112 - REVIEW OF THE EXPECTATIONS OF AGED PEOPLE WHO´VE BEEN PART OF THE PROGRAM OF PHISICAL ACTIVITIES OF SESI-PETRÓPOLIS, RIO DE JANEIRO.

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INITIAL CONSIDERATIONS

According to IBGE, Brazilians percentual of population over 60 years old has been growing over the last decades, when represented in 1970, 5,1% of all the resident population. Nowadays this number find itself in 8,56%, estimating that in 2030 it will represent around 17,02% of all the population. (IBGE, 2000).

Meirelles (1999) teach us that the process of getting old has its beginning on the conceptions of its kind, been age a dynamic process, progressive and capable of the progressive lost of adaptation capacity of man and the Earth.

One the effects of age, is found on a phenomenon that, according to Faria Jr. et al (1997), it becomes a vicious circle, as the individual gets old he becomes sedentary, his physical capabilities are reduced stimulating negative feelings related to the old age, that many times can cause stress, depression, and the end of physical activities, witch were already insufficient. All this scenery ends up on new chronicle disease that increases to the aging.

Veras et al. (2002) show the importance of politics and models of promotion of health that not only prevent the deleterious on functional incapacity., but that allow the comprehension of morbidly for the aged, in a way with it desinvolves a process that encourage them to control their own health and to get away from their awe life.

Sluzki (1997) e Valla (2000) also confirm that the social support contribute for the maintenance of peoples health, accelerating the process of cure, even to help them get over some kind of situations, like the lost of someone from the family, the lost of capability of working, the lost of social parts, and others. This way, the support and the relation with others, can be knowned as truly strategy of survival.

The habbits of physical activities since the childhood, reflect directly on the quality of life, like Camargo (1998) indicates, although he comments that although some aged can't wait to retire, others see this moment as a threaten, because they feel they are being replaced by new technologies and they don´t know how to enjoy the leisure. At this moment, many look up for something to fill this void, and, in big scale, the physical activity is shown as a virtual possibility of solution.

TARGET

Identify the expectations of aged people who´ve been part of the program of the physical activities of SESI-PETRÓPOLIS.

METHODOLOGY

Kind of research

This present study can be defined as quanti-qualitative, witch finds solid bases on Haquette (1990), when he says that both methods concord about the studying object: the quantitative methods suppose a population of objects of observation, comparable itself, and the qualitative methods specify a phenomenon, in terms of its origin and its reason to be (p.55).

This research was realized on SESI-Serviço Social da Indústria, Petrópolis-RJ. Samples from this study were composed by (n=40) of aged people (60 to 79 years), as 2 males and 38 females, witch represents approximately 10% (ten per cent) of the total population.

The present study followed some methodologics criterion: The application of the form was realized by its own creator. The participants all were informed about the goal of the research. The aged were taken to a leisure place in SESI Petrópolis with less stimulations so they could answer to the questionary composed by 6 questions, elaborated and validated exclusively for this study.

After each of the aged ones red the questions, they chose one of the answers.

The datas obtained on the closed questions were tabled and presented were tabulated and presented in tables and graphics. The most relevant results were analyzed through descriptive statistics for the cast of the group.

DESCRIPTIVE ASSAY OF THE DATAS

The datas obtained on the closed questions, were tabled and presented trough tables and graphics, which it was possible identify the average, the standard digression and the space of trust for the average population on a 95% certain.

Initially the results were analyzed through the descriptive statistics for the characterization of the group and the target of the avaliation was to know the expectations of the participants to help on their continuous desenvolvement.

Results

The results of 40 people, relative to a priority between leisure (A), classes (hydro, gymnastics and elongation) (B), getting away from the house (C), bigger willingness for the dailies tasks (D), know new people and make friends (E) and heal the body aches, increasing the well-being (F), are all in TABLE 1.

TABLE1. Result of 40 people, relating to their preferences.

Options	Priorities					
	1	2	3	4	5	6
A	0 (0,00%)	2 (5,00%)	4 (10,00%)	14 (35,00%)	7 (17,50%)	13 (32,50%)
B	6 (15,00%)	7 (17,50%)	14 (35,00%)	3 (7,50%)	8 (20,00%)	2 (5,00%)
C	7 (17,50%)	8 (20,00%)	6 (15,00%)	11 (27,50%)	4 (10,00%)	4 (10,00%)
D	2 (5,00%)	4 (10,00%)	4 (10,00%)	7 (17,50%)	10 (25,00%)	13 (32,50%)
E	11 (27,50%)	14 (35,00%)	6 (15,00%)	2 (5,00%)	6 (15,00%)	1 (2,50%)
F	14 (35,00%)	5 (12,50%)	6 (15,00%)	3 (7,50%)	5 (12,50%)	7 (17,50%)

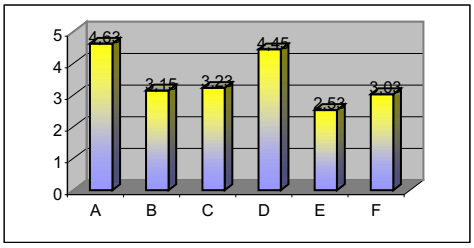
Note: 1 most prefered and 6 less prefered.

The datas of Table 1 was statically approached, using Table 2, as average, the standards digressions and the space of trust on a 95% of certain for the population average, besides Graphic 1.

Table 1. Results of 40 people according to the preferences order, although 1 is the maximum priority and 6 the minimum.

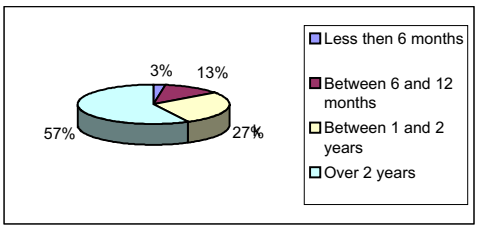
Preferences	*Average*	Standard Digression	IC for μ on a 95% certain
Leisures	4,63	1,1916	4,26 < μ < 4,99
Classes (hydro, gymnastics and elongation)	3,15	1,4597	2,70 < μ < 3,60
Getting away from the house	3,23	1,5769	2,74 < μ < 3,71
Biggest disposition on the dailies tasks	4,45	1,5351	3,97 < μ < 4,93
Know people e make friends	2,53	1,4674	2,07 < μ < 2,98
Close with healing the body aches, increasing the well-being	3,03	1,9413	2,42 < μ < 3,63

Graphic 1. Results of the averages of 40 people according to the preferences order, although 1 is the maximum priority and 6 the minimum.



Analising Table 2 and Graphic 1, we can conclude that the maximum priority is to know people and make friends (average 2,53), close with healing the body aches, increasing the well-being (average 3,03), classes (hydro, gymnastics and elongation) and (B), getting away from the house (average 3,23). This activities don´t statically change itself (p>0,05), as we can verify with the spaces of trust for the population average. Although, the preference for these activities was statically superior of the biggest disposition on the dailies tasks (average 4,45) and leisures (average 4,63) (p<0,05), both of them are not statically different between each other (>0,05).

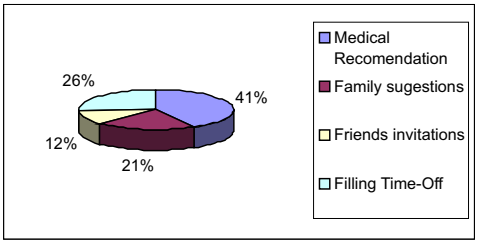
Graphic 2 Results related to the time of participation on the Programa SESI Terceira Idade.



Analyzing Graphic 2, we can see that 27% of the interviewed are on the program for over two years, and 84% have been there more than a year and that's already a mean full value (p<0,05), by the test ^{2} while testing the hypothec that it would wait 50% in less then a year and another 50% for more then a year.

The results related to the motivations on going to the Programa SESI Terceira Idade of 40 people are available on Graphic 3.

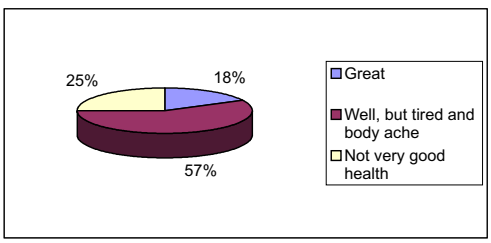
Graphic 3. Results related to the motivations on going to the Programa SESI Terceira Idade.



Analyzing Graphic 3, we've noticed that 41% of the interviewed are being part of the program by medical recommendations and we can affirm statically that almost every two people who are part of the program, one of them is in by a medical recommendation (p>0,05), by the test ^{2}.

The result relative to the health conditions while initiating the Programa SESI Terceira Idade of 40 people are available on Graphic 4.

Graphic 4.

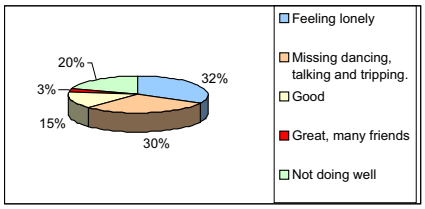


Analyzing Graphic 4, we noticed that only 25% of the interviewed who ingressed the program were in not a very a good health, while 75% came to the program in good health, and that is a mean full difference (p<0,05) for the test ^{2} while testing the

hypotheses that they expected 50% not in a very good health.

The results relative to the social life of the 40 people before they initiated on the Programa SESI Terceira Idade are available on Graphic 5

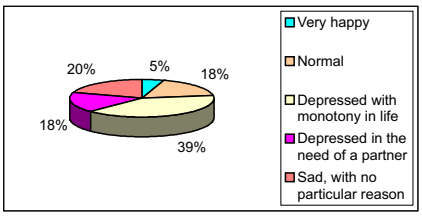
Graphic 5.



Analyzing Graphic 5, we noticed that only 18% of the interviewed who ingressed the program were in good or great social life, while 82% were not good with their social life and that is a mean full difference ($p<0,05$) for the test ^{2} while testing the hypotheses that they expected 50% good or great and 50% not good with their social life.

The results relative to the emotional conditions of the 40 people before they initiated on the Programa SESI Terceira Idade are available on Graphic 6.

Graphic 6.



Analyzing Graphic 6, we noticed that only 23% of the interviewed who ingressed the program were very happy or normal with their emotional conditions, while 77% were unstable and that is a mean full difference ($p<0,05$) for the test ^{2} while testing the hypotheses that they expected 50% very happy and 50% unstable with their emotional conditions.

DISCUSSION

Graphic 1 informs us that the maximum priority of the participants of the Programa SESI TERCEIRA IDADE is to know new people and make friends, and that data fits with what comes on Graphic 5, which showed that 82% of the aged people are instable with their social life and with Graphic 6 we saw that 77% are also unstable emotionally. 75,8 after living the offered activities, described as high, their motivation in relation to the program, it proves that the information on Graphic 2 where we can see that 84% of the sample still find themselves true full to the program for over a year.

About Graphic 4, we noticed that 25% of the sample studied, while ingressing the program were not in very good health, while 57% were doing well, but tired and with body aches. That result goes with Graphic 3, that shows that 41% of the aged ones were in program from medical recommendations. That takes us to an better understanding that every 2 people, 1 is in from medical recommendation.

FINAL CONSIDERATIONS

The called "programs for the third age", even though the different proposals for the same audience over 50 or 60 years, have a huge attention on the aged ones not-institutionalized, based on leisure, on occupying the free time and all the gains related to the physical and physiologic health.

It's a place where being and interaction with aged ones create new relationships that are symbolic to identification, where is possible to share meanings of maturing, building new social models of aging.

Petrópolis is a place that have an enormous number of aged population compared to other cities in Brazil (IBGE, 2000). Since those datas, we verified the need on creating projects for the aged ones. Our study signalize initially the need to include the aged ones on a social groups, where the construction of new relationships is created through a healthy relationship using the leisure and the physical activities providing so many gains for the aged ones.

We have conscience that our road doesn't end on these final considerations. We believe that many arguments and jobs should be realized on the meaning of opportunity for the aged ones, who've been through many times in their lives, healthy conditions that brings them a qualitative life. Especially with institutionalized programs.

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REVIEW OF THE EXPECTATIONS OF AGED PEOPLE WHO´VE BEEN PART OF THE PROGRAM OF PHISICAL ACTIVITIES OF SESI-PETRÓPOLIS, RIO DE JANEIRO.

Resume:

The target of this study, was to identify the expectations of aged people who've been part of the program of physical activities of SESI-PETRÓPOLIS.

The type of research can be known as quanti-qualitative. The samples from this study were composed by (n=40) of, aged people (60 to 79 years), as 2 males and 38 females. The instrument used for the research was a questionary of six closed questions, elaborated and validated exclusively to this study. After each of the aged ones red the questions, they chose one of the best answers for its conditions. The datas obtained from the questionary were tabulated and presented in tables and graphics. The most relevant results were analyzed through descriptive statistics for the cast of the group. According to the datas earned, the first priority of the participants of the Programa SESI TERCEIRA IDADE, was to get to know people and make new friends, it showed that 82% of the aged ones are not doing well with their social life, 77% of them are unstabled emotionally, 75,8% have a great motivation with the program; 84% made themselves faith full to the program over one year, 25% from the aged ones, had trouble with their health, while 57% seemed in good health but tired and with some body aches; 41% of them are part of the program from medical instructions. The programs called "Programs For the Third Age", even though the different proposals to the audience over 50 or 60 years, has as principal manner the attention to aged not-institutionalized , based on leisure, on occupying the free time and on all the beneath related to physical and psychological health. It's a space where interaction with aged ones make possible the construction of symbolic relationships of identification, where is possible to share the meanings of old age, building new social models of getting old.

Key words: aged, expectations, physical activities.

UNE ANALYSE DES EXPECTATIVES DES PERSONNES AGEES QUI PARTICIPENT DU NPROGRASMME D` ACTIVIYES PHYSIQUES DU SESI-PETROPOLIS, RIO M DE JANEIRO.

Résumé

Le but de cette étude a été d`identifier les expectatives des personnes âgées qui participent du progamme d` activités physiques du SESI-PETRÓPOLIS ; le type de recherche peut être defini comme quanti-qualitatif : l` échantillon de cette étude a été composé de (n=40) personnes âgées (de 60 à 79 ans), étant 2 hommes et 38 femmes. On a utilisé un questionnaire qui a áté élaboré et validé exclusivement pour cete étude, et composé de 6 questions fermées. Après la lecture de chaque question, la personne âgée choisissait réponse,la plus adéquate à sa condition ; les donnés obtenus des ces questions fermées on été tablées et présentées `a travers de tables et graphiques. Les résultats plus significatifs ont été analysés par l`estatistique descriptive pour la caractérisation du groupe. D` après les donnés recueillis , la priorité majeur des participants du Programme SESI TROISIÉME AGE est de connaître d`autres personnes et faire des nouvelles amitiés,, cela a demontré que 82 % des âgés ne sont pas bien en ce qui concerne la vie social ; 77% d`entre eux ont des conditions émotionnelles fragiles ; 75% ont une bonne motivation par rapport au programme ; 84% sont fidèles à la programmation il y a plus d` un an ; 25 % avaient la santé fragile lorsque de son entrée au programme, tandis que 57 % étaient bien mais fatigués et des douleurs au corps., 41% des âgés font partie du programme par prescription médicale. Les dits « programmes pour le troisième âge « , malgré les différentes programmations directionnées vers un public de plus de 50 ou 60 ans, ont comme carcatéristique principale l` attention de l` âgé non-institutionnalisé, basée sur le loisir, sur l`occupation du temps libre et sur les gains concernant la santé physique et psychologique. Ils appartiennent à un espace où la convivialité et l` interation avec les âgés permet la construction des liens symboliques d` identification, où il y a la possibilité le partage des signifiés de la vieillesse, en batissant de nouveaux modèles sociaux de vieillissement.

Mots clés : âgés, expectatives, activité physique.

UN ANÁLISIS DE LAS EXPECTATIVAS DE LAS PERSONAS VIEJAS QUE PARTICIPAN DEL PROGRAMA DE ACTIVIDADES FÍSICAS DEL SESI-PETRÓPOLIS, RÍO DE JANEIRO

Resumen

El objetivo de este estudio fue de identificar las expectativas de las personas viejas que participan de las programaciones de actividades físicas del SESI-PETRÓPOLIS; el tipo de investigación puede ser definido como quanti-qualitativo: la muestra de este estudio se compuso (n=40) de ancianos (de 60 a 79 años), siendo 2 hombres y 38 mujeres. Se utilizó un cuestionario elaborado y validado exclusivamente para el estudio, compuso de 6 cuestiones cerradas. Después de la lectura de cada cuestión, el anciano elegía la respuesta, más adecuada a su condición; los dados obtenidos de las cuestiones cerradas fueran contadas y presentadas a través de tablas y gráficos. Los resultados más significativos fueron analizados por una estadistica descriptiva para la caracterización del grupo. Después los datos recogidos, la prioridad mayor de los participantes del Programa SESI TERCERA EDAD es conocer otras personas y hacer nuevas amistades,, eso demostró que un 82% del viejos no están bien por lo que se refiere a la vida social; 77% de ellos tienen condiciones emocionales frágiles; 75% tienen una buena motivación con relación al programa; 84% son fieles a la programación hace más de un año; 25% tenían la salud frágil cuando de su entrada al programa, mientras que 57% estaban bien, pero cansados y con dolores en el cuerpo, 41% del viejos forman parte del programa por receta médica. Los dichos "programas para la tercera edad", a pesar de las distintas programaciones directionadas hacia un público mayor de 50 o 60 años, tienen como caracteristica principal la atención al anciano no institucionalizado, basada en el ocio, en la occupation del tiempo libre y en las ganancias relativos a la salud física y psicológica. Pertenecen a un espacio donde el convivio y la interation con los ancianos permite la construcción de los vínculos simbólicos de definición, donde hay la posibilidad la división de los significados de la vejez, construyendo nuevos modelos sociales de envejecimiento.

Palabras llaves: viejos, expectativas, actividad física.

ANÁLISE DAS EXPECTATIVAS DOS IDOSOS QUE PARTICIPAM DO PROGRAMA DE ATIVIDADES FíSICAS DO SESI-PETRóPOLIS., RIO DE JANEIRO

Resumo

O objetivo deste estudo foi Identificar as expectativas dos idosos que participam do programa de atividades físicas do SESI-PETRÓPOLIS; Tipo de Pesquisa pode ser definido como quanti-qualitativo; a amostra deste estudo foi composta por (n=40) de idosos (60 a 79 anos), sendo 2 homens e 38 mulheres, O instrumento foi questionário elaborado e validado exclusivamente para este estudo composto de 6 perguntas fechadas. Após o idoso ler cada questão, o mesmo optava por uma das respostas mais adequada a sua condição; Os dados obtidos das perguntas fechadas foram tabulados e apresentados por meio de tabelas e gráficos. Os resultados mais relevantes foram analisados através da estatística descritiva para caracterização do grupo. De acordo com os dados colhidos a prioridade máxima dos participantes do Programa SESI TERCEIRA IDADE é conhecer pessoas e fazer amigos, este demonstrou 82% dos idosos estão mal com sua vida social. 77% dos mesmos em condições emocionais abalada. 75,8% sua motivação com relação ao programa é muito boa; 84% da amostra se encontram fiel ao programa a mais de um ano. 25% da amostra estudada, ao ingressar no programa estava com a saúde abalada, enquanto 57% encontrava-se bem, porém cansada e com dores no corpo; 41% dos idosos fazem parte do programa por recomendação médica. Os chamados "programas para a terceira idade", apesar das diferentes propostas voltadas para um público acima de 50 ou 60 anos, têm como principal característica a atenção ao idoso não-institucionalizado, baseada no lazer, na ocupação do tempo livre e nos ganhos relacionados à saúde física e psicológica. São um espaço no qual o convívio e a interação com os idosos possibilita a construção de laços simbólicos de identificação, no qual é possível partilhar os significados da velhice, construindo novos modelos sociais de envelhecimento.

Palavras chaves: idosos; expectativas ; atividade física.