93 - INFLUENCING FACTORS ON ADHERENCE IN BODYBUILDERS

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INTRODUCTION

In recent decades the popularity of bodybuilding is remarkable, largely due to the realization of the importance of exercise in promoting health and aesthetics. In Junior view (1998, p.37) "can be defined as the execution of bodybuilding biomechanical movements located in muscle segments defined with the use of external overload or body". As Simon (2006, p.10) "Bodybuilding is an activity available to everyone and that basically is a set of techniques that, with the use of weights, causes the adaptation of the body". The weight is also conceptualized as activity against resistance, which seeks to improve muscle strength, not only in machinery but also in everyday activities (CHIESA, 2002). The physical exercise has undergone a remarkable evolution over the past 50 years. Previously run by a small segment of society today has become popular among a large section of the population, due to the many benefits it provides aesthetics and health.

Several studies show the many benefits of regular exercise. According to Saba (2001, p.3) "exercise is physical activity targeted to a particular body development", ie, it is a series of physical activities intentioned and systematized gains in incomes physical.

The bodybuilding provides us with immediate or almost immediate results; we can simply follow the content and not lose focus of concentration in performing activities.

Morales (2002) and Saba (2001) showed in their studies that the result is one of the factors that determine the maintenance in a space of physical exercise, especially for those seeking immediacy. For Rodrigues (1990), the main advantage of the practice of bodybuilding in the gym is that each student will receive their individualized training, because people have different goals when choosing this type of exercise. The lack of practice of physical inactivity causes, and causes a number of health problems. People who are habitually sedentary can improve your health, fitness and wellness, becoming at least moderately active (Balady; BERRA; GOLDING; GORDON; MAHLER; MYERS, Sheldahl, 2003).

In addition to providing physical benefits to practicing physical exercises also bring well-being and psychological balance, which can relieve tension and stress of the day. This principle is known as the concept of wellness as the author Saba (2001, p 44). "Is the integration of all aspects of health and fitness (mental, social, emotional, spiritual and physical), which expands the potential to live and work effectively giving a significant contribution to society". Sendo assim pode-se afirmar que a pratica de exercício físico proporciona ao ser humano autoestima e melhor qualidade de vida.

Although there is wide dissemination of the benefits obtained by the practice of physical health, such benefits apparently do not guarantee the permanence of its practitioners in gyms. The adherence to exercise programs, in general, has been a problem in the search for effective results or benefits on quality of life. Individuals looking to start an exercise routine, start a training program, but do not remain, generating a high rate of dropout in weight lifters (NAHAS, 2010).

The aim of this study is to identify the factors that influence the rate of adherence in individuals in the practice of bodybuilding in the gym Anita Garibaldi neighborhood, Joinville, SC. This study has a focus on academic and professional. Professional, since it refers to the need to understand the labor market and academic because it can provide important information to the community that craves information about this study area.

MATERIALS AND METHODS

This study was submitted to the Ethics Committee in Research of UNIVILLE as required by Resolution 196/96 of the National Health for research with human beings having received the assent for its implementation, under number 310.695. Since they are of legal age, everyone became aware of the study and signed a consent form authorizing their participation in the collection.

The selection of the study population was bodybuilders of a neighborhood gym Anita Garibaldi, Joinville, SC. For the selection of the sample were established some inclusion criteria, these being: having minimum age of 18 years and be practicing the sport of bodybuilding for more than 6 months. Thus 110 subjects participated in the study, 69 men and 41 women.

As an instrument of data collection questionnaire was used for research on adherence to exercise in gyms Morales (2002). The questionnaire included personal and demographic information, aspects of lifestyle, environmental factors and behavioral factors. Data collection was performed in the gym, at the beginning or end of the training of the practitioner in the period 1 July 2013 to 12 July 2013. All volunteers were informed about the voluntary nature of participation and ensuring anonymity of information. It emphasized the importance of the reliability of the data provided. Was delivered to each participant individually the Informed Consent Form (ICF) and a questionnaire. After verbal clarification regarding the intent of the study.

We used the program Excel for Windows for tabulation and plotting of data and SPSS 16.0 for descriptive statistical analysis and association of variables in this case we used the Chi-square test (x^2).

RESULTS

The data were obtained from ten samples (on 1, 2, 3, 4, 5, 8, 9, 10, 11 and 12 July 2013) in a period of two weeks. Data on marital status and gender can be seen in table 01.

Table 01 - Characteristics of the subjects between marital status and sex.

Sex	Marital status			Total
	Single	Married	Separated	
Man	18 (26.09%)	47 (68.11%)	4 (5.80%)	69 (62.73%)
Woman	18 (43.90%)	19 (46.34%)	4 (9.76%)	41 (37.27%)
Total	36 (32.73%)	66 (60%)	8 (7.27%)	110 (100%)

Regarding Table 02, data on the two factors considered most important to stay in a program of exercise.
Table 02 - Data from the first factor and the second factor of permanence.

Permanency factor 1			Permanency factor 2		
	n	%		n	%
Shape	14	12,7	Shape	14	12,7
Structure	3	2,7	Structure	6	5,5
Financial	2	1,8	Motivation	14	12,7
Motivation	7	6,4	Pleasure	31	28,2
Pleasure	11	10	Results	23	20,9
Results	23	20,9	Health	16	14,5
Health	45	40,9	Service	5	4,5
Service	5	4,5	Time	1	0,9
Total	110	100	Total	110	100

The data found in Table 03 show the two most important factors considered to favor the withdrawal.
Table 03 - Data from the first factor and the second factor withdrawal

Withdrawal factor 1			Withdrawal factor 2		
	N	%		n	%
Demotivation	31	28,2	Demotivation	16	14,5
Disease	23	20,9	Disease	11	10
Structure	5	4,5	Structure	7	6,4
Financial	6	5,5	Financial	10	9,1
Results	6	5,5	Results	6	5,5
Service	10	9,1	Service	7	6,4
Time	29	26,4	Time	53	48,2
Total	110	100	Total	110	100

The data found in Table 04 show stopping regular exercise program for more than twenty consecutive days.
Table 04 - Data is stopping exercise

Practice stopped					
Have disrupted		Not interrupted		Total	
N	%	N	%	N	%
72	65,50%	38	34,50%	110	100,00%

The data relating to quantities of times interrupted the program of regular exercise can be seen in table 05.
Table 05 – Number of times interrupted in the exercise program

Times interrupted in the exercise					
Sex	Only 1 time	1 to 3 times	3 to 5 times	More than 5times	Total
Man	19	10	5	11	45
Woman	13	6	5	3	27

Data regarding the way the practitioner to find the motivation to continue a program of physical exercise are found in Table 06 and 07 (referring to question 25 of the questionnaire, "How do you find motivation to continue a program of regular exercise? Cite two reasons by priority (1, 2)".
Table 06- Motivation to continue 1

Motivation to continue 1			
Reasons	Sex		Total
	man	woman	
The goals achieved	26	8	34(30.91%)
For the pleasure of exercising	20	7	27(24.54%)
Self-motivation	6	3	9(8.18%)
In support of partner and friends	2	1	3(2.73%)
In search of an ideal body	2	10	12(10.91%)
In the individual competition	1	0	1(0.91%)
Improve health observed	12	12	24(21.82%)
Total	69	41	110(100%)

Table 07 – Motivation to continue 2

Motivation to continue 2			
Reasons	Sex		Total
	Man	woman	
The goals achieved	8	5	13(11.82%)
For the pleasure of exercising	14	4	18(16.36%)
Self-motivation	11	5	16(14.54%)
In support of Family	3	1	4(3.64%)
In support of partner and friends	3	5	8(7.27%)
In search of an ideal body	9	6	15(13.64%)
Orientation program and well designed	1	1	2(1.82%)
Practice in group	1	1	2(1.82%)
Individual practice	0	1	1(0.91%)
Individual competition	5	0	5(4.54%)
In competition of friends	1	0	1(0.91%)
Improve health observed	13	12	25(22.73%)
Total	69	41	110(100%)

DISCUSSION

Studies related to marital status can be viewed in Table 01 show that the majority of the sample surveyed (66 members (60%)) are married. this association was not significant. However Saba (2001 p.79) "The support of a fellow comes out to be a significant determinant, particularly for maintenance of physical activity". Sallis and Hovell (1990) and Berger and Mclnman (1993) cited in Saba (2001) agree that people whose partner has a positive attitude towards physical activity and provides support for their practice, tend to adhere more exercise programs than those that has no support. For the remaining factors analyzed in Table 02, one can see that the main factors cited by practitioners to be held are: Health (40.9%) and the results (20.9%) are the most outstanding. Being the second main factor, the ones that stood out were: Pleasure (28.2%) and results (20.9%). Corroborating this result the study of Pereira and Bernardes (2005) cited in Andrade et al (2010) pointing out that the reasons for adherence in academia made in Minas Gerais stood out with health (41%), Quality of life (17%) and Aesthetics (15%).

With regard to the factors that favor the withdrawal analyzed in table 03, we highlight the main factor in the lack of motivation (28.2%), time (26.4%), illness (20.9%), and service (9.1%). The second factor stands out the time (48.2%), motivation (14.5%), and disease (10%), financial (9.1%). These results confirm those obtained by Lopes (2000), Lopes & Lopes (2000) and Saba (1999) cited in Morales (2002), among the four over alleged grounds for withdrawal or discontinuation were: lack of time (displacement, time service, school hours), lack of motivation, financial problems and health problems, even the studies being done with subjects from different locations. The lack of time second Nahas (2010 p.152) "often it is lack of priority and lack of organization staff in use of time".

The sample was asked if there was already a program interruption of regular exercise for more than 20 consecutive days, Table 04 shows that 65.50% had discontinued. Table 05 shows the number of times interrupted, demonstrate that 32 individuals have disrupted practice only once, now 16 subjects discontinued from one to three times as 14 individuals discontinued more than five times longer and 10 patients discontinued three to five times.

The sample was also asked how each practitioner finds motivation to continue a program of regular physical exercise, citing two reasons, the main one being the second page. The results can be seen in Table 06 and 07. The main reasons cited by practitioners in Table 06 were (30.9%) achieved the objectives, (24.54%) for the pleasure of exercising, (21.82%) observed in the improvement of health. Table 07 shows the second reason to continue an exercise program is: (22.73%) observed in the improvement of health, (16.36%) for the pleasure of exercising, (14.54%) self-motivation (13.64%) in the pursuit of an ideal body.

Motivation is a decisive factor for the continuity in training is a very important quality for any sport (JR, 1998).

According Zuliani (1974, p.13) "Motivation is the driving force of our actions. Act only when we are motivated".

CONSIDERATIONS

Analyzing the results identified in this study on the influencing factors on adherence in weight lifters, we conclude that mostly corroborate those found in the literature. We can see that most participants are male. The factors to remain in an exercise program cited by practitioners as being most important were: health (40.9%) and results (20.9%). The health is directly related to adopt a healthier lifestyle and improve health. For the results, this demonstrates that the practice of bodybuilding meets the audience's fitness and welness.

Another important point in this study is the motivation to continue a program of physical exercise they being the most important: the goals achieved (30.91%), for the pleasure of exercising (24.54%) and health improvement observed (21.82%). We can see that the study presents the search for the practitioner a better quality of life, understanding that the practice of bodybuilding is an alternative to acquiring and maintaining good health. The physical education teachers should be aware of the needs of each practitioner so that it remains always motivated, knowing that each must have a different goal in the practice of bodybuilding, it is the responsibility of the professional knowledge identifies them.

Data obtained show that practicing bodybuilding stopped aim only for aesthetic purposes and gain strength, but are directed at gaining and maintaining health.

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INFLUENCING FACTORS ON ADHERENCE IN BODYBUILDERS

ABSTRACT

The purpose of this article was to identify the factors that influence the rate of adherence in individuals in the practice of a bodybuilding gym in the neighborhood Anita Garibaldi, Joinville, SC. To identify the factors that influence adherence to bodybuilding exercises in subjects older than 18 years with more than 6 months of practice questionnaire was used for research on adherence to physical exercise in gym Morales (2002) and was completed by the individual own gym (at the beginning or end of the training of the practitioner). The questionnaire included personal and demographic information, aspects of lifestyle, environmental factors and behavioral factors. The sample of the academy was determined randomly. We used the program Excel for Windows for tabulation and plotting of data and SPSS 16.0 for descriptive statistics and correlacional data. The results obtained are 110 bodybuilders, and (69 men and 41 women). The first main factor to remain in the exercise program cited by practitioners is: health (40.9%), results (20.9%) and aesthetics (12.7%). The second main factors to remain in a program of exercise according to practitioners are: pleasure (28.2%), results (20.9%) and health (14.5%). For the first main factor favoring the withdrawal of the practitioner was quoted demotivation (28.2%), time (26.4%) and disease (20.9%). The second main factor that would favor the withdrawal time (48.2%), motivation (14.5%) and disease (10%). Data obtained show that practicing bodybuilding stopped aim only for aesthetic purposes and gain strength, but are directed at gaining and maintaining health.

KEY WORDS: Adherence, Academy, Bodybuilding

FACTEURS D'INFLUENCE SUR L'ADHÉSION AU BODYBUILDERS

RÉSUMÉ

Le but de cet article était d'identifier les facteurs qui influencent le taux d'adhésion des individus à la pratique d'une salle de musculation dans le quartier Anita Garibaldi, Joinville, SC. Pour identifier les facteurs qui influencent l'adhésion aux exercices de musculation chez les sujets de plus de 18 ans, avec plus de 6 mois de pratique questionnaire a été utilisé pour la recherche sur l'adhésion à l'exercice physique dans le gymnase Morales (2002) et a été complété par la salle de fitness individuel (à l'début ou la fin de la formation du praticien). Le questionnaire comprenait des informations personnelles et démographiques, les aspects du mode de vie, les facteurs environnementaux et des facteurs comportementaux. L'échantillon de l'académie a été déterminé au hasard. Nous avons utilisé le programme Excel pour Windows pour la tabulation et le traçage des données et SPSS 16.0 pour les statistiques descriptives et données correlacional. Les résultats obtenus sont 110 culturistes, et (69 hommes et 41 femmes).The first main factor to remain in the exercise program cited by practitioners in: health (40.9%), results (20.9%) and aesthetics (12.7%).Le premier facteur principal de rester dans le programme d'exercice cité par les praticiens est: la santé (40,9%), les résultats (20,9%) et esthétique (12,7%). La seconde principaux facteurs de rester dans un programme d'exercice selon les praticiens sont: le plaisir (28,2%), les résultats (20,9%) et la santé (14,5%). Pour la première principal facteur favorisant le retrait du praticien a été cité démotivation (28,2%), le temps (26,4%) et la maladie (20,9%). Le deuxième facteur principal qui favoriserait le délai d'attente (48,2%), la motivation (14,5%) et la maladie (10%). Les données obtenues montrent que la musculation pratiquer arrêté viser uniquement à des fins esthétiques et gagner de la force, mais visent à obtenir et maintenir la santé.

MOTS-CLÉS: Adhérence, L'Académie, Culturisme

FACTORES QUE INFLUYEN EN LA ADHERENCIA EN BODYBUILDERS

RESUMEN

El propósito de este artículo es identificar los factores que influyen en la tasa de adhesión en los individuos en la práctica de un gimnasio de culturismo en el barrio Anita Garibaldi, Joinville, SC. Identificar los factores que influyen en la adherencia a los ejercicios de musculación en sujetos mayores de 18 años con más de 6 meses de prácticas cuestionario se utilizó para la investigación sobre la adherencia al ejercicio físico en el gimnasio de Morales (2002) y fue completado por el propio gimnasio individual (en el principio o al final de la formación del profesional). El cuestionario incluía información personal y demográfica, aspectos de estilo de vida, los factores ambientales y de comportamiento. La muestra de la academia se determinó al azar. Se utilizó el programa Excel para Windows para la tabulación y el trazado de los datos y SPSS 16.0 para la estadística descriptiva y correlacional de datos. Los resultados obtenidos son 110 culturistas, y (69 hombres y 41 mujeres). El primer factor principal para permanecer en el programa de ejercicios citados por los profesionales es: la salud (40,9%), los resultados (20,9%) y la estética (12,7%). Los segundos factores principales para permanecer en un programa de ejercicio de acuerdo con los profesionales son: resultados de recreo (28,2%) (20,9%) y salud (14,5%). Para el primer factor principal favorecer la retirada de la practicante fue citado desmotivación (28,2%), el tiempo (26,4%) y la enfermedad (20,9%). El segundo factor principal que favorecería el tiempo de retirada (48,2%), la motivación (14,5%) y la enfermedad (10%). Los datos obtenidos muestran que la práctica de culturismo se detuvo objetivo sólo para fines estéticos y la fuerza de ganancia, pero se dirigen a la obtención y mantenimiento de la salud.

PALABRAS CLAVE: Adhesión, La Academia, Bodybuilding

FATORES INFLUENCIADORES NA ADERÊNCIA EM PRATICANTES DE MUSCULAÇÃO.

RESUMO

O objetivo deste artigo foi de identificar os fatores que influenciam no índice de aderência em indivíduos na prática de musculação de uma academia no bairro Anita Garibaldi, de Joinville, SC. Para identificar os fatores que influenciam na aderência aos exercícios de musculação nos sujeitos maiores de 18 anos com mais de 6 meses de prática foi utilizado o

questionário de investigação sobre aderência ao exercício físico em academia de Morales (2002) e que foi respondido pelo individuo na própria academia (no início ou término do treino do praticante). O questionário incluía informações pessoais e demográficas, aspectos do estilo de vida, fatores ambientais e fatores comportamentais. A amostra da academia foi determinada de forma aleatória. Utilizou-se o programa Excel for Windows para a tabulação e plotagem dos dados, e o programa estatístico SPSS 16.0 para a análise estatística descritiva e correlacional dos dados. Os resultados obtidos apresentam 110 praticantes de musculação, sendo (69 homens e 41 mulheres). O primeiro, principal, fator para permanecer num programa de exercício citado pelos praticantes são: saúde (40,9%), resultados (20,9%) e estética (12,7%). O segundo principal fator para permanecer num programa de exercício segundo os praticantes são: prazer (28,2%), resultados (20,9%) e saúde (14,5%). Para o primeiro principal fator que favoreceria a desistência do praticante foi citado desmotivação (28,2%), tempo (26,4%) e doença (20,9%). O segundo principal fator que favoreceria a desistência seria o tempo (48,2%), desmotivação (14,5%) e doença (10%). Os dados obtidos nos mostram que a prática da musculação deixou de ter como objetivo apenas fins estéticos e ganho de força, mas estão direcionados ao ganho e a manutenção da saúde.

PALAVRAS CHAVES: Aderência, Academia, Musculação.