128 - APPLICABILITY OF COMMUNITY THERAPY IN HIGH SERTÃO PARAIBA

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INTRODUCTION

The post-modernity as experienced and discussed concerns that brings corroborate a life filled with personal difficulties, which translate the anguish and suffering of everyday coming from the direct relationships with each other. As stated by Holland, Dias Ferreira Daughter (2007):

> In the world of globalization, the society is full of contradictions, where the crisis of values affects the world of relationships and consequently the quality of life of people. This causes humans to experience a life full of anxiety, loneliness and difficulty of establishing effective communication with their peers.

The capitalist regime that Brazilian society makes living there a constant search for wealth and power , but what exactly is looking for? When one thinks of financial empowerment and personal status and therefore society assign these skills to an individual presents as the goods and he is as a profession . But do these achievements qualify the individual to be what really makes them happy , or just these " powers " to complement , but not the complete whole ? On the other hand there is to discuss the relations of life that does not bring this empowerment , noting an analysis related to absence of these " powers " , but with the possibility of empoderameto related to other issues , such as suffering minimized , resolved anxieties , concerns mild ... This discussion puts the company into two major groups , which are characterized by people who earned " a place in the sun " from a financial standpoint and professional and we have not conquered this place . And while it comes down to a group of people who have different age groups and living the contradictions of the modern world . Did these people are able to resolve their personal problems ? And will these problems are common to all people ? Or they give differently in different age groups , or gender , or social ? This article does not fit answers to so many questions , but contributes to a reflection on the concerns that comprise the life of a social group distinct age and sex but who live a similar socio-cultural reality .

Therefore, it was necessary that these people rescued themselves their realities of life, bringing to themselves, their difficulties and their pleasures, and especially their perceptions and the way to face these realities. As already said by Holland, Dias Ferreira Daughter (2007), attitudes to life and promotion practices that value the other comes, significantly, with the differential. This allows rescue develop the ability to experience emotion, engage and create bonds of co-responsibility and need to be deployed in health care.

Considering this proposal, the lived realities can be investigated in an attempt to promote health anchored in the individual himself, and supported the proposed community therapy.

The human being is characterized in its life cycle, several transformations that arise from physical and psychosocial changes, need to adapt to various events and ways of thinking and acting that are built over the years. All this social construction makes each person to interact in the context of their own way, finding the best way of coping and living, promoting reconstruction, redefinition or simply being led by events without realizing its purpose.

There is an intense complexity when it is thought the numerous changes that may occur over the life of each, and these transformations are not limited to emotional variables, biochemical, but also are involved in the socioeconomic and cultural factors.

> The life involves the need for (re) organization and (re) adjustment in several dimensions, especially with respect to the identity, role definition and composition of the intercom network, and when it refers to how it is handled people's health, it is disturbing to think the actions or rather the (un) common to dismantle health care (NETHERLANDS, DAYS, DAUGHTER FERREIRA, 2007).

When dealing with basic health care, it is clear that there is a demand in untold health care services, which is seen emphatically from biological conditions, which affects the inability to verbalize the people, as this fragility creates a lack of empowerment.

Given this inability disjointed developed in humans, a person may be a victim of himself for not getting mentioned empowerment. This social fragmentation is one of the factors that influences the very existence and reflected on the day of each, plus the interrelation family.

All this difficulty generates negative actions and reactions to the social process, and is generating unease, anxiety and violent acts. To develop this article, we sought to better understand the path to personal process, in addition to planning an inviting ambiance, spacious and welcoming, in order to meet their questions and doubts, their values and beliefs, their attitude and culture, or its history is personal, individual and collective.

Thus came the wheels discussion as an alternative to find the point of discussion, clarification of listening, and also the best action in search of assistance as desired empowerment.

During these meetings commonly perceived that the participants have different personal needs, which reflect their desires, dreams, sorrows, fears, anxieties, uncertainties, hopes, difficulties, joys, sorrows ... The decision to perform CT (community care) contributes to the flowing lines of social and symbolic that involves the individual.

In view of the flow to be asleep or void that exists in each one, made it a comprehensive investigation in search of subjectivity that can provide the applicator / caregivers tools to understand the existence of each and provide a foundation for more effective assistance and directed the real needs of each.

Thus, the aim of this study was to present the community therapy as a strategy for therapeutic action, demonstrating actions developed in the community therapy, including operation and featuring contributions therapy in participants' lives.

METHODOLOGY

This study deals with an exploratory-descriptive and quantitative approach, developed in the Basic Family Health, located in the municipality of Bonito Santa Fé-PB/Brasil.

The population was made up of volunteers invited the Family Health Units of the Municipality, for a total of 1,029 participants, comprising men and women of different age groups. Among these people were distinct social groups, because they have different occupational or professional activities, they constitute groups of economic conditions and intellectuals far and mostly live disparate socio-cultural realities, but that with all this variation, present similar problems.

Was used a collection of semi-structured data covering the topics proposed in the community therapy and coping strategies of the chosen topic.

After approval of the Municipal Health and care of all ethical observances of resolution no. 196/96 which regulates research involving human subjects, began the process of data collection, which occurred in May 2010.

RESULTS AND DISCUSSION

The results have brought the possibility of analyzing the results, which were categorized and organized in three tables, as was described below.

VARIABLES	MALE	FEMALE	TOTAL
Children	71	65	136
Teens	109	162	271
Adults	100	376	476
Elderly	51	95	146
Total	331	698	1029

TABLE I -. Number of participants in community therapy.

This article shows how the amount of participating women exceeded that of men, ranging in relative ages. In this respect it is clear that when presenting volunteers or professionals appointed by the variability between people is very significant. Above all, be a man or woman in the TC brings no difference in the findings, just shows how much people, whether they are of one sex or the other may have similar problems, but may also vary, but it always has its own difficulties, which may or not find or add to the problems of others.

For many years, men and women had very defined roles, and were regarded as almost inevitable fates. He was the man who decided who would marry, how many children have, where the family would live and so many other decisions down to the man, the cultural traditions of the society. He was the "head" of the couple, the "boss" of the family, "maintainer" of the needs of children and women, and are responsible for the maintenance of a shelter, providing protection and food (Dejours; MARTY, 2000)

When it created the need for the woman to face the job market, she gradually conquered its space. Today women play multiple roles. In addition to stay-at-home mom and wife, she has her profession and takes place in the labor market. So, now the woman has all the functions that were previously performed by humans, thus earning its space and is ahead of major global scientific and technological research showing its capacity. It is known that the woman has two functions. If she is able to perform all the man ran. It is up to the man, put aside prejudice and help her in daily tasks (Mota, 1998).

The current reality is presenting challenges for many men who are not yet aware of the new roles that modern society is to assign them to that change their roles as men. A man with the woman, in any situation, whether double, professional or social, establish a relationship of equality and respect and no longer acted before, with attitudes of power, of command and domination. The challenges are there in our society to the changing roles of men and women. But it is necessary that both agree to the need of breaking paradigm that experiment with new forms of behavior.

When examining different age groups is between other two poles age of life, which in itself shows the level of civilization for any society. Children and the elderly represent population groups that deserve special attention, both from the point of view of the physician as legal and social.

These two segments require, for its characteristics, measures for the development of public policies specific care to ensure their rights. In this context can be seen as vulnerable populations.

VARIABLE	Amount
Stress	30
family conflicts	20
drug	01
alcoholism	16
conflicts	09
abandonment	02
violence	04
depression	21
work	06
rejection	02
discrimination	03
other	24
Total	133

TABLE II – Themes proposed in the community therapy.

Among the topics proposed, which appeared more in community therapy, was stress as a cause of numerous concerns, anxieties and even positive events. Thus, this article brought up a discussion focused on the biggest variable emerged.

The concept of stress has been widely used nowadays, and even become part of common sense. We can observe that the mass media have disseminated the concept indiscriminately, which favors some confusion about the true meaning of the term. Stress is now responsible for almost all the ills that afflict humans (Pelletier, 2007).

Currently, mainly as a result of modern life, in view of this, it is no wonder that there has been a growth of therapies and programs for stress management. Many of these programs lack a theoretical deeper, while others are designed for serious professionals and competent. Besides the scientific interest, also increased the economic interest around the stress, which can be observed both in the pharmaceutical industry, which has been manufacturing numerous products to combat it, as in insurance companies, mainly American (Cunha, 2004).

Among several considerations, we must clarify that stress is not a nervous tension or the specific result of injury. Moreover, there is anything that causes a reaction of alarm (in this case it would treat the stressor, or agent of stress), nor is it an imbalance of homeostasis. Thus, stress is a state manifested by a specific syndrome, consists of all nonspecific changes produced in a biological system. According to the cited author, this is an operational definition that is what must be done to

produce and recognize stress. Thus, the term has meaning only when applied to a precisely defined biological system (Rodrigues, 2007).

The Brazilian authors Mello and Moreira (2002) discuss the importance of the emotional state of patients in the evolution of infectious and neoplastic diseases. They define stress (physical, psychological or social) as a "term that covers a range of reactions and stimuli that cause disturbances in the body's balance, often with harmful effects." (op. cit. 121). They add that, although Selye in 1936 has presented the concept of biological stress in the General Adaptation Syndrome, later his team studied the psychological stress and currently has studied social stress. Lazarus (cited Mello and Moreira, 2002), in turn, conceptualized coping as a "set of mechanisms that the body makes use in response to stress agents, representing how each person evaluates and deals with these attacks." (p. 121).

Pelletier emphasizes the importance of research in this field so that we can clarify what is the role of certain factors that are difficult to measure, such as beliefs and values, the health of the subject. It further states that

> While these issues may seem a futile philosophical speculation, are crucial to the psychological well-being, physical health and for the future development of a truly effective health system (op.cit., P. 29).

In this perspective, we can include that CT brings to the table a very terminology used, but with broad significance and concern among people who make use of it and also of those who have as important diagnostic / therapeutic, so the question is: does the stress as mentioned brings the same meaning?

VARIABLE	Amount
Strengthening / personal empowerment	35
Search solidarity networks (friends, neighbors, associations, self-help groups)	20
Seek religious help	33
Care and relate better with family	15
Seek professional help and citizenship actions (utilities)	08
Participate in community therapy	02
Self-care - seeking culture resources	02
Total	133

TABLE III - coping strategies chosen theme in community therapy.

Whereas the highest form of coping Mentioned the wheels of TC was personal empowerment, brings up for discussion here, this element, there is noting que, the table shown in the other coping strategies for this Cavalcante According to Pereira (2006) empowerment (empowerment) means, in a general way:

> [...] The collective action undertaken by individuals when they participate in privileged spaces of decisions by social conscience of social rights. This awareness goes beyond taking the initiative of individual knowledge and overcoming a particular situation (reality) in which it is to reach an understanding of complex webs of social and economic contexts that inform wider policy.

The emancipation afforded the citizen, making this a legitimate part of public discussions and decision-making processes, favors the emergence of empowerment in the community.

This awareness of "power" effectively participate in public actions and behaviors is necessary for the person to overcome processes of political domination and promote social change, in addition to contributing to strengthening individual and collective citizenship, human dignity, freedom and equality, these precepts that constitute guidelines for participatory democracy.

"The empowerment of the community, for it to be the protagonists of their own history [...]. This is the process that has the ability to generate processes of self-sustainable development [...]. "(GOHN, 2004 apud Rolnick, 2004).

This idea of empowerment must instill in individuals the possibility of fulfillment of their rights and represent to society "[...] the institutional articulation and emergence of new agents / political actors involved in the democratic transformation of the state-society relationship." (CAVALCANTI PEREIRA, 2006).

According to Putman (quoted Gohn, 2004), social capital and civic communities are basic definitions for understanding empowerment. Civic communities characterized as "active citizens and imbued with public spirit, by egalitarian political relations, a social structure rooted in trust and collaboration." Democratic practice has lead to "horizontal relationships, spirit of reciprocity and cooperation."

CONCLUSION

In this study it was found that the most frequent problem among different persons, is the stress and the coping strategy used is more personal empowerment, and that these people through speeches, recorded in the chip can realize the benefits achieved and the changes that occurred in their lives after their participation in the meetings of TC.

There is a problem involving the discussion of what defines stress, but the fact is that something bothers these people, and that is defined by stress, regardless of what it means to them. Another striking factor that can not be proven yet is that to understand this occurrence as a reality site that brings insecurity and socio-affective instability in various stages of life.

These findings allowed us to know the importance of Community Therapy as care technology, plus subsidies to foster humane actions in mind, which is respecting the cultural aspects of each individual and considering their previous knowledge and experiences, which are sources of knowledge and basis for the construction of knowledge, which will minimize the difficulties.

Faced with so much discussion, we can say that the community therapy can be understood and regarded as the best alternative to understand their possible problems or difficulties, and these are solutions in the individual, be it of any social group or age, of any religion or belief in any community.

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APPLICABILITY OF COMMUNITY THERAPY IN HIGH SERTÃO PARAIBA

ABSTRACT

Emerging as a new technology insertion programs in care and support to public health, the community therapy, or in any age or social group, brings a great alternative to the quality of existence of each. This article aimed to: Present the community therapy as a strategy of therapeutic action, and in a specific way: Demonstrate actions taken in community care; Understand the operation of community therapy; Presenting the contributions of community care in the lives of participants. With this approach, it was seen that people, regardless of age or gender, have higher complication and stress in their lives and as a strategy of action to combat this, personal empowerment. We conclude that people confuse what is stress, but feel that something afflict them, and above all, realize how empowering yourself can result in better quality of life.

KEYWORDS: Therapy - empowerment - strategies – difficulties

APPLICATION DE LA THÉRAPIE COMMUNAUTAIRE EN HAUTE SERTAO PARAIBA

RÉSUMÉ

Apparaît comme un des nouveaux programmes d'insertion de la technologie dans les soins et le soutien à la santé publique, la thérapie de la communauté, ou dans n'importe quel âge ou groupe social, apporte une excellente alternative à la qualité de l'existence de chacun. Cet article vise à: Présenter la thérapie de la communauté comme une stratégie d'action thérapeutique, et d'une manière spécifique: Démontrer les mesures prises en matière de soins communautaires, de comprendre le fonctionnement de la thérapie de la communauté; Présentant les contributions des soins communautaires dans la vie des participants. Avec cette approche, on a vu que les gens, peu importe leur âge ou leur sexe, ont complication plus élevé et le stress dans leur vie et comme une stratégie d'action pour lutter contre cela, la responsabilisation personnelle. Nous concluons que les gens confondent ce qui est le stress, mais nous sentons que quelque chose les affligent, et surtout, comment réaliser l'autonomisation vous-même peut conduire à une meilleure qualité de vie.

MOTS-CLÉS: Therapy - empowerment - stratégies - difficultés

APLICACIÓN DE LA TERAPIA DE LA COMUNIDAD EN ALTA SERTÃO PARAIBA

RESUMEN

Emergiendo como un nuevo programas de inserción de la tecnología en la atención y el apoyo a la salud pública, la terapia de la comunidad, o en cualquier grupo de edad o social, trae una gran alternativa a la calidad de la existencia de cada uno. Este artículo tiene como objetivo: Presentar la terapia comunitaria como una estrategia de acción terapéutica, y de una manera específica: Demostrar las acciones emprendidas en el cuidado de la comunidad; Comprender el funcionamiento de la terapia comunitaria; presentación de las contribuciones de la atención de la comunidad en la vida de los participantes. Con este enfoque, se ha visto que las personas, independientemente de su edad o sexo, tienen mayores complicaciones y el estrés en su vida y como una estrategia de acción para combatir esto, el empoderamiento personal. Llegamos a la conclusión de que la gente confunde lo que es el estrés, pero sentimos que algo les afligen, y sobre todo, damos cuenta de cómo empoderar a sí mismo puede resultar en una mejor calidad de vida.

PALABRAS CLAVE: Terapia - empoderamiento - estrategias - las dificultades

APLICABILIDADE DA TERAPIA COMUNITÁRIA NO ALTO SERTÃO PARAIBANO

RESUMO

Surgindo como uma nova tecnologia de cuidado nos programas de inserção e apoio à saúde da população, a terapia comunitária, seja em qualquer faixa etária ou grupo social, traz uma excelente alternativa para a qualidade do existir de cada um. Este artigo teve como objetivo geral: Apresentar a terapia comunitária como estratégia de ação terapêutica; e de maneira específica: Demonstrar ações desenvolvidas na terapia comunitária; Compreender o funcionamento da terapia comunitária; Apresentar as contribuições da terapia comunitária na vida dos participantes. Com essa abordagem, viu-se que as pessoas, independente da idade ou sexo, têm o estresse como maior complicador de suas vidas e como estratégia de ação para o combate deste, o empoderamento pessoal. Conclui-se que as pessoas confundem o que é o estresse, mas sentem que algo lhes afligem, e sobretudo, percebem o quanto empoderar-se pode resultar em melhor qualidade de vida.

PALAVRAS-CHAVE: Terapia – empoderamento – estratégias - dificuldades