21 - HEALTH RELATED TO OBESITY IN VIEW OF TEACHERS AND HIGH SCHOOL STUDENTS IN STATE SCHOOLS IN THE CITY OF MACEIÓ-AL

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INTRODUCTION

Obesity is considered a major public health problem in contemporary society, and according to WHO (2004) is regarded as a global epidemic. The prevalence of overweight and obesity have been growing consequent, as well as in childhood and adolescence, and tends to persist into adulthood.

Currently a major concern worldwide is the change in lifestyle of people resulting from the process of modernization. In the highly technological society we can observe a change in lifestyle of people, changed somewhat as a result of the industrialization of the product itself allied to compact urban living conditions in some cities. Subscribing to realize this scenario is also the notorious interest in idle activities instead of more vigorous physical activity, reducing the physical effort of this population, and also by inadequate dietary habits, creating in this way the most ideal conditions for accumulation fat and consequently the development of body weight, resulting in sedentary individuals and groups of overweight. In this way how this present world was constituted, is directly associated with increased prevalence of overweight and obesity.

Bento (2007) refers to the concerns of the WHO - World Health Organization, that sedentary lifestyle and obesity are two major threats to public health in the XXI century. The social institution of the school and the social subject in the role of a physical education teacher who can intervene also in prevention and public health promotion along with State support, are a social group with possibilities to enhance public health policies in this sense contributing to the welfare of the population. Being the sport one of the most valuable contributions, Garcia (accepted for publication, p. 110) points out that:

> "The sport, with all its axiological justification, goes far beyond what would be expected of him, covering a multitude of fields where human highlight also that of trying to stop the negative effects that sedentary lifestyle leads to man."

Thus a means to treat obesity on the subject, must be in the school , since it has the feature to be considered a social environment suitable for treating knowledge for life. According Saviani (2005) the school is an institution whose role in the socialization of systematized knowledge, developed with the goal of the student to acquire knowledge necessary to make decisions in life outside of school.

So if school students can acquire knowledge necessary to act against the evils of a sedentary lifestyle and obesity, and the sport one may somehow adopt healthy attitudes and can prevent and reduce the rates that tend to increase over the next year worldwide, including Brazil.

In this sense Freire (2011) says that true education is that which aims to encourage the learner to reflect on the reality which they are inserted, that is, the teaching must have connections with the social context, economic and cultural.

Thus, this study aimed to identify the teachers and students knowledge on the subject of health related to obesity, realizing how or if the school comes to this matter, especially in the discipline Physical Education.

METHODOLOGY

In this descriptive research is to describe the characteristics, properties, or relationships in the community, group or researched reality (Lakatos & Marconi, 2006). In this study, the universe of research consisted of teachers and students of schools that offer the 3 rd year of high school basic education that are part of state schools the State Department of Education and Sports in the city of Maceió (SEED-AL). The choice was made by the city to be the capital of the state and being a metropolitan area.

Already a population sample according to Almeida & Feire (1997) is the set of individuals, cases or observations drawn from a universe, totaling 03 teachers and 112 students of the 3rd year of high school.

To collect the data we chose to interview with teachers and students, as they allow obtaining data relating to various aspects of social life. (Lakatos & Marconi, 2006). But the interview was used with students like focus group (focus group), which for Westphal et al. (1996) is a technical procedure that provides data capture for discussions carefully planned where respondents express their perceptions, beliefs, values, attitudes and representations of a specific reality.

To Gizir (2007) the type of focus group interview on education is valid, as this type of research is able to systematically explore and understand the nature of the site, located in classrooms and school life, that is, as understood given subject to certain members or groups of school.

In the analytical process was used content analysis to interpret the corpus, which according to Bardin (2004) can be understood as a set of analysis techniques to obtain communications for procedures, systematic and objective description of the contents of the messages.

RESULTS AND DISCUSSION

We adopted the procedure description and interpretation of the "speak" collected through interviews with Physical Education teachers and students in the 3rd year of high school. For a better understanding we present the results at first interviews of teachers and soon after the results of interviews with students.

Interviews with Teachers

From the dialogues with the Physical Education teachers interviewed, we can identify that they seek to exploit in their classes the themes of health, but does not happen on a regular basis, that is, the subject is discussed with students in an unsystematic manner, so in few moments, as declared this teacher:

> "The health issue in PCN's I have seen that we teachers, to beg on my part, which has been a topic very vague, and so it is treated as a system very sporadic, you do not treat the background, the question of Physical Education, the issue of health in Physical Education. "(Teacher 1)

In this excerpt from the interview we realized that the theme of health is addressed in physical education classes, but also understand that even if we have the intention, is not happening in a more structured way. The issue of health seems yet to be systematized by the teacher to be better discussed with students in the classroom.

Teachers showed some consistency on the contribution of health issue, as meaning that the quality of life is directly related to the health issue, where such knowledge acquired in school serve for life, namely, once the students understand the concepts related to a healthy lifestyle can also understand what must be done to be healthy. In this way students can consciously be able to build healthy habits in their lives, including extending this knowledge to their families in their community.

> "This theme is Health worked with these young people, so it is very important because, when they have their children, their family, they will power, it is not! Pass this message also to your children, your family, father, mother, grandparents! It is very important that they leave school with the notion of what a better quality of life, then he can go up to people in the community where he lives and such, so this is important, is not "! (Teacher 3)

Education related to health and nutrition is necessary for health promotion and education can be an option pedagogical tool, being in school the best environment for the improvement of educational activities. The school, being seen as a development institution of teaching and learning, which incorporate unique values and essential to life, is the ideal place for the development of educational programs on health promotion, acting too predominance, as students are developing behaviors and habits along with the capacity to observe, think and act that should be encouraged (PELICIONI & TORRES, 1999).

In particular the issue of obesity is considered very important to be addressed in physical education classes in school, since obesity is manifested today in large proportions in the population worldwide, including Brazil and Alagoas in the same way. The same judge also important students understand that obesity is also associated with the issue of power, that for this become clearer is interesting to associate this issue of obesity to other knowledge. Thus teachers understand that acquiring specific knowledge of physical education students can better understand and act for themselves, and thus capture information extremely essential for a healthy lifestyle in order to better understand the manifestation of obesity.

> "I think so, that as the issue on obesity, for people working in the school, we will relate to other things, the habits that person has, right! In everyday life, the power she does, if she does or not physical activity ... are issues so I think reeducation, right, they have to pass then. It would be interesting, right, work out a nutritional education, huh! That was, I repeat, a project last year that put it there as well, right! The foods that we should eat, right! That there was well covered in this project. "(Teacher 2)

One of the teachers sought to discuss the subject with students, and believes that obesity is manifested today by changing habits of humanity over time. For today we have a large population obese due to habits that until recently had not men, that at present many problems arose, and obesity is one of them. Requiring the student to understand this phenomenon in context, because the same understanding can somehow build knowledge related to the present life.

> "I think it's an issue that we have more to worry about today is with obesity, since the activity before mankind was more legwork, so he spent energy, had to seek food, nature created a food healthier for it is not! Today we have a world of food nearby, offers a market is that you consume food, right! (Teacher 1)

The issues related to obesity are considered an emerging problem in our society, an important issue to be discussed and developed in school, but was not so clear in the answers of how this knowledge can be part of the work carried out at school, despite they understand the importance, realize that you may need from the teacher a deepening on the subject, thus seeking to build a systematization on the subject of obesity to treat in class.

Interviews with students

Students participating in the interviews generally consider an individual to be healthy you need to live well with yourself and the people around you. Seeking a balance, for this to happen it is essential that there is good food, but also physical exercises regularly.

> "Being healthy is to be well with your body, right! Himself, not having disease if possible, right! The human being, for that to be human is hard not to have diseases, to why he is in the world has the bacteria. So be healthy in my view is to be good about yourself. "(Class 3)

> "Living well, good food, sports practices that help maintain the health of the person on the day, do not exaggerate somewhat in some things not to do." (Class 1)

We understand that students have some understanding of the knowledge related to health issues, but this issue needs to be further discussed, since the answers presented themselves often superficial, but it is perceived by them the importance of the subject, which becomes a positive aspect, seen as a subject to be acquired valuable life, as this will influence the quality of lifestyle. Yet the subject is valued by students in relation to the social aspect when they realize the problems that society may face when it is devoid of health.

Regarding the issue of obesity we see that students understand partially on the subject, and in accordance with the ideas stated there is a ratio of weight to height and when the individual values of this ratio are high, they are of the opinion this individual appears obese.

> "Obesity is when a person is! Exceeds its capacity of the body mass causing you to contain a higher weight ... Be above your ideal weight, say, in quotes, right ... Has I.M.C. says that according to their height, making the calculation of mass or weight as you should have. "(Class 3)

They consider obesity a problem in today's society, and knowledge that can be acquired in school on this topic are valuable, both in the individual and in relation to other people socialize like family and friends. Obesity prevention is a positive attitude and with the acquisition of an understanding of the actions to be taken early on should be stimulated so that in general not only the students, but society as a whole will not have problems with consequences of obesity.

> "The school was one of the places, first because the school is full of young, and the younger you know the subject and the later you can not have a prevention." (Class 3)

In accordance with Monteiro et al. (1995) to study obesity and its gradual transformation and progressive in the world, says it is safe to acknowledge that growth involves setting preferences and strategies into shares of Public Health, especially the question of the prevention and control of chronic diseases, maintaining a prominent place in the educational activities for the food nutritional issues and practices of sports physical activities that meet in order to take effect, in all strata of the population.

We can understand the assertion that education is a primary factor, since intervention in preventing obesity is relatively easier, less expensive and potentially more effective (FRANCISCHI et al., 2000).

Although it was commented that often society itself imposes corporal esthetic values and who is out of the patterns is often broken, so the obese and skinny people also suffer from it. It takes an awareness of society about this issue, and since earlier this knowledge are discussed in school, perhaps there is less prejudice toward people considered outside the standard idealized.

> "If we have knowledge will not judge someone obese by the time we get judging, this bias is that the person does not have, do not know, is thinking just because it's fat, and such discriminating. If we have it, if we know, will not discriminate, will try to understand. And to help treat too. "(Class 1)

On this issue Garcia and Lemos (2003) commented on the words beautiful, esthetic and beauty, when recognized by humanist vision, can no longer be considered as symbolic elements of little value of the new times, but seen as values of existence, so should have its place in the educational process, the school cannot be oblivious of these values in any of their cycles or levels of education.

In this view the Physical Education should develop a new vision of work, where new issues should be part of education, and even more know how to value new sports activities that emphasize the esthetic dimension of the human being. It is necessary to work and discuss with students about body issues in society, as an element now considered invaluable, and having significant value for humans today, so it is clear necessary to build an image aesthetically pleasing to him and the social environment, since society must also know how to deal with the diversity of body images.

CONCLUSION

The Physical Education teachers somehow seek to discuss this topic with students in class, but with no regularity without a systematic structure, in this sense we understand the need for a more effective organization, other words, seek to build a systematization of the subject due the realities and needs of individual students and each school. Students generally understand partially on the subject of obesity, demonstrating a superficial knowledge.

The acquisition of knowledge from an early age on this issue of health for obesity may somehow facilitate the prevention of diseases, and the Physical Education classes very rich school an opportunity to acquire knowledge in various aspects. Mainly on issues related to teaching the sport, as it is the basic orientation of Physical Education and this we cannot lose sight, for by it which mainly are based classes.

In this sense learning the sport in many ways, either by the values, the motor aspects, social and cultural rights will be enriching for the students' lives, and thus a contribution of discipline on the subject of obesity.

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ABSTRACT

The aim of this study was to comprehend the teachers and students understanding on the topic of health related to obesity, realizing how or if the school comes to this matter, especially in the discipline Physical Education. The methodology was used field research, and as an instrument for data collection was the use of an interview with the students in the 3rd year of high school and the teachers of Physical Education. As a result of the research it was noticed that students understand partially what is obesity, because teachers sometimes somehow warn about the problems of obesity. It was concluded that the subject of obesity is discussed in part is relevant to working in physical education classes in school for sports activities requiring special attention in this.

KEYWORDS: Education, Physical Education; Obesity

SANTÉ LIÉS À L'OBÉSITÉ CHEZ VUE DES ENSEIGNANTS ET DES ÉLÈVES DU SECONDAIRE DANS LES ÉCOLES ETAT DANS LA VILLE D' MACEIÓ-AL

RESUME

Le but de cette étude était de comprendre la compréhension des enseignants et des élèves sur le thème de la santé liés à l'obésité, en réalisant comment ou si l'école vient à cette question, en particulier dans la discipline d'éducation physique. La méthode a été utilisée recherches sur le terrain, et comme un instrument de collecte de données a été l'utilisation d'un entretien avec les élèves de la 3 année du secondaire et les professeurs d'éducation physique. À la suite de la recherche, on a remarqué que les élèves comprennent ce qui est en partie l'obésité, parce que les enseignants parfois d'une certaine manière en garde sur les problèmes d'obésité. Il a été conclu que la question de l'obésité est discuté dans la partie est pertinent de travailler dans des classes d'éducation physique à l'école pour les activités sportives nécessitant une attention particulière dans ce domaine.

MOTS-CLÉS: éducation, éducation physique, l'obésité

DE LA SALUD RELACIÓN CON LA OBESIDAD EN VISTA DE MAESTROS Y ESTUDIANTES DE SECUNDARIA EN LAS ESCUELAS DEL ESTADO DE LA CIUDAD DE MACEIÓ-AL

RESUMEN

El objetivo de este estudio fue comprender comprensión de los maestros y estudiantes sobre el tema de la salud relacionados con la obesidad, al darse cuenta de cómo o si la escuela trata de este asunto, especialmente en la disciplina de Educación Física. La metodología se utilizó la investigación de campo, y como instrumento de recolección de datos fue el uso de una entrevista con los estudiantes del 3 año de la escuela secundaria y los profesores de Educación Física. Como resultado de la investigación se observó que los estudiantes entienden parcialmente lo que es la obesidad, ya que a veces los maestros de alguna manera advierten sobre los problemas de la obesidad. Se concluyó que el problema de la obesidad se explica en parte es relevante para trabajar en las clases de educación física en la escuela para las actividades deportivas que requieren una atención especial en esto.

PALABRAS-CLAVE: Educación, Educación Física, Obesidad.

A SAÚDE RELACIONADA À OBESIDADE NA PERSPECTIVA DE PROFESSORES E ALUNOS DO ENSINO MÉDIO EM ESCOLAS ESTADUAIS NA CIDADE DE MACEIÓ-AL

RESUMO

O objetivo deste estudo foi de compreender o entendimento dos professores e alunos sobre o tema da saúde relacionado à obesidade, percebendo como ou se a escola trata deste assunto, em especial na disciplina Educação Física escolar. Como metodologia foi utilizada a pesquisa de campo, e como instrumento para coleta de dados, foi a aplicação de uma entrevista com os alunos do 3º ano do Ensino Médio e com os professores de Educação Física. Como resultado da pesquisa percebeu-se que os alunos entendem parcialmente o que seja a obesidade, já os professores por vezes alertam de alguma forma sobre os problemas da obesidade. Conclui-se então que o tema da obesidade é discutido parcialmente, sendo relevante a ser trabalhado nas aulas de Educação Física na escola pelas atividades desportivas, necessitando uma atenção especial neste.

PALAVRAS-CHAVE: Escola; Educação Física; Obesidade.