96 - FACTORS THAT LEAD PEOPLE TO PRACTICE PHYSICAL EXERCISES IN GYMS

ANA PAULA SCHEFFER[1]
RODRIGO DA SILVA BRONZIM[1]
FÁBIO FORMIGHIERI[1]
EVERTON PAULO ROMAN[1,2]
1 - Faculdade Assis Gurgacz/Cascavel/Paraná/Brasil
1,2 - Universidade Estadual de Campinas (UNICAMP) Campinas, SP, Brazil.
everton@fag.edu.br

INTRODUCTION

Although the greater portion of society is still sedentary, the demand for physical exercise in gyms is growing. It is known that the prevention of various diseases is directly related to the regular practice of physical exercise, and as a consequence, the positive effects on the psychological aspects from the pleasure derived from the activity performed occur.

The benefits that the practice of physical exercise provides for making the health better and controlling the weight are obvious, as it assists in maintaining lean body mass and reducing adipose tissue (REIS , 2009).

The quality of life has been approximated to the satisfaction found in family, loving, social and environmental life and even the existential aesthetics. It is related to self-esteem, well- being and covers aspects such as functional ability, socioeconomic status, emotional state, social interaction, intellectual activities, self-care, our own state of health, lifestyle, satisfaction with daily activities and the environment in which we live (SILVA; VALENTE; BORRAGINE, 2012).

The media can also be considered a major contributor to the growing demand for gyms, through magazines, television, newspapers, and other media, as these disseminate images and languages, modifying the imagination of many people, because it gives us meanings through myths, symbols and fantasies of beauty standards considered to be ideal by society, that is, spreading the culture of a perfect body, associating success with happiness (ARAÚJO et al., 2007).

Knowing the importance of this issue for the scientific community dedicated to the training and the health field, the aim of this study was to determine the main factors that motivate people to practice physical exercises in the gyms of Cascavel – Pr.

MATERIALS AND METHODS

This is a descriptive study conducted in a transversal way in the year of 2012 in 05 gyms of Cascavel, in the west of Paraná – south of Brazil. The survey was carried out with male and female physical exercises practitioners who regularly attend the gyms. For its realization, we considered as elements of the population, all people aged 18-50, of both sexes, who were properly enrolled in the gyms that took part in the research. The sample was obtained by simple random sampling, with a total of 576 practitioners for setting up the database, with 306 men and 270 women. The grouping of the ages has been established by the age reported by the subject at the time of evaluation.

In this study we evaluated issues relating to the factors that led people to practice physical exercises in gyms, how they feel with this activity, the week frequency they exercised and what exercises they prefer (aerobic or resistance exercises).

Data were stored in SPSS for Windows version 15.0. We made the percentage calculus and built the absolute and relative frequency tables.

Everyone involved in the research was informed about the objectives of the study and informed about the methods used by a Statement of Consent, being guaranteed the right to withdraw from the study at any time. This study was approved by the Ethics Committee of the Faculdade Assis Gurgacz - CEP/FAG under number 211/2012.

RESULTS

Regarding the results obtained with the practitioners of physical exercise in the gyms of Cascavel in the year of 2012, we obtained some relevant information. The population consisted of all practitioners of physical exercise in gyms, and the sample resulted in 576 volunteers.

When people were asked about how they felt about the practice of physical exercise, it was observed that 100% (306) of men felt comfortable with doing it, while 98.1% (265) of women reported the same opinion.

With regard to the factors that influence women attending the gyms, it was found that 38.9 % (103) sought gyms to improve the physical appearance, 29.4% (78) of the women tried to raise their level of quality of life with physical exercise and 17.4% (46) sought to improve their health.

Regarding the factors that influence men attending gyms evaluated in this study, it was observed that 33.0 % (101) sought gyms to improve physical appearance. It was also found that 27.5% (84) of the men engage in physical exercises in order to improve their quality of life. Regarding women, 38.9 % (103) sought to improve physical appearance, while 29.4 % (78) wanted to improve their quality of life. More detailed information on this issue can be analyzed in the following table.

Table 1: Values of absolute and relative frequency of variable factors that lead people to attend the gyms

Factors	Frequency			
	Male		Female	
	n	(%)	n	(%)
Level of quality of life	84	27,5	78	29,4
Improve the health	42	13,7	46	17,4
Improve physical appearance	101	33,0	103	38,9
Fitness	77	25,2	36	13,6
Other	2	0,7	2	0,8
Total	306	100	265	100

DISCUSSION

This research aimed to better understand the factors that lead people (male and female) to attend the gyms in the city of Cascavel. We evaluated the physical exercise practitioners in 05 gyms with a considerable sample of 576 practitioners in the age group between 18-50 years old.

In relation to the information, it was observed that 100% (306) of men and 8.1% (265) of women feel well about physical exercise, and 5 of them reacted negatively to the practice, presenting the justifications that they were very tired, or that they do the exercises only because they know it is necessary.

According to the results presented in the previous paragraph, we know that, when exercising, endorphins are released, which are considered to be the hormones of pleasure, to which are related an increased tolerance to pain, appetite control, reduction of anxiety, anger and tension (FERREIRA; BRESSAN; MARINS, 2009) .

The literature suggests that exercise is also strongly linked to increased well-being and improved mood. Such changes help positively in cases of anxiety and depression. Body image is also a psychological variable that can be worked positively through physical activity, helping the weight management attitudes (BOUCHARD, 2003).

In this study it was found that both for the male, with 33% (101), and female, 38.9% (103) that among the main factors that influence people to do physical exercises in gyms are the will of improving physical appearance, followed by improving the level of quality of life, which is the second factor most remembered by men and women. Between the genders there was only a divergence in the last answer, in which men chose as the third largest influencing factor to begin practicing in gyms the desire to improve fitness while women to improve health.

In this regard, Goellner (2003) states that women generally worry excessively with the body, so they dedicate to sports practice, because the care of the appearance of the body is identified as a driver of modernization of women and their self-assertion in society.

However, relations with body image are influenced by different socio-cultural factors affecting mainly women, where the set of concerns and dissatisfaction with body image induce the exercise and taking care of the body so excessively, aiming mainly to improve or maintain their body appearance (DANTAS, 2005).

The exercises have often been used as a means to reduce body weight of individuals dissatisfied with their own image. However, a negative body image can reduce the motivation for physical activity or offer a further spur to increase exercise programs (FERMINO; PEZZINI; REIS, 2010).

According to Napoli (2008), the physical activity is critical to the health of the individual. Certainly, the benefits with respect to mental health are increasingly valued, as the desire and interest in physical activity are the result of a number of personal factors that influence the maintenance or satisfaction with the activity.

The physical activity is the most effective way to raise the level of quality of life, being extremely important for humans because they need to work out to be physically and emotionally healthy (ARAUJO, 2007).

The literature suggests that a more physically active lifestyle, with physical exercises, in addition to bringing about positive change in people's lives, provides a sense of well -being, physical function, cognitive, reduced levels of anxiety and depression and improved physical fitness (SILVA; VALENTE; BORRAGINE, 2012) .

This work provides the reasons why people begin practicing activity in gyms. However, it is suggested that further studies be conducted with other populations in different regions of Brazil, so you can better identify what the main factors that lead people to do physical exercises in gyms are.

It is believed that the adoption of healthy habits can lead individuals to a better life, because the bustle and stress of everyday life are part of the context of most people. It is believed that this study will contribute to an expansion of ideas and suggestions within the gyms and in understanding changes that please everyone and motivate more and more people to join the practice of physical activities.

CONCLUSION

From the results of this study, it was concluded that most practitioners of physical exercises feel well about their practice. It was noticed that more than half of practitioners, regardless of gender, attend the gyms four or more times per week. In response to the main objective of this study, it was concluded that aesthetic factors are primarily responsible for the frequency of physical exercise practitioners in gyms, being the option of 33% (101) of the male and 38.9% (103) of the female, seeking thereby modeling the body and the muscle definition, and the quest for improved quality of life comes soon after, where practitioners aimed achieving healthy habits.

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Rua Cipreste, 385 – Parque Verde
CEP – 85-807-700 – Cascavel – Paraná – Brasil.

FACTORS THAT LEAD PEOPLE TO PRACTICE PHYSICAL EXERCISES IN GYMS

ABSTRACT

Introduction: More and more researches point out that the exercise is an indispensable factor for a better health and quality of life and the proper functioning of our body. Objective: Determining what the key factors that motivate people to practice physical exercises in gyms are. Materials and Methods: A descriptive transversal study performed in 2012 in 05 gyms in Cascavel, in the west of the state of Paraná, in the south of Brazil. The study population consisted of all people, male and female, in the age group between 18-50 years old. The sample consisted of 576 individuals (306 males and 270 females). The questionnaire was designed by the researchers and referred to the factors that led the people to gyms. Data were stored in the program SPSS version 15.0. We used descriptive statistics with values of absolute and relative frequency of the responses that were obtained. Results: The results showed that most practitioners feel well with the physical exercises, and those attend the gyms four or more times per week. Conclusion: The main reason that leads people to attend the gyms are the aesthetic factors, such as weight loss, improvement of physical appearance and muscle definition.

KEYWORDS: Physical exercises, gyms, aesthetic factors.

LES FACTEURS CONDUISANT LES GENS À PRATIQUER L'EXERCICE PHYSIQUE DANS LES GYMNASES

RÉSUMÉ

Introduction: De plus en plus des recherches montrent l'exercice physique comme facteur indispensable pour une meilleure santé et qualité de vie et le bon fonctionnement de notre corps. Objectif: déterminer quels sont les facteurs qui motivent les gens à pratiquer des exercices physiques dans les gymnases. Matériel et méthodes: Une étude descriptive transversale réalisée en 2012 dans 05 gymnases de Cascavel, à l'Ouest de l'État du Paraná, au Sud du Brésil. La population étudiée était composée de toutes les personnes, hommes et femmes dans le groupe d'âge de 18 à 50 ans. L'échantillon était composé de 576 personnes (306 hommes et 270 femmes). Le questionnaire a été conçu par les chercheurs et a évoqué les facteurs qui ont conduit les praticiens aux gymnases . Les données ont été stockées au logiciel SPSS dans la version 15.0. Nous avons utilisé des statistiques descriptives avec des valeurs de fréquence absolue et relative des réponses.Résultats: Les résultats montrent que la plupart des praticiens se sentent bien avec les exercices physiques, avec ceux qui vont aux gymnases quatre fois ou plus par semaine. Conclusion: La principale raison qui pousse les gens à fréquenter les gymnases sont les facteurs esthétiques, tels que la perte de poids, l'amélioration de l'apparence physique et la définition musculaire.

MOTS-CLÉS: Exercices physiques, gymnases, facteurs esthétiques.

FACTORES QUE LLEVAN A LAS PERSONAS A PRACTICAR EJERCICIOS FÍSICOS EN GIMNASIOS

RESUMEN

Introducción: Cada vez más investigaciones señalan al ejercicio físico como un factor indispensable para la mejor salud y calidad de vida y un buen funcionamiento de nuestro organismo. Objetivo: Verificar cuales son los principales factores que motivan a las personas a la práctica de ejercicios físicos en gimnasios. Materiales y Métodos: Estudio descriptivo transversal realizado en 2012 en 05 gimnasios de la ciudad de Cascavel, oeste de la provincia de Paraná, sur de Brasil. La población de estudio se constituye de todas las personas de sexo masculino y femenino en faja etaria de 18 a 50 años de edad. La investigación fue con 576 personas (306 hombres y 270 mujeres). El cuestionario fue elaborado por los investigadores y se referían a los factores que llevaban a los practicantes a los gimnasios. Los datos fueron almacenados en el programa SPSS versión 15.0. Se utilizó estadística descriptiva con valores de frecuencia absoluta y relativa de las respuestas obtenidas. Resultados: Los resultados mostraron que la mayoría de los practicantes se sienten bien con la realización de ejercicios físicos, siendo que éstos frecuentan los gimnasios cuatro veces o más por semana. Conclusión: El principal motivo que lleva a las personas a frecuentar los gimnasios son los factores estéticos, tales como adelgazamiento, mejorar la apariencia física y definición muscular.

PALABRAS-CLAVE: Ejercicios físicos, gimnasios, factores estéticos.

FATORES QUE LEVAM PESSOAS A PRATICAR EXERCÍCIOS FÍSICOS EM ACADEMIAS

RESUMO

Introdução: Cada vez mais pesquisas apontam o exercício físico como um fator indispensável para melhor saúde e qualidade de vida e um bom funcionamento do nosso organismo. Objetivo: Verificar quais são os principais fatores que motivam pessoas à prática de exercícios físicos em academias. Materiais e Métodos: Estudo descritivo transversal realizado em 2012 em 05 academias da cidade de Cascavel, oeste do estado do Paraná, sul do Brasil. A população do estudo constituiu-se de todas as pessoas dos sexos masculino e feminino na faixa etária de 18 a 50 anos de idade. A amostra foi de 576 pessoas (306 homens e 270 mulheres). O questionário foi elaborado pelos pesquisadores e se referiam aos fatores que levavam os praticantes às academias. Os dados foram armazenados no programa SPSS versão 15.0. Utilizou-se estatística descritiva com valores de frequência absoluta e relativa das respostas obtidas. Resultados: Os resultados apontaram que a maioria dos praticantes sentem-se bem com a realização de exercícios físicos, sendo que estes frequentam as academias quatro vezes ou mais por semana. Conclusão: O principal motivo que leva as pessoas a frequentarem as academias são os fatores estéticos, tais como emagrecimento, melhora da aparência física e definição muscular.

PALAVRAS-CHAVE: Exercícios físicos, academias, fatores estéticos.