# 19 - ANALYSIS OF LIFESTYLE PROFILE OF THE BRAZILIAN NATIONAL TEAM ATHLETES OF JUDO

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## INTRODUCTION

Judo is one of the sports most developed in Brazil , and as such has achieved great successes under international competitive , showing that the preparation process stands out among the best in the world ( GRECO , Viana , 1997) , especially among three major sports in Olympic medals.

These results make us want to know the lifestyle of these athletes meet the lifestyles of men and women of different age groups and different social categories is crucial for a better understanding of the social behavior of a given population . Find a possible personality profile for high-performance athletes has always been a major goal for researchers; making athletes are studied and compared with populations of non-athletes. Jigoro Kano judo not to create the pretense of training athletes, but to form upstanding citizens with unshakable character, and strong-minded.

Following this philosophy was introduced in this sport at 13 years old and can go deeper in this art, which motivated me to want to investigate the lifestyle of high-level athletes.

## DESIGN METHODOLOGY

To develop this study, we used the cross-sectional survey of a descriptive and exploratory. The sample comprised a group of 25 volunteer athletes of both sexes, aged between 20 and 30 years, who are part of the Brazilian national judo. In the data collection questionnaire was applied: Profile of Individual Lifestyle, also known as the Pentacle Wellness (NAHAS, 2000) that addresses components related to nutrition, physical activity, preventive behavior, social relationships and stress control. Each item presents three issues where the athlete will have the following response options : ( 0 ) no, ( 1 ) sometimes , (2 ) almost always , (3 ) always .

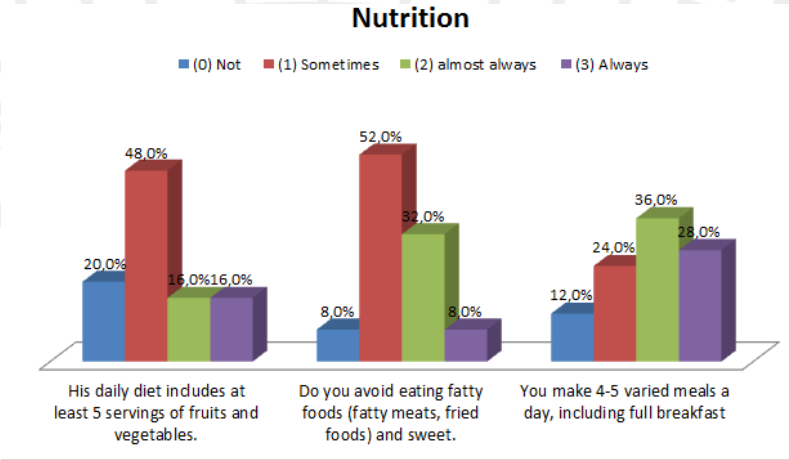
The participation of employees in the survey agreed with the resolution 196/96 of the National Health Council (CNS), using the Term of Consent. The data obtained through the data collection were used for scientific purposes. Data collection was conducted in the second half of 2013, the participants were interviewed individually after signing the consent form accepting participate voluntarily in the study.

## Results and Discussion

For data analysis we used descriptive statistics. To better understand the results obtained from the questionnaires, it was decided to present the data collected in the form of graphs.

The following charts statements, presenting the results of the components of the lifestyle of the individual athletes.

CHART 1 - ANALYSIS OF COMPONENTS: NUTRITION



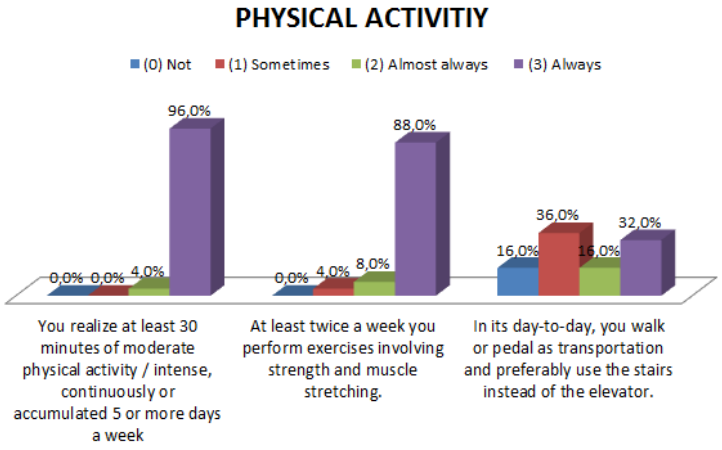

As the data presented in Figure 1 it can be seen that 48.0 % of athletes includes the times in your daily diet at least 5 servings of fruits and vegetables. But 52.0% of individuals surveyed say sometimes avoid the intake of fats and sweets. Already 36% almost always perform varied meals daily.

According to Figueiredo, Jaime and Monteiro (2008) insufficient consumption of fruits and vegetables is a risk factor related to cause of chronic diseases for the population. These foods are important for a healthy diet because they provide micronutrients, fiber and other components with functional properties.

The consumption of fruits and vegetables according LEVY-COSTA (et.al, 2005) accounts for just 2.3% of total calories, with less than half of Brazilians consume daily fruit and less than a third are in the habit of eating vegetables per day. As the item study examined most participants consume at least five servings of fruits and vegetables daily totaling 64% of the group. When compared with the present study only 16% of athletes ingest 5 servings.

According to Mancini & Halpern (2000) states that fatty foods, and are more caloric are more likely to be deposited as fat compared to carbohydrates and proteins, and fatty foods they encourage excessive consumption of calories.

CHART 2 - ANALYSIS OF COMPONENTS: PHYSICAL ACTIVITY

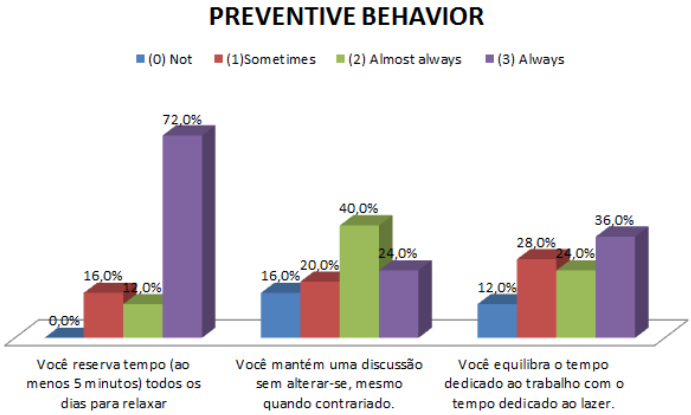



For the component physical activity, 96.0% of respondents always practicing moderate physical activity / intense daily. However only 88.0% practice physical exercises involving strength and stretching exercises regularly. But 32.0% always prefer to use active transportation in their day-to-day.

According Matsudo (2001) physical activity as any bodily movement produced is a result of muscle contraction that results in energy expenditure.

Alves Bezerra, Mota, Costa (2004), claim that the practice of physical exercise, and avoiding idleness, contributes significantly to the maintenance of physical fitness of people.

CHART 3 - ANALYSIS OF COMPONETENTE: PREVENTIVE BEHAVIOR



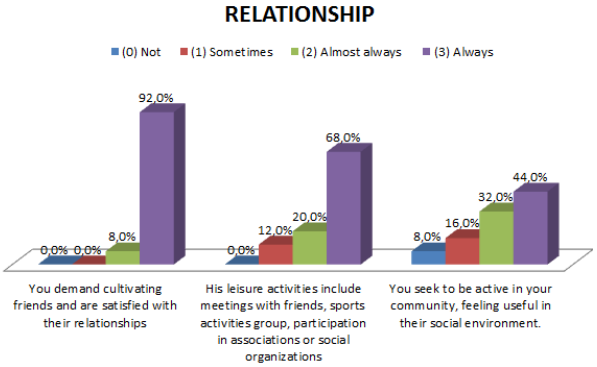

According to the data of Figure 3, 28.0 % of the athletes always assert control blood pressure and cholesterol levels, a relevant factor to prevent diseases. Already 28.0 % said sometimes perform the procedure. 40.0 % said they did not use cigarettes and alcohol. But 24.0 % said that smoke and drink alcohol, a rate considered high in view these items to be harmful to the health of the individual. The majority 76.0 % of subjects always respect traffic rules.

Cardiovascular diseases are major public health problem not only in our country but around the world. According to the authors Gus, Harzheim, Zaslavsky, Medina and Gus (2004), reveal that hypertension involves one of the most important public health problems of our country, with prevalence rates between 10 and 42%, depending on the region.

According to Medina, Gus, Fischmann (2002) claim that "cigarette smoking doubles the risk of coronary artery disease and 30% of them are attributed to the number of cigarettes smoked."

In general, in many countries, it is customary to consider that among "half and a quarter of fatal crashes are associated with alcohol use." Alves Lima, Abreu (2006).

CHART4 - ANALYSIS OF COMPONENTS: RELATIONSHIPS



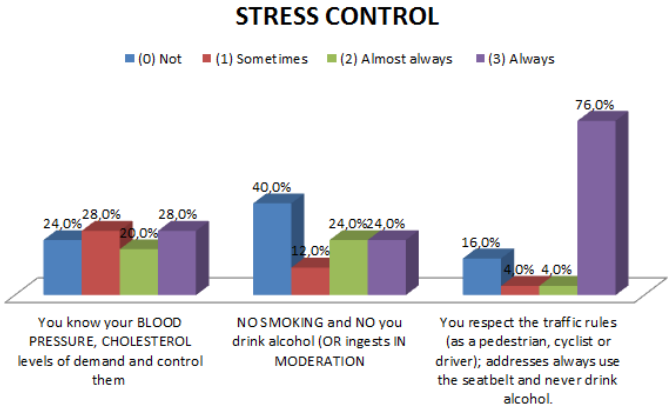

The results presented in the above chart indicate that 92.0% of the athletes are satisfied with their relationships and

seek to cultivate friends. Already 68.0% of the athletes in their leisure activities include diversified with friends and 44.0% said they always active social life in their communities.

According to Sousa & Garcia (2008), interpersonal relationships in an organization are influenced by organizational structure, hierarchy, formalization and standardization of interpersonal relations, division of labor, frequency of interaction between people.

Every human being lives in society and relates his fellows. According Faquinello and Marcon (2011), considers friends as key people to maintain health, both in the physical and mental aspects as the psychological and affective-emotional.

CHART 5 - COMPONENT ANALYSIS: CONTROL OF STRESS




The component stress control was found that 72.0 % of athletes take time every day to rest, which is very positive, as well as 36.0 % of the population that seeks to balance the time between leisure and training. However although most take time for themselves, a significant percentage between 40.0 % loses control during an argument when thwarted.

Stress is defined as physical exhaustion, mental or emotional, which results in the interaction of the individual to the environment. "Stress can be defined as a reaction very complex, consisting of psychophysiological changes that occur when the individual is forced to confront situations that exceed their ability to cope." (LIPP and TANGANELLI, 2002).

According to Aubert (1993) stress the professional is the process of disruption in the individual by excessive mobilization of your energy to adapt to face the demands of their professional environment, these requests that exceed current capabilities, physical or psychic, and this individual.

## CONCLUSION

It can be concluded from the results that the present lifestyle group is in positive parameters. The study reports some negative indicators for a good quality of life. As suggested drawing up a plan for encouraging healthier habits. Seeking disease prevention and competitive performance even higher, as highlighted. Thus we highlight the importance of good eating habits, try to do moderate physical activities to maintain physical fitness, and seek to maintain health in order to prevent illness, maintain an active social relationship and always take time to rest and to vent stress daily. Thus developing a better quality of life which helps in better performance of these athletes.

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**ANALYSIS OF LIFESTYLE PROFILE OF THE BRAZILIAN NATIONAL TEAM ATHLETES OF JUDO**

**ABSTRACT**

The Brazilian judo has grown considerably in recent years, but the quality of life of athletes who are part of the Brazilian team has been influenced by several factors, the main one being the lifestyle. The aim of this study was to analyze the lifestyle of athlete's members of the Brazilian judo. The sample consisted of 25 athletes of both sexes, aged between 20 and 30 years. The survey instrument used was the questionnaire Profile Individual Lifestyle. The lifestyle adopted by this group of athletes were considered satisfactory among the five components of the lifestyle analyzed.Unsatisfactory result in the nutrition component as 52.0 % of respondents said they sometimes avoid intake of fats and sweets. Regarding physical activity 96.0 % say they always practice moderate activities. In preventive behavior the result was negative, because only 28.0 % of respondents say always control your blood pressure and cholesterol levels. Social relationships 92.0 % of athletes are satisfied with their social relationships and 68.0 % claim to include in your leisure diversified activities with friends. But 44.0 % said they always active social life. Positive result in stress control, as 72.0 % of respondents allow daily time for rest, Thus, it is important to highlight the importance of good eating habits, try to do moderate physical activities to maintain physical fitness, look to the maintenance of health prevent disease, maintain a social relationship active and always take time to rest. Thus developing a better quality of life which helps in better performance of these athletes.

**ANALYSE DE PROFIL DE VIE DE BRÉSILIEN ATHLÈTES DES ÉQUIOES NATIONALES DU JUDO**

**RÉSUMÉ**

Le judo brésilien a considérablement augmenté ces dernières années , mais la qualité de vie des athlètes qui font partie de l'équipe brésilienne a été influencée par plusieurs facteurs, dont le principal est le mode de vie . Le but de cette étude était d'analyser le mode de vie des athlètes membres du judo brésilien. L'échantillon était composé de 25 athlètes des deux sexes , âgés entre 20 et 30 ans . L'instrument d'enquête utilisé est le questionnaire Profil individuel Lifestyle . Le mode de vie adopté par ce groupe d'athlètes a été jugé satisfaisant parmi les cinq composantes du mode de vie analysés. Résultat insatisfaisant de la composante nutrition dans 52,0% des répondants ont dit qu'ils évitent parfois consommation de graisses et de sucreries. En ce qui concerne l'activité physique 96,0 % disent qu'ils pratiquent toujours des activités modérées . Dans comportement préventif le résultat était négatif , parce que seulement 28,0 % des répondants disent toujours contrôler votre pression artérielle et le taux de cholestérol . Relations sociales 92,0% des athlètes sont satisfaits de leurs relations sociales et les sinistres de 68,0% à inclure dans ses diverses activités de loisirs avec des amis. Mais 44,0% ont déclaré avoir toujours active vie sociale. Résultat positif dans la lutte contre le stress, que 72,0% des répondants laisser le temps tous les jours pour se reposer, donc il est important de souligner l'importance de bonnes habitudes alimentaires, essayez de faire des activités physiques modérées à maintenir la condition physique, regardez au maintien de la santé prévenir la maladie, de maintenir une relation sociale active et toujours prendre le temps de repos. Ainsi, l'élaboration d'une meilleure qualité de vie qui contribue à une meilleure performance de ces athlètes.

**ANÁLISIS DE VIDA PERFIL DE LOS BRASILEÑOS ATLETAS DEL EQUIPO NACIONAL DEL JUDO**

**RESUMEN**

El judo brasileño ha crecido considerablemente en los últimos años, pero la calidad de vida de los deportistas que forman parte de la selección brasileña se ha visto influida por varios factores, el principal es el estilo de vida. El objetivo de este estudio fue analizar el estilo de vida de los atletas miembros del judo brasileño. La muestra estuvo conformada por 25 atletas de ambos sexos, de edades comprendidas entre 20 y 30 años. El instrumento de medición utilizado fue el cuestionario Perfil Vida Individual. El estilo de vida adoptado por este grupo de atletas se considera satisfactorio entre los cinco componentes de la forma de vida analizados. Resultado satisfactorio en el componente de nutrición, 52,0 % de los encuestados dijeron que a veces evitar la ingesta de grasas y dulces. En cuanto a la actividad física 96,0% dice que siempre practican actividades moderadas. En el comportamiento preventivo el resultado fue negativo, ya que sólo el 28,0% de los encuestados dicen siempre controlar su presión arterial y niveles de colesterol. Relaciones sociales 92,0% de los atletas están satisfechos con sus relaciones sociales y 68,0% afirman que incluya en sus diversas actividades de ocio con amigos. Sin embargo, el 44,0% dijo que siempre activa vida social. Resultado positivo en el control del estrés, como el 72,0% de los encuestados dar tiempo al día para descansar, Por lo tanto, es importante resaltar la importancia de los buenos hábitos alimenticios, trate de hacer actividades físicas moderadas para mantener la condición física, mirar hacia el mantenimiento de la salud prevenir la enfermedad, mantener una relación social activa y siempre tienen tiempo para descansar. Así, el desarrollo de una mejor calidad de vida que ayuda a un mejor rendimiento de estos atletas.

**ANÁLISE DO PERFIL DO ESTILO DE VIDA DOS ATLETAS DA SELEÇÃO BRASILEIRA DE JUDÔ**

**RESUMO**

O judô brasileiro vem crescendo consideravelmente nos últimos anos, porém a qualidade de vida dos atletas que integram a seleção brasileira vem sendo influenciada por diversos fatores, sendo um dos principais o estilo de vida. O objetivo deste estudo foi analisar o estilo de vida dos atletas integrantes da seleção brasileira de judô. A amostra foi composta por 25 atletas de ambos os sexos, com idade entre 20 e 30 anos. O instrumento de pesquisa utilizado foi o questionário Perfil do Estilo de Vida Individual. Os hábitos de vida adotados por este grupo de atletas foram considerados satisfatórios dentre os cinco componentes do estilo de vida analisados. Resultado pouco satisfatório no componente nutrição pois 52,0% dos entrevistados afirmaram evitar as vezes ingestão de gorduras e doces. Referente a atividade fisica 96,0% afirmam que sempre praticam atividades moderadas. No comportamento preventivo o resultado foi negativo, pois só 28,0% dos entrevistados afirmam sempre controlar sua pressão arterial e os níveis de colesterol. No relacionamento social 92,0% dos atletas estão satisfeitos com seus relacionamentos sociais e 68,0% afirmam incluir no seu lazer atividades diversificadas com amigos. Porém 44,0% afirmam sempre terem vida social ativa. Resultado positivo no controle de stress, pois 72,0% dos entrevistados reservam diariamente tempo para descanso, Desta forma, é importante destacar a importância de bons hábitos alimentares, procurar fazer atividades físicas moderadas para manter aptidões físicas, procurar fazer a manutenção da saúde a fim de prevenir doenças, manter um relacionamento social ativo e sempre reservar um tempo para descanso. Desenvolvendo assim uma melhor qualidade de vida o que auxilia no melhor desempenho destes atletas