# 126 - LIFESTYLE RELATED TO THE LEVEL OF PHYSICAL ACTIVITY DAILY STUDENT OF A PUBLIC SCHOOL MACAPÁ / AP

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## INTRODUCTION

The practice of regular physical activity and not systematized the daily life of children and adolescents , sufficient for the improvement and maintenance aspects of health and quality of life , can generate economic benefits by contributing to the reduction of costs for services to health society.

The physical activity habits acquired in childhood may be directly related to the level of physical activity in adulthood of students . The regular practice of systematic physical activity has an inverse relationship to chronic diseases and has a positive effect on quality of life and other cognitive variables and adherence to physical activity throughout daily life. ( LUCATO , 2000; REYNOLDS et al , 1990; . TANI , 1996.1999 )

A sedentary lifestyle or physical inactivity has often increased in all age groups . The growth rates of physical inactivity can directly affect and compromise the health and quality of life not only for adults but also for children and adolescents This article aims to describe / analyze the level of daily physical activity in the lifestyle of students of a public school in Macapa / AP

## PATH METHODOLOGY

This article had the method of approach to qualitative and quantitative research for Demo (1999 , p.21 ) : " A qualitative assessment is dedicated to realizing this problem beyond the usual quantitative data ."

As to the research site is was made in the State School Lauro de Carvalho Chaves Muca located in the neighborhood of the city of Macapa / AP . The survey was developed with permission from the school and signing the informed consent by the parents or guardians of students . This study had the audience 68 students from 5th to 8th grade of elementary school , they were divided into two groups with 34 girls and 34 boys aged 11 to 16 years .

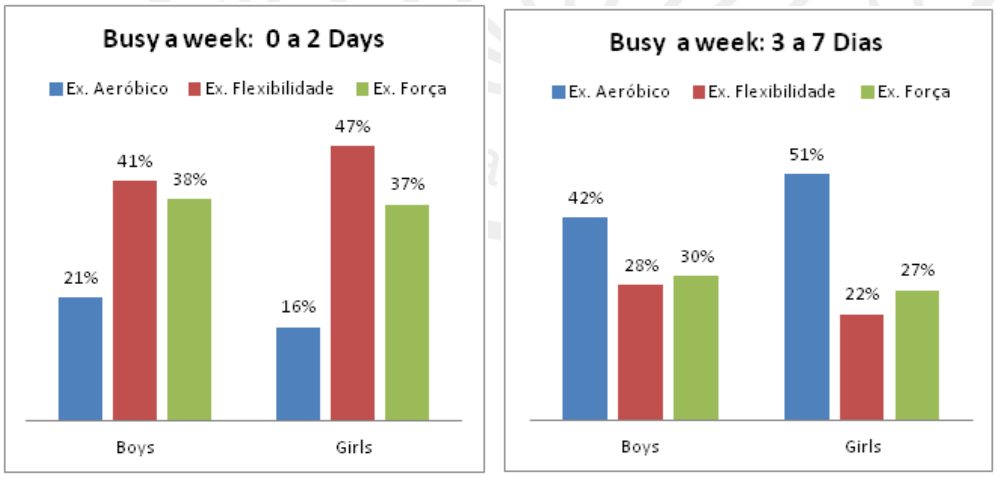
As instruments for data collection, a questionnaire with 4 closed and 1 open questions , which consisted in the characterization of daily physical activities that students more practice was used .

## RESULTS AND DISCUSSION

The analysis and discussion of the following data are based on responses obtained after the application of the questionnaire . Results are presented through graphs with information gathered on-site .

Graph 1 addressed the following question : in the last four weeks , how many days per week on average do you do aerobic exercise , flexibility exercise and strength , a total of 30 to 60 minutes or more ? In this graph were considered medium intensity exercises like walking , cycling slowly , outdoor games and household chores . Higher intensity exercises such as running , playing games, sports games such as football and leisure . Also flexibility exercises like touching the feet , bending the knees , leg extension , and exercises like push , abdominal , arm extensions and exercises with weights .

Graph 1 . Aerobic Exercise for Flexibility and Strength Exercises.




In Graph 1, the weekly frequency of adherence to physical activity practiced by students in the form of aerobic exercise between 0-2 days found 21 % of boys who fit this criterion and 16 % of girls practice this frequency. According Who ( 2011) most of the daily physical activity for children and adolescents aged 5-17 years must die aerobics , and a moderate and vigorous intensity , including those that stimulate the muscles and bones , and at least at a frequency of 3 times a week.

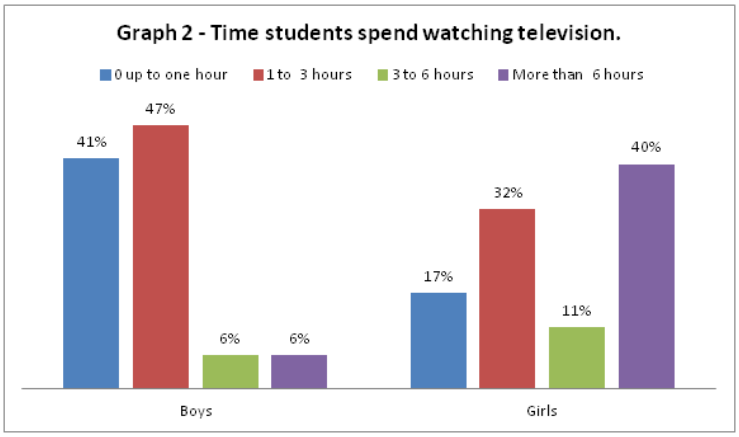
Such recommended by the World Health Organization , is evidenced in the weekly frequency of 3 to 7 days with 42 % of practicing aerobic exercises done by the boys and 51 % for girls , this research result of this variable has specificities that characterize this higher percentage because the girls reported that practicing physical activities of domestic nature, such as sweeping the house , ironing , washing dishes , and also practice how to play jump rope , handle - pyre , burnt and some sports like

swimming , volleyball and soccer , the latter being practiced a few times a week. Associated with the practice of games and sports and household chores , aerobic exercise is more present in the lives of girls than boys .

For flexibility exercises , you realize that 41 % of boys practicing 0-2 days and 47 % girls practice at the same frequency , being insufficient for both sexes this type of exercise, however, in the frequency variable between 3-7 days ( recommended by WHO to determine an individual asset , together with at least 150 minutes weeks ) 28 % of boys practicing flexibility exercise and 22% of girls participate in activities linked to this type of exercise. The boys achieved a higher level of membership that the girls during the week , however, this does not mean that they are more flexible than those because Weineck (1991 ) believes that these differences between girls and boys are from greater stretchability and elasticity of the muscles and connective tissues of the female , in addition to a high level of estrogen and fluid retention , puts this slight advantage in being flexible in girls . Despite this result shows that more boys are joining this kind of essential exercise for maintaining health .

To exercise power with frequency 0-2 days get boys and girls with 38 % to 37% , and the frequency between 3-7 days ( optimal frequency ) , 30 % of boys practice activities related to muscle strength and 28 % of girls experience this type of physical activity , it is noticed that a slight difference with the boys practice exercises that use more force than girls . For Rhea (2011 ) during childhood and early adolescence , there is no significant difference in strength between boys and girls , soon after these periods , the boys become progressively stronger and girls did not significantly increase muscle strength.

Graph 2 . Time you spend in front of TV.




Studies such as those of Dennison ( 2002 ) , Sichieri and Souza ( 2008 ) and Vioque et al ,( 2000 ) , show that the time that young people spend watching programs on television contributes to the formation of a sedentary lifestyle . Concomitant to this, the girls are generally less engaged in the systematic practice of physical activity , going to occupy free time with sedentary behavior , example of this is the result of the variable that reflects the frequency in assisted television hours, and 40 % for more than 6 hours in front of the tv for the girls , and 6 % for boys . It is noteworthy that the longer these teens get in front of the television will adhere to less physical activity . According to Barros (2012 , p.4 ) " girls watch, on average, more television than boys , every day of the week and on weekends .»

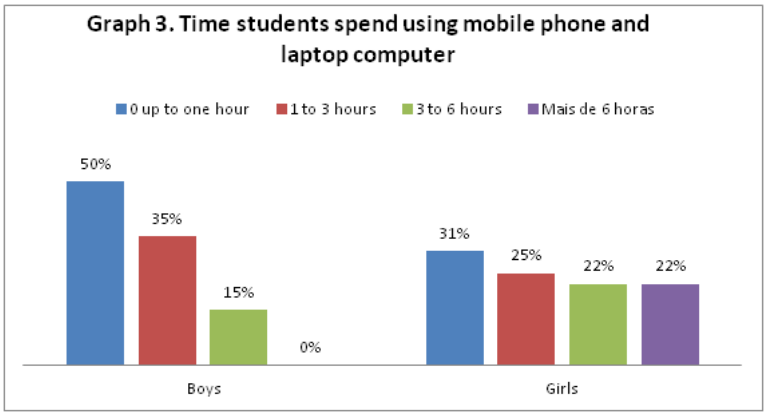
For Wagner (2005 ) the increased participation of girls in domestic die than boys activities, and spend more time inside the home , can be a few factors that determine this time spent in front of TV .

Furthermore, research as Marshall and Ramirez (2001 ) argue that adolescents who watch more TV have higher caloric intake by consuming mostly unmoderated food and deriving energy drinks heavily advertising material or psychosocial effects that these young are inserted.

Importantly, many parents are unsure to let their children play outdoors and use public spaces such as parks for physical activity without their presence , because of that children and adolescents tend to occupy your free time with sedentary behaviors such as for example, watching television more than 6 hours per day .

According to figure 5 can be identified that 50 % of boys and 31 % girls go from 0 to 1 time of day using electronic equipment , and 35 % of boys and 25 % girls use such equipment for 1 to 3 hours , and 15 % of boys and 22 % girls use these devices for 3-6 hours a day. Is still discernible seen from the chart that 22 % of girls use more than 6 hours different from those boys who do not use equipment.

Graph 3 . Time students / pass using the computer, laptop, cellphone.



According to Figure 3 , one can identify that 50 % of boys and 31 % girls go from 0 to 1 time of day using electronic equipment , and 35 % of boys and 25 % girls using such equipment by 1 to 3 hours, and 15 % of boys and 22 % girls use these devices for 3-6 hours a day. Is still discernible seen from the chart that 22 % of girls use more than 6 hours this equipment different from boys who do not use .

To Farias Jr. (2002 , p.10 ) " after time spent daily in the classroom (about 4-5 hours / day ) , time TV assistance and computer use , represents the activities in which adolescents spend most of your time everyday. " is included in this context cited by the author also finds the use of the cell by teenagers who have grown up with the technological advancement. The increased use of equipment such as mobile phone, laptop computer and back health risk , as it can impair sleep, impair the growth of children and adolescents , and generate anxiety attacks .

The American Academy Of Pediatrics (2001 ) suggests that children and adolescents do not spend more than 120 minutes a day with these electronics . Importantly, these sedentary behaviors contribute to decreased calorie consumption which can influence the appearance of obesity . According to Silva et al (2010 ) The ability of children and adolescents become overweight and obesity as a function of time wasted on activities such as watching television , using computers , videogames among others , may be related to decreased physical activity , which leads to a lower expense daily energy , beyond the time spent in front of these devices being associated with an increase in the consumption of caloric and fatty foods.

**CONSIDERATIONS**

The girls had a slight adherence to the more aerobic exercise , however, such exercises include domestic services , shifts to places like school and activities related to leisure and sports, and boys with more adherence to exercise flexibility and strength , and this latter having a more frequent increase in adulthood , furthermore the girls had described a longer time in front of the tv and use of electronic devices directly influencing the inclusion inactive lifestyle , can lead to health problems . It is noticeable that over the years the young Brazilian population has little adhering to physical activity , this fact brings up the idea of the lack of preventive public health policies and the effectiveness of physical activity as "medicine " with low cost and efficient for decrease in indicators of sedentary behavior among children and adolescents . Therefore it is necessary to create immediate actions as public health policies for the practice of physical activity in daily life of children and adolescents to make them people with a summer active life.

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**LIFESTYLE RELATED TO THE LEVEL OF PHYSICAL ACTIVITY DAILY STUDENT OF A PUBLIC SCHOOL MACAPÁ / AP**

**ABSTRACT**

A sedentary lifestyle is often increased in all age groups . The growth rates of physical inactivity can directly affect and compromise the health and quality of life not only for adults but also for children and adolescents . Thus this article aims to describe / analyze the level of daily physical activity in the lifestyle of students of a public school in Macapa / AP . The methodology used to qualitative research / quantitative , according to the site survey was conducted in the State School Lauro Chaves located in the city of Macapa / AP . As an instrument for data collection questionnaire was used with 4 closed questions and one open . This study had the audience 68 students from 5th to 8th grade of elementary school , they were divided into two groups with 34 girls and 34 boys aged 11 to 16 years . After analysis of the results was contacted that 21% of boys and 16 % girls perform aerobic exercises , flexibility exercises to realize is that 41 % of boys and 47 % girls and for the exercise of force are boys 38% and 37% girls with a frequency from 0 to 2 days. Already 42 % of boys and 51 % girls perform aerobic exercise , 28 % boys 22 % girls

practicing flexibility exercise and 30 % of boys and 28 % girls practice activities related to muscle strength at a sufficient frequency of 3 to 7 days week. About time watching tv , it was found that 40% of girls and 6 % of boys remain in front of the TV for more than 6 hours. On the use of electronic equipment 22 % of girls use more than 6 hours and the boys are at most 15 % between 3 and 7 days. It is necessary to create public actions that make children and teens more active physically.

**KEYWORDS :** lifestyle ; physical activity ; sedentary

**MODE VIE LIÉS AU NIVEAU DE L'ACTIVITÉ PHYSIQUE QUOTIDIENNE ÉTUDIANTS DE L'ÉCOLE PUBLIQUE MACAPÁ/AP**

**RESUME**

Un mode de vie sédentaire est souvent augmenté dans tous les groupes d'âge. Les taux d'inactivité physique de croissance peuvent affecter directement et de compromettre la santé et la qualité de vie non seulement pour les adultes mais aussi pour les enfants et les adolescents . Ainsi cet article vise à décrire / analyser le niveau d' activité physique quotidienne dans la vie des élèves de l'école publique de Macapa / AP . La méthodologie utilisée pour la recherche / quantitative qualitative , selon l'étude du site a été menée dans l'État scolaires Lauro touches situées dans la ville de Macapa / AP . Comme un instrument de collecte de données questionnaire a été utilisé avec 4 questions fermées et une ouverte . Cette étude avait le public 68 élèves de la 5e à la 8e année de l'école primaire, ils ont été divisés en deux groupes avec 34 filles et 34 garçons âgés de 11 à 16 ans . Après analyse des résultats a été contacté que 21% des garçons et 16 % des filles effectuer des exercices d'aérobie , des exercices de flexibilité à réaliser est que 41 % des garçons et 47 % des filles et à l'exercice de la force sont des garçons 38 % et 37 % des filles avec une fréquence de 0 à 2 jours . Déjà 42 % des garçons et 51 % des filles faire des exercices aérobics , 28 % des garçons 22 % de filles pratiquant l'exercice de flexibilité et 30 % des garçons et 28 % des filles pratiquent des activités liées à la force musculaire à une fréquence suffisante de 3 à 7 jours semaines . A propos du temps à regarder la télévision , il a été constaté que 40% des filles et 6 % des garçons restent devant la télévision pendant plus de 6 heures. Sur l'utilisation des équipements électroniques 22 % des filles utilisent plus de 6 heures et les garçons sont au plus 15 % entre 3 et 7 jours . Il est nécessaire de créer des actions publiques qui rendent les enfants et les adolescents plus actifs physiquement .

**MOTS - CLES** : mode de vie ; i'activité physique ; sedentarie

**ESTILO DE VIDA RELACIONADO CON EL NIVEL DE ACTIVIDAD FÍSICA DIARIA ESTUDIANTES DE UNA ESCUELA PÚBLICA DE MACAPÁ / AP**

Un estilo de vida sedentario aumenta con frecuencia en todos los grupos de edad. Las tasas de crecimiento de la inactividad física pueden afectar directa y poner en peligro la salud y la calidad de vida no sólo para los adultos sino también en niños y adolescentes . Así, este artículo pretende describir / analizar el nivel de actividad física diaria en el estilo de vida de los estudiantes de una escuela pública en Macapá / AP . La metodología utilizada para la investigación cualitativa / cuantitativa , de acuerdo con la inspección del lugar se llevó a cabo en las Lauro Chaves Secundarias Estatales ubicadas en la ciudad de Macapá / AP . Como se utilizó un instrumento de cuestionario de recogida de datos con 4 preguntas cerradas y una abierta . Este estudio tuvo el público 68 estudiantes de quinto a octavo grado de la escuela primaria, que se dividieron en dos grupos con 34 niñas y 34 niños de entre 11 y 16 años. Después se puso en contacto el análisis de los resultados que el 21 % de niños y 16 % niñas realizan ejercicios aeróbicos , ejercicios de flexibilidad se dan cuenta es que el 41 % de los varones y el 47 % niñas y para el ejercicio de la fuerza son chicos 38 % y el 37 % niñas con una frecuencia de 0 a 2 días. Ya 42 % de los varones y el 51 % niñas realizan ejercicio aeróbico, el 28 % de niños 22 % de las niñas que practican ejercicios de flexibilidad y un 30 % de niños y 28 % niñas practican actividades relacionadas con la fuerza muscular con una frecuencia suficiente , de 3 a 7 días semana . Sobre el tiempo viendo la televisión , se encontró que el 40 % de las niñas y el 6 % de los niños permanecen delante de la televisión durante más de 6 horas. Sobre el uso de equipos electrónicos el 22% de las niñas utilizan más de 6 horas y los chicos son como máximo del 15% entre los 3 y 7 días. Es necesario crear acciones públicas que hacen que los niños y adolescentes más activos físicamente.

**PALABRAS - CLAVE:** estilo de vida, la actividad fisica ; sedentaria

**ESTILO DE VIDA ASSOCIADO AO NIVEL DE ATIVIDADE FISICA DIÁRIA DE ESTUDANTES DE UMA ESCOLA PÚBLICA DE MACAPÁ/AP**

O sedentarismo tem aumentado frequentemente em todas as faixas etárias. Os crescimentos dos índices de inatividade física podem afetar e comprometer diretamente a saúde e a qualidade de vida não apenas dos adultos, mas também de crianças e adolescentes. Desta forma este artigo tem como objetivo principal descrever/analisar o nível de atividade física diária no estilo de vida de estudantes de uma escola pública de Macapá/AP. Como metodologia utilizou-se a pesquisa quali/quantitativa, quanto ao local da pesquisa, foi realizada na Escola Estadual Lauro Chaves, localizada na cidade de Macapá/AP. Como instrumento para coleta de dados foi utilizado questionário com 4 perguntas fechadas e 1 aberta. Este estudo teve como público alvo 68 alunos de 5º a 8º série do ensino fundamental, que foram divididos em dois grupos com 34 meninas e 34 meninos com idades entre 11 à 16 anos. Após a analise dos resultados contatou-se que os 21% dos meninos e 16% das meninas realizam exercícios aeróbicos, para os exercícios de flexibilidade percebe-se que 41% dos meninos e 47% das meninas e para o exercício de força ficam os meninos com 38% e a meninas com 37% numa frequência de 0 a 2 dias. Já 42% dos meninos e 51% das meninas realizam exercício aeróbico, 28% dos meninos 22% das meninas praticam exercício de flexibilidade e 30% dos meninos e 28% das meninas praticam atividades ligadas a força muscular numa frequência suficiente de 3 a 7 dias por semana. Sobre o tempo assistindo tv, constatou-se que que 40% das meninas e 6% dos meninos permanecem-na frente da TV por mais de 6 horas. Sobre o uso de equipamentos eletrônicos 22% das meninas utilizam mais de 6 horas e os meninos no máximo ficam 15% entre 3 e 7 dias. Faz-se necessário criar ações publicas que tornem as crianças e adolescentes mais ativas fisicamente.

**PALAVRAS - CHAVE:** estivo de vida; atividade fisca; sedentarismo