 63,9% always tried to be friendly and were satisfied with their relationships. 34,4% met friends in their free time and partook of sporting activities in groups and were members of social entities. 36,1% always tried to be active in their community and felt useful in their social environment. Concerning stress control it was verified that the majority 34,4% sometimes reserved time (at least five minutes) each day to relax. 41% avoided arguments even when angry. 36,1% always tried to balance time dedicated to work with time dedicated to leisure.

GRAFHIC 1 - ALYSIS OF THE QUALITY OF LIFE ACCORDING TO THE FIVE POINT DIAGRAM FOR WELL BEING.



DISCUSSION

Analysing the quality of life of the Post Office workers one noticed that the items Nutrition and Physical Activity were not satisfactory especially in the light of the great impact personal habits and life style can have on our health. Behavioral changes can be very effective in areas for the prevention and control of sickness associated with inactivity. It is important to stress that individual behavior exercises a direct influence on health and well being. This behavior information is a result of information obtained from the wishes of individuals as well as from opportunities and barriers presented in real life (NAHAS, 2003).

For thousands of years man has observed the effects of food in the prevention and care of sickness. The evolution and progress in the field of dieting habits and the types of sickness prevalent have changed and this has occurred with greater enphasis in the last century. We are living in an era of life style and without doubt what we eat and drink has a direct effect on our health. Together with the unheathy diet comes inactivity. Therefoire a recommendation from The American College of Sports medicine and The Center for Disease Control and Prevention, is that every american adult should spend thirty minutes or more in physical activity of moderate intensity (3-6 METs) at least each day of the week. This recommendation is base don the observation of calory consumption and the total time of physical activity associated the reduction of heart related illnesses and mortality.

When the QV (quality of life) among men and women was compared in this study it showed an increase in the quality of life among women even though this was considered below satisfactory as it did not arrive at 2 on our scale (answer nearly always correct) in some components of the Five Point Diagram for Well Being. One of the factors causing this unsatisfactory result in the quality of life for men was the fact that men presented a higher level of inactivity. 45,9% Said they did not do 30 minutes of moderate or intense physical activity daily or by accumulation each week five or more times weekly. This was different from other studies that showed a better QV for women (MADUREIRA et al. 2002; OLIVEIRA, 2001).

Regarding preventative behavior it was discovered that in both sexes this component had the highest number of points in present time and one may not speak about behavior related to health without including certain elements that are fundamental in contemporary life (NAHAS, et al. 2002). In the item regarding social relationships both sexes presented satisfactory values "almost always correct" and "always correct", trying to be active in their community, feeling useful in their social environment. The fact that the personal relationship of the individual with him or her self, with the people around him or her and with nature are fundamental components for spiritual well being and consequent1y for the quality of life of all individuals was also noted (NAHAS, 2001). In stress control the men presented higher degrees of stress than the women, something colloborated by other studies in this field (OLIVEIRA, 2001; ANDRADE, 2002; SOUZA. 2001). In a period of two years, six out of every ten american men admitted to having at least a quantity of stress, while approximately one in five admitted great stress almost daily relating to negative sentiments, a sensation of solitude, nervousness, boredom or tediousness (SANTOS E V ANÂNCIO, 2006). An active life style ought, without doubt, be the goal to be achieved by workers as part of the effort for a better quality of life. It will also depend on a decision related to preventive health, an active life, greater changes in the social, economic, political e organizational fields. These possibilities are present1y being discussed with the research team and other private institutes, in an effort to communicate and reflect on the results presented here to help make viable changes in habits and actions in an effort to reduce the problems presented here and improve the quality of life and work.

Using these results makes it important for us to alert the Post Office workers in the municipality of Fortaleza, Ceará to maintain a healthy life style and avoid unplesant changes in behavior habits such as: becoming upset, excess of stress at work, lack of time for relaxation etc. In today' s world the lack of time helps to increase the stress factor in society.

CONCLUSION

From these results it may be observed that the workers at the Post Office in the city of Fortaleza, Ceará need to adopt a more healthy life style, because the items examined presented a low level of points indicating a health risk. Above all, regarding nutrition and physical activity one noted thy received the lowest points using the Five Point Diagram for Well Being. So an immediate change is necessary in their habits involved in these two items.

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ANALYSIS OF THE QUALITY OF LIFE OF WORKERS AT THE CENTRAL POST OFFICE IN THE CITY OF FORTALEZA

ABSTRACT

In recent times there has been a growing preoccupation among international organizations in public health concerning: the sedentary life style and the increase in the number of chronic non transmissible types of pathologies (coronary obstruction, vein obstruction and stress among others). Base on this information the object of this research was to verify the life style of those working in the municipal Post Office in Fortaleza. By applying the questionaire of the five point diagram of well being as elaborated by NAHAS, 2001, which consists of an analysis of five topics in relation to the quality of life. Based on a statistical analysis of the data that came to light, it was discovered that it is imperative to better nutritional components and physical activity, as these two items obtained the lowest scores in the research.

Key-words: life style, quality of life, physical activity.

ANÁLYSE DE LA QUALYTÉ DE LA VIE DES TRAVAILLATEURS DE LA POSTE CENTRAL DE LA VILLE DE FORTALEZA-CE

RÉSUMÉ

Actuelement, les entités internationals de la santé publique(OMS) sont trés preocupeés avec la relation qui y a sur l style sedentaire de la vie et augmentation de pathologies chroniques et pas transmissibles (coronariopathie, angy opathie, estresse dans l´ autres). Avec cettes informations, la present pesquise a proposé um étude sur l' style de vie des travaillateurs de la poste de la ville de Fortaleza-Ceará. A travers d' aplication d' un questionnaire-pentacule du bien-être-a proposé pour NAHAS (2001). Il consiste dans l'analyse de cinq topiques sur la qualité de la vie. Aprés l'analyses de numéros statiques, la conclusion est de la necessité d' une amélioration de la nutrition et de l'activité physique, parce que la pontuaction a eté trés bas.

Mot-clés : style de la vie, qualité de la vie, l'activité physique.

ANÁLISIS DE LA CALIDAD DE VIDA EN FUNCIONÁRIOS DE LOS CORREOS CENTRAL DE LA CIUDAD DE FORTALEZA - CE

RESUMEN

En la contemporaneidad ha sido creciente la preocupación de las entidades internacionales (OMS) en salud publica (OMS) en lo que dice a respecto a la asociación de: Estilo de vida sedentario y aumento del numero de patologías del tipo crónica no transmisibles (coronariopatía, angiopatia, "stress" entre otros), Basado en estas informaciones a la presente investigación sera objeto de verificación del estilo de vida de los funcionarios de los Correos del Municipio de Fortaleza, Ceará. A través de la aplicación del cuestionario del pentaculo del bien estar representado por (NAHAS, 2001) que consiste en el análisis de 5 tópicos referentes a la calidas de vida. Basado en los análisis de los datos estadísticos se constato la necesidad de mejoría de los componentes de nutrición y actividad física, por haber sido esos los de menor puntuación.

Palabras-importante: Estilo de vida, calidas de vida, actividad física.

ANÁLISE DA QUALIDADE DE VIDA EM FUNCIONÁRIOS DOS CORREIOS CENTRAL DA CIDADE DE FORTALEZA - CE

RESUMO

Na contemporaneidade, tem sido crescente a preocupação das entidades internacionais (OMS) em saúde pública (OMS) no que diz respeito à associação de: Estilo de vida sedentário e aumento do número de patologias do tipo crônica não transmissíveis (coronáriopatia, angiopatia, estresse entre outros).Baseado nestas informações a presente pesquisa objetivará a verificação do estilo de vida dos funcionários dos CORREIOS do município de Fortaleza, Ceará. Através da aplicação do questionário do pentáculo do bem-estar representado por (NAHAS, 2001) que consiste na análise de 5 tópicos referentes à qualidade de vida. Fundamentado nas análises dos dados estatísticos constatou-se a necessidade de melhoria dos componentes de nutrição e atividade física, por terem sido esses os de menor pontuação.

Palavras-chave: Estilo de vida, qualidade de vida, atividade física.