127 - EVALUATION SUBJECTIVE EXPERIENCES IN THE PHYSICAL ACTIVITY, DEPRESSION AND SELF-PERCEPTION OF THE DAILY LIFE ACTIVITIES IN AGED PRACTITIONERS OF RESISTENCE TRAINING

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INTRODUCTION

The aging process causes functional and behavior alterations that affect the human beings in characteristic ways. In the last phase of the life all them become relatively less agile, more vulnerable to the action of the environment and dependents of the

culture characteristic; exactly in the absence of pathology.

The aging is world phenomenal and in Brazil, it happens the same. The population segment of people with 65 years or more comes having its increased relative weight in the population. The modifications in the structure aged group Brazilian population come occurring in consequence of changes associates to the reduction of the natality and mortality taxes and also to the increase in the longevity of the Brazil.

The physical activity is an important modifier of the life style, as well as a resource to delay the deleterious effect of the aging, even if this cannot be reverted.

In this case, the regular physical activity benefits physiological, psychological and social aspects. The increase of muscular force, of the sanguineous flow for the muscle, improvement of flexibility and amplitude movements are some physiological benefits. According to Rolim and Forti (2004) the corporal appearance improvement, self-esteem and self-image, as well as decrease of the anxiety and in some cases, decrease of the depression is part of the benefits related to the physiological aspect. Regarding the social benefits, it is distinguished a bigger integration and socialization, as well as insertion in a social group.

The resistance training is a type of physical activity that is practice individually and for a lot of people it is a boring activity. However, more and more times it has been adhered for the aged population, breaking “taboos”.

This activity can exert an important part in the functional capacity, in the maintenance and improvement of the independence and autonomy of the aged one, therefore with the increase of the age, the loss of muscular mass can be prevented and even though developed , it can improvement the quality of life and reduce the risks of injury and fall.

The aged individuals, as well as the others ages fell different and positive alterations in their states of spirit, auto esteem, auto effectiveness, after they practiced some type of physical activity . It helps to get more personal resources to face the difficult situation of daily day and to keep a god quality of life.

Following this line of thought, the decline of the physical capacity is one of the many problems faced for the aged, which contributes for a depression of mood state. Some scholars had searched about depression and physical activity. Bennett, Carmack and Gardner (1982, apud Shephard, 2003) had made a moderate balance and flexibility program of exercises to a depressed institutionalized aged. After nine weeks the scholars related that the depression was reduced significantly.

Blume Blumenthal e collaborators(1989, apud Shephard, 2003) also had observed a decrease of depression in men, as reply to 4 months of a aerobic excises program.

Martisen (1994) in a revision of 12 studies about clinical experience with depression and physical activity, all them indicate that, for depression physical activity is better than any other treatment and has the same value as other forms of psychotherapy treatment showing a anti-depressive effect. The author shows that the studies considered the physical activity as an important part in the different forms of psychotherapy treatment, but not only this treatment.

However, the functional capacity loss takes to incapacity to do the Daily Life Activities and the Instrumental Daily Life Activities. According to Okuma (1998), estimates of the prevalence of the incapacity functional came from physical limitation vision for a great percentage of people (more women than men) has difficulty or incapacity to do the daily activities, being that such difficult increase with the age.

With this revision, the objective of this study was to evaluate subjective experiences in the physical activity, depression and self-perception of the Daily Life Activities in aged practitioners of resistance training of AFRID group.

Methodology

The population was represented by aged active, practitioners of resistance training. The sample was composed for 17 aged (7 men and 10 women), with average age 69 years. The voluntaries choice was variable, respecting the characteristics demanded like be more than 60 years old, be practitioners of resistance training one year or more and to want to participate of the research. The used instruments were 3 questionnaires: subjective experiences evaluation scale in the physical activity (Mc Auley and Courneya 1994); depression evaluate scale Fiatarone 1996) and auto-perception performance of AVDs scale (Andreotti and Okuma 1999), all protocol led by Matsudo (2005). For the accomplishment of this study, the questionnaires had been answered by the proper voluntaries to guarantee the fidedignidade of the research. The analysis statistics was descriptive type.

Results

The founded results will be present in the following tables. In the first table is representing the percentage results about subjective experience in the physical activities.

Table 1: Evaluation of subjective experiences in the physical, according with the 3 characteristics pre-established (positive affection, negative affection and fatigue)

POSITIVE AFFECTION	NEGATIVE AFFECTION	FATIGUE
94% favorable	94% favorable	76,4 % favorable
6% is not favor	6% not favorable	23,6 % not favorable

It is possible to verify that in all the aspects: positive affection, negative affection and fatigue, the subjects evaluated the physical activity as favorable subjective experiences in the physical activity. According to protocol of the questionnaire, when there is a high score of positive aspect , more favorable the state of the aged one and too much aspects, when there is a low score, more favorable the state of aged one. With this results, the scores were high for the positive aspect, varied between 2 and 28, in the others aspects the scores were low, varied between 4 and 9.

In the table 2 it has been presented percentage result about self-perception of Daily Life Activity performance .
Table 2. Self- Perception scale of the performance in the Daily Life Acitivities.

Functional Capacity	Percentage (%)
"Very Good"	82,4%
"Good"	17,6%

We can see that the majority (82,4%) of the citizens related to possess "very good" functional capacity. These data come consequently to confirm the importance of the physical activity for this population, improving the functional capacity and keeping the autonomy and independence of these people in the accomplishment of its Daily Life Activities.
In table 3 presents the results in percentage of the evaluation of the depression.
Table 3 Scale of Depression

DEPRESSIOIN	PERCENTAGE (%)
NÃO TEM TENDÊNCIA	82,4%
TENDÊNCIA	17,6%

The results are the excellent for the option do not have tendencia, therefore as the protocol of the questionnaire, is considered that the score = 12 points is good and score = 13 points can have depression. However, the citizens searched there is no tendencia the depression.

Conclusion

The people presented favorable conditions in the subjective experiences, "very good" functional capacity and had showed not to have tendencia for depression.
Those that presented desfavorable score in the subjective experiences had been ones that had still presented depressive indications and "good" functional capacity. However, the functional capacity and subjective experiences in the physical activity can intervene in the evaluation of the depression.

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Key words: physical activity, aging, depression, self-perception, subjective experiences

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EVALUATION SUBJECTIVE EXPERIENCES IN THE PHYSICAL ACTIVITY, DEPRESSION AND SELF-PERCEPTION OF THE DAILY LIFE ACTIVITIES IN AGED PRACTITIONERS OF RESISTENCE TRAINING

The aging process causes functional and mannering alterations that affect the human beings in characteristic ways. Following this line of thought, the decline of the physical capacity is one of the many problems faced for the aged ones that it contributes for a depression of the mood state, as well as reduction of the effectiveness in the AVDs. The objective of this study was to evaluate subjective experiences in the physical activity, depression and auto-perception of the AVDs in aged practitioners of resistence training. The population was represented by aged active, physically practicing ones of resistence training.The sample was composed for 17 aged ones, being 7 of masculine sex and 10 of the feminine sex, with age varying enters the 60 82 years, with average age of 69 years. The used instruments had been 3 questionnaires: Scale of evaluation of subjective experiences in the physical activity (Mc Auley and Courneya 1994); Scale to evaluate the depression (Fiatarone 1996) and Scale of auto-perception the performance of AVDs (Andreotti and Okuma 1999), all protocolled by Matsudo (2005). The analysis statistics was of the descriptive type. The results on subjective experiences, in the three studied aspects - positive, negative affection and fatigue - you prop up are favorable. How much to depression 17% it has trend for depression and 83% had not presented trend. In relation the auto-perception of the AVDs, 82.4% has "very good" functional capacity and 17.6% have "good" functional capacity. Analyzing the gotten data, it can be inferred that in its majority, the citizens had presented favorable conditions in the subjective experiences, "very good" functional capacity and had disclosed not to have trend for the depression. It is still standed out that had presented you prop up favorable in the subjective experiences had been the ones that had still presented depressive indications and "good" functional capacity.
Key words: physical activity, aging, depression, self-perception, subjective experiences

ÉVALUATION DE L'AUTO-PERCEPTION DES ACTIVITÉS DE LA VIE QUOTIDIENNE, EXPÉRIENCES SUBJECTIFS ET DÉPRESSION DANS LES APPRENTIS ÂGÉS DE MUSCULATION

Le procès de vieillissement amene altérations fonctionnel et comportementels que affectent les êtres humains de manières caractéristiques. Dans cette ligne du pensée, le déclin de la capacité physique est un des plusières problèmes trouvés par les âgés que contreviennent pour une dépression du état d'humeur, bien comme la réduction de l'efficacité dans les AVDs. L'objectif de ce étude a été d'évaluer les expériences subjectifs dans l'activité physique, dépression et auto-perception des AVDs en âgés apprentis de musculation du projet AFRID. La population a été réprésentée par les âgés physicament actifs, apprentis de musculation. L'épreuve a été composée par 17 âgés, avec 7 du sexe masculin et 10 du sexe féminin, avec l'âge en oscillant entre 60 et 82 ans et l'âge moyenne de 69 ans. Les instruments utilisés avaient été 3 questionnaires : Il balances de évaluation des expériences subjectif dans l'activité physique (Mc Auley et Courneya 1994) ; Balance pour évaluer la dépression (Fiatarone 1996) et balance de automobile-perception de l'exécution d'AVDs (Andreotti et Okuma 1999), tout proclamé un protocole pour Matsudo (2005). L'analyse des statistiques elle était du type descriptif. Les

résultats sur des expériences subjectif, dans les trois aspects étudiés - positif, négatif affection et fatigue - vous étayez vers le haut d'elles êtes favorable. Combien à la dépression 17% il y a la tendance pour la dépression et 83% ils n'avaient pas présenté la tendance. Dans la relation l'auto-perception de l'AVDs, 82.4% a la capacité fonctionnelle "très bonne" et 17.6% ont "bonne" capacité fonctionnelle. Analyse on peut impliquer des données obtenues, qui dans sa majorité, les citoyens avait présenté conditions favorables dans les expériences subjectives, fonctionnelles capacité "très bon "et elles avait révélé pour ne pas avoir la tendance pour dépression. Se detache encore que toute les personnes qui ont présenté résultat défavorable dans des expériences subjectives ont été les que ont présenté indices depressifs et encore une « bonne » capacité foncionnel.

Mots clés: activité physique, vieillissement, dépression, l'auto-perception, expériences subjectifs

EVALUACIÓN DE LA AUTO-PERCEPCIÓN DE LAS ACTIVIDADES DE LA VIDA DE CADA DÍA, EXPERIENCIAS Y DEPRESIÓN SUBJETIVAS EN PERSONAS DE LA TERCERA EDAD PRACTICANTES DE MUSCULACIÓN

El proceso del envejecimiento causa alteraciones funcionales y comportamentales eso afecta los seres humanos de maneras características. Después de esta línea del pensamiento, la declinación de la capacidad física es uno de los muchos problemas hechos frente para envejecidos que contribuye para una depresión del estado de humor, así como la reducción de la eficacia en el AVDs. El objetivo de este estudio era evaluar experiencias subjetivas adentro la actividad física, depresión y auto-percepción del AVDs en personas de la tercera edad practicantes de musculación del proyecto AFRID. Representaron a la población personas de la tercera edad, fisicamente activas, practicantes de musculación. La muestra fué compuesta por 17 personas de más edad, siendo 7 del gênero masculino y 10 del gênero femenino, con edad mientras los 60 e 82 años, con la edad media de 69 años. Los instrumientos utilizados fueron 3 cuestionarios: Escala de la evaluación de experiencias subjetivas en la actividad física (Mc Auley y Courneya 1994); Escala para evaluar la depresión (Fiatarone 1996) y escala de auto-percepción del funcionamiento de AVDs (Andreotti y Okuma 1999), todos protocolados por Matsudo (2005). La estadística del análisis estaba del tipo descriptivo. Los resultados en experiencias subjetivas, en los tres aspectos estudiados - afecto positivo, negativo y fatiga los "scores" son favorables. Cuánto a la depresión el 17% tiene tendencia para la depresión y el 83% no tenían actual tendencia. En la relación la auto-percepción del AVDs, los 82.4% tienen capacidad funcional "muy buena" y 17.6% tienen "bueno" capacidad funcional. Mirando los datos conseguidos, puede ser deducido que en su mayoría, los ciudadanos presentaron condiciones favorables en la experiencias subjetivas, la capacidad funcional "muy buena" y divulgado para no tener tendência para la depresión. Puede destacar, aun que aquellos presentaron "scores" favorables en las experiencias subjetivas habían sido los que tenían, todavia, actuales indicaciones depresivas y "buena" capacidad funcional.

Palabras claves: actividad física, envejecimiento, depresión, auto-percepcion, experiencias subjetivas

AVALIAÇÃO DA AUTO-PERCEPÇÃO DAS ATIVIDADES DE VIDA DIÁRIA, EXPERIÊNCIAS SUBJETIVAS E DEPRESSÃO EM IDOSOS PRATICANTES DE MUSCULAÇÃO

O processo de envelhecimento acarreta alterações funcionais e comportamentais que afetam os seres humanos de maneiras características. Mesmo na ausência de patologias, na última fase da vida todos se tornam relativamente menos ágeis, mais vulneráveis à ação do ambiente e mais dependentes dos recursos da cultura. Seguindo essa linha de pensamento, o declínio da capacidade física é um dos muitos problemas enfrentados pelos idosos que contribui para uma depressão do estado de humor, bem como redução da eficácia nas AVDs. O objetivo deste estudo foi avaliar experiências subjetivas na atividade física, depressão e auto-percepção das AVDs em idosos praticantes de musculação do Projeto AFRID. A população foi representada pelos idosos fisicamente ativos, praticantes de musculação. A amostra foi composta por 17 idosos, sendo 7 do sexo masculino e 10 do sexo feminino, com idade variando entre 60 a 82 anos, com idade média de 69 anos. Os instrumentos utilizados foram 3 questionários: Escala de avaliação de experiências subjetivas na atividade física (Mc Auley e Courneya 1994); Escala para avaliar a depressão (Fiatarone 1996) e Escala de auto-percepção do desempenho de AVDs (Andreotti e Okuma 1999), todos protocolados por Matsudo (2005). A análise estatística foi do tipo descritiva. Os resultados sobre experiências subjetivas, nos três aspectos estudados - afeto positivo, negativo e fadiga os escores são favoráveis. Quanto à depressão 17% tem tendência para depressão e 83% não apresentaram tendência. Em relação a auto-percepção das AVDs, 82,4% tem capacidade funcional "muito boa" e 17,6% tem capacidade funcional "boa". Analisando os dados obtidos, pode-se inferir que em sua maioria, os sujeitos apresentaram condições favoráveis nas experiências subjetivas, capacidade funcional " muito boa" e revelaram não ter tendência para a depressão. Ressalta-se ainda que aqueles que apresentaram escores desfavoráveis nas experiências subjetivas foram os que apresentaram indícios depressivos e ainda capacidade funcional "boa".

Palavras chave: atividade física, envelhecimento, depressão, auto-percepção, experiências subjetivas.