148 - MENTAL ILLNESSES AS VIEWED FROM THE IDEA OF PHYSICAL EXERCISE

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INTRODUCTION

The objective of this article is to discuss the importance of Physical Activity, in the ambit of the intervention of Professionals of Physical Education, who understand the total body movements practice in the diverse gymnastic activity such as: dance, muscle building, leisure, rehabilitation, body relaxation, yoga, exercises that will compensate or aid in the laborious daily activities and other body practices.

As a means of prevention of stress and depression, and as an aid for those suffering from mental illnesses to obtain a better quality of life. Physical activity is associated in the improving of humor of the population in general, realizing improvement in the well being, and self esteem, self edification encouraging and bringing about positive thoughts and sentiments.

Many times people that have a mental illness suffer from the prejudices of society whose beliefs in relationship to the ill person are in the majority of cases disparaging, and that materialize in social relationships. They are known as crazy, insane, dangerous, screwy, and hallucinated, and a danger to society, and feel pity for them. These are common designations directed at persons in this situation.

This I am sure causes their families to isolate these people, prohibiting them to attend public places.

ASPECTS OF MENTAL DISORERS

According to Lussi (2006) the World Organization of Health states that: Illnesses or Disorders are the result of physical or mental problems recognized as a deviation of the normal state of health and therefore described in terms of sign and symptoms.

During a life time, a person can experience difficult situations, in which your capacity to manage these difficulties in reduced, and thereby break out a process that causes a mental turmoil and as a consequence a reduction in the quality of life. (LUSSI, 2006)

According to Guanes (2005) there is becoming a more direct understanding of mental illnesses, this being understood as the result of various factors: Organic (biological), emotional (destruction of the relationship with the family) or even difficulties of the person to manage subjectively their relationships). Genetically, culturaly, and social situations, among others. Before this scientifical/medical hanging (Decade XVII and XVIII) the descriptions of craziness was put on the agenda, above all as mystical or spiritual sentiments. It was understood that the different types of behavior, and changes in emotional well being, was a demonstration of witchcraft, and of a demonic spirit, thereby believing the exorcism was a good practice for cure. This is why many people feared a relationship with the mentally ill, or insane, was a necessity to segregate and leave a social margin from those demonstrating mental illness, (GUANES, 2005)

With this type of action the society looses the capacity to integrate the "insane" because who is "insane" in their opinion needs to be treated medically (AMARANTE,2006)

The "Paradigm" or internment of an ill person, based on the "strategy of order" has the objective of putting in order what is out of place, or, who can not live in society should be isolated, or secluded or confined. It was determined that to seclude a mentally ill person would be "the first condition of any therapy of the mentally insane." Says Machado (2004)

In general the families of these people take them to be treated in the mental hospitals, and that in a few cases the relatives would leave the person for exaggerated lengths of time, and the treatment they receive was inhumane with excessive use of medicines. The isolation, lack of liberty, and the lack of hygiene, still stand out as a mark of the psychiatric institutional care. (Mastago e Kirchburn, 2003)

It was when in 1978 there was a movement of the workers in the area of health for mentally ill persons, and the redemocratization in the mentally ill with the goal of inclusion, solidarity, and citizenship, with the objective of changing the way society looks on mentally ill people.

After this began to surge a utopia of a society without insane asylums, in 1987 there was the creation of NAPS (Nuclious of Attention Physcosocial) Residential assistance, co-ops, legislative Physcological reforms, conferences, and meeting and laws, etc.

At present there has been an increased creation of centers, residencies and an attempt to make the treatment more humane with the help of other professionals along with psychiatrists. Striving to avoid admitting them to hospitals, except in extreme cases or crises, and for short periods of time. (GUANAES,2005)

PRACTICAL ACTIVITY

Possible actions according to Daolio (1995), the term Physical Education as it was seen or realized and used over many years presupposes a cultural influence over a Biological physical state. Realizing that in Anthropology there exists the beginning of the alteridade that implies a consideration and a respect of different human beings, and looking to the area of Physical Education we can consider that all students, independently of their differences, have the same rights in how their education is carried out.

Unfortunately in most of the hospitals, clinics, and in centers that give assistance to the mentally ill, there is not the practice of physical activity, which can possible be because of a lack of knowledge of the administrators and doctors, that Physical activity can help in the prevention and improvement of these people.

According to what Mello says (2005) The physical exercise brings about physical changes, biochemical and psychological, therefore it can be considered an intervention not with medication for the treatment of those disturbed related to psychobiological aspects.

Even though there are not classes of Physical Education in the hospitals, the patients can search out a class of physical exercise in a public Gymnasium or academy. This class can serve as an instrument of bringing together the mentally ill with society.

This practice of physical activity activates the rehabilitation of these people, if they understand that actions are done to increase their abilities as an individual also making it possible in the cases of mental illness decrease the bad affects.

However for there to be an effective rehabilitation, it is important the reinstatement of the patient in the society. New studies show that this impoverishment of the mentally ill is not as a result of an illness, but is due to the association of various externalizations of the individual, in general related to the context of the family and the society. (LUSSI) 2008

It is a reacquiring the affirmation of the importance of a healthy social life and a proper education of prevention of the possible appearance of mental illnesses (VENANCIO,2004)

The regular practice of physical activities is becoming more and more, and is stimulated by the benefits that are caused by mental and physical health.

Now with this purpose in mind, the Federal University of the Amazon has a program of extension called PROAMDE (Program of Motor activities for Deficient people) that works with every type of deficiency, and after 2006 they started working with people with mental illnesses

These clients, made up of 4 students are included in a group with mental deficiencies. This group is made up of 40 participants, whose classes meet on Tuesday and Thursday afternoons, for an hour and a half.

In the classes our objective is to develop the basic abilities and later will be introduced sports such as volleyball, basketball, athletics, handball, football and boccia.

The mentally ill students, differently than some people may think, they have abilities in the areas in which they are stimulated. An important factor is the improvement of their social relationships, that can be seen due to their integration and the increase of their circle of friends.

When considering well being -Silveira & Duarte 2004 point out

"Positive sentiments after exercising are recognized to last not only a few hours, but for the whole day. Why this occurs is still not clear. Some theories suppose that this improvement is due to the effects of the exercise play on various hormones and other body chemistry. The body has an exceptional hormonal and analgesic chemicals known as opiate endogens. These are important because their receptive nerves are located in areas of the brain that are associated with emotions, pleasure, pain and behavior."

Roeder (1999) says the quality of life when considered with mental health, it is much more important than the betterment of symptoms. It is however related to the structure of a group of factors, such as the recovering of social abilities, living conditions, work, education, cooperation in the community, leisure and the psychological well being. The medical world and sciences of physical movements have been improving in the experimenting of physical activities, as an affective procedure in the prevention and in the treatment and rehabilitation of person with mental problems.

FINAL CONSIDERATIONS

Discussing the importance of the practice of physical activity on a regular basis as a therapy for the mentally ill, we can observe that there exists very few studies pointing to this importance.

It is fundamental that we try to emphasize the fact that physical activities help improve interpersonal relationships, making possible that the patients have a better perspective in integrating themselves socially , reintegrating the individual that is afflicted with a mental problem to his environment.

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MENTAL ILLNESSES AS VIEWED FROM THE IDEA OF PHYSICAL EXERCISE

ABSTRACT

This study has the objective of discussing the importance of physical activity as a means of treatment of the mentally ill, thereby modifying his quality of life. We would like to emphasize the importance of physical activity as an instrument of well being mentally and physically. We also want to present a few historical aspects of the mental illness, related to it's significance and how it has been perceived over the years. We want to present our plan of physical activity that the PROAMDE (Program of Motor Activities for Deficient persons) performs with those diagnosed with mental illness in a group of adults that are mentally

deficient.

Key Words: Physical Activity, Mental Illness, inclusion.

MALADIE MENTAL A TRAVERS D'ACTIVITÉ PHYSIQUE

RÉSUMÉ

Le présent travail a pour but relater l'importance de l'activité physique comme une opportunité du traitement du malade mental, peut en modifier sa qualité de vie. Relevons l'importance de l'activité physique avec un instrument (outils), de bien-être physique et mental, aussi présentons les aspects historiques de la maladie mental en rapporté avec son signifié et sa perception pendant les temps. Nous présentons le travail de l'activité physique que le PROAMDE (Programme d'activité moteurs pour déficients) realize avec les gens de diagnostic de maladie mental dans une classe adulte avec défaut mental.

Mots - clefs: Activité physique, maladie mental, inclusion.

ENFERMEDAD MENTAL MIRADA A TRAVÉS DE LA ACTIVIDAD FÍSICA

RESUMEN

El presente estudio tiene el objetivo de discutir la importancia de la actividad física como un medio de tratamiento del enfermo mental, pudiendo, así, modificar su calidad de vida. Resaltamos la importancia de la actividad física como un instrumento de bienestar físico y mental, así como presentamos algunos aspectos históricos de la enfermedad mental, relacionando con su significado y como ha sido notada en el decorrer de los tiempos. Presentamos el trabajo de actividad física que el PROAMDE (Programa de Actividades Motoras para Deficientes) realiza con personas de diagnóstico de enfermedad mental en un grupo de adultos con deficiencia mental.

Palabras-clave: Actividad Física, Enfermedad Mental, Inclusión

DOENÇA MENTAL OLHANDO ATRAVÉS DA ATIVIDADE FÍSICA

RESUMO

O presente estudo tem o objetivo discutir a importância da atividade física como um meio de tratamento do doente mental, podendo assim modificar a sua qualidade de vida. Ressaltamos a importância da atividade física como um instrumento de bem-estar físico e mental, bem como apresentamos alguns aspectos históricos da doença mental relacionando com o seu significado e como tem sido percebida no decorrer dos tempos. Apresentamos o trabalho de atividade física que o PROAMDE (Programa de Atividades Motoras para Deficientes) realiza com pessoas de diagnóstico de doença mental numa turma de adulto com deficiência mental.

Palavras-chave: Atividade Física, Doença mental, Inclusão.