10 - PROGRAM OF LABOR GYMNASTICS IN UNIVERSITY RESTAURANT

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Introduction

During some years the industry of restaurants developed a reputation of poor conditions of work and heavy loads of work. Ahead of this, to try to correct such situation, diverse company is searching philosophies administrative whose focus is the necessities of the workers, a time that the capacity of the worker is the most important factor of if getting productivity. (Santana, 1997).

The life of the modern man, notadamente in the great urban centers, is each time more directed to the confrontation of situations criticizes for its subsistence, such as feeding, housing, transport, education, health and the proper maintenance of the job, all they sabidamente, generating situations of stress.

One of the generating factors of Stress is the sedentary life, therefore in the current world with new employed technologies it facilitated the life of the people to become more sedentary.

Despite these technological changes, the man it is an active being and that it needs movement its welfare.

The general conditions of the life, as well as the work conditions, contribute to become many workers of 40 the 50 inapt years to answer the requirements of the tasks that it are proposals. (Wisner, 1994).

Beyond the sedentary life, the exposition to the aggressions, of different origins and suffered characteristics daily is another factor that can act of negative form in the quality of life of the people. Many times without the o less to perceive, the man generates mechanical overloads in its structures ósteomusculares, mainly, when he assumes inadequate occupational positions in function of ranks of badly projected works.

Aspects gifts in the modern society as questions related to the work conditions, the highly competitive market, the imminent threat of the loss of job and other difficulties day to day, make the workers to live deeply each time more estressantes situations in the work environment.

As stress has some causes as: the excess of work, satisfactory execution of tasks under pressure, ambient conditions, absence of decisions in the productive process and affect the people daily, it is not possible to establish an only form preveniz it or to fight it.

The administration of this stress if has shown to a vital tool in the tests techniques of enterprise administration who comprovadamente, the improvement of the levels of quality of life, based in the critical situations mentioned above the distinguishing factor between the companies, in the competition for productivity, quality and commercial performance.

Currently, a bigger attention has been given to the quality of life in the work, in the hope to promote an envolvement and motivation of the work environment, thus propitiating an increment of the productivity. It is looked with the quality of life in the work, to make with that the satisfaction of the necessities individual pass to be reached in the proper environment of work.

It inside has an interest of the Restaurants in establishing used efficient programs of retention of as well as more efficiently using the work resources. In this direction, the restaurants that leave its satisfied employees in the question quality of life in the work, will have its satisfied customers with the quality of the given service.

An important component of this strategy is the incentive to the people for a new culture of healthful habits, becoming capable to be conditioned and physically to remain capable for the accomplishment of its daily tasks and to have still reserves enough of energy to face eventual extra physical necessities.

It enters the used tools in the search of this improvement of quality of life, is the Labor Gymnastics, that has taken place of prominence in some industrial segments and it does not more only enter the companies of eastern origin, as it was common has two decades after.(Garcia, 1999).

Inside of this approach the Labor Gymnastics has gained prominence in Brazil in the last years, being used as important tool, inside of the set of measures that they aim at to prevent the appearance of on Ósteomusculares injuries inside the activities of the work environment (WRMD).

The gymnastics in the workstation acts of preventive and therapeutical form. For ways of exercises that can present preparatory characteristics, compensatory, therapeutical and relaxantes, the labor gymnastics contributes for the promotion of the welfare of the worker, reflecting in the improvement of the interpersonal relations.

Practical the corporal one stimulates individual to its auto one - knowledge and stimulates it to search continuity of these activities in external situations to the work environment.

The biggest number of industrial accidents occurs in first the two hours of working - the worker is not total awaken - and in the two last ones when it has reduction of the concentration and the consequence in consequence of the muscular fatigue.

The Related Injuries for Repetitive Efforts (RSI) or Osteomusculares Illnesses to Labor (WRMD), are characterized by pain in the superior extremities, with complaints of great functional incapacity, a time that the superior members are used in tasks that involve repetitive movements or forced positions. (Garcia,2004).

The incorrect ergonomic aspects generate removals for medical license and reflect negative in the capacity of the productivity.

When considering a pause during the hours of working, we intend that it has an improvement in the quality of life, in the work environment.

In the daily hours of working it has a organic, mental, emotional consuming and physical in greater or minor it scales.

Therefore the present research had as objective generality: to investigate the reasons and feelings that had taken the employees of the restaurant of a University of They are Leopoldo to carry through the program of Labor Gymnastics.

Materials and Methods

Sample

One is about an almost experimental methodology, type of study before and later with only one group. The sample was composed for 31 employees, of the feminine sex, who worked in the restaurant of a University of Are Leopoldo. The participation of the employees in the research was in accordance with Resolution 196/96 of the National Advice of Health (CNS), using the Term of Assent.

Instrument

The data had been collected in working hours applying themselves an auto questionnaire - administrative, contend questions with personal datas, occurrence of complaints of pains (Corlett, 1992) and with open questions where to the employees they had answered regarding the feelings and reasons that had led to carry through the Labor Gymnastics. The

data had been treated through basic the descriptive statistics (frequency), being used For all the statistical treatments used package SPSS 10,0 will be Windows as technological support.

Results

The results are made use in tables, for better visualization. It was observed that the workers had not imported themselves very with the health as reason to carry through the Labor Gymnastics. Table 01 presents the data related to the reasons for the accomplishment of the Labor Gymnastics.

Table 01 - It describes three reasons for the accomplishment of the Labor Gymnastics

Activities	Percentual
Health	11,11%
Relief of the Stress	14,81%
Heating work	14,81%
Repetitive Movements	18,51%
To prevent pains	22,22%
To prevent Injuries	33,33%
To relax	37,03%

It is observed in table 01 that 37% of the employees feel when carrying through the gymnastics more relaxed; 33,3% had observed that they had diminished the esqueléticas injuries muscles; 22,2% had told that the gymnastics prevented pains to them; 14,8% are felt awaken and warm for the professional activity that they play; 14,8% feel alliviate of stress and 11.1% had pointed improvement in the health.

The relative concern to the complaints of pains comes being observed in the companies who if worry about the welfare of the employees, being the justification biggest for the implantation of programs of physical activities in the environment of the work or simply of the Labor Gymnastics. Table 02 shows to the prevalences how much the complaints of pains of the employees.

Table 02 - prevalence how much the complaints of pains of the employees

It presents some complaint of pain	Percentage
Yes	65.6
Not	34.4
Total	100.0

It was observed that 65.6% of the individuals present some continuous complaint of pain, a sufficiently representative number. The biggest intercorrência of pains was observed in the region of the shoulders, as much of the right shoulder how much of the left, with 34,4% (for both). A prominence as for pain complaints cannot be noticed, the too much corporal regions shows similar indices of intercorrência of pain. Figure 01 shows the distribution of the places where the pain complaints occur.

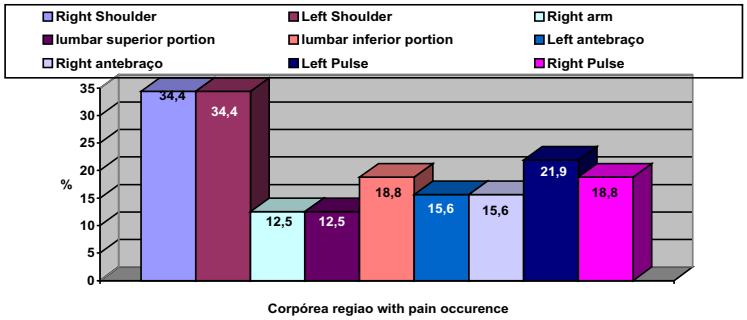

Figure 01 - Representation of the acometidos places of pain

The high frequency of pains in the region of the shoulders can be explained by the fact of the requirement of efforts repeated during the hours of working. The exposition of the organism the efforts of on added repetitive load to the sedentary life can act of negative form in the quality of life of the worker (Pinto & Sousa, 2000). It is given credit then that it practises it of some activity, compensatory, relaxantes or recreational, they can intervene in significant way in order to reduce the incidence of complaints of pains related to the work.

Of this form, the practical one of regular physical activities would have to reduce the complaints of pains. But 4.7% of the employees had felt the light body when carrying through the Labor Gymnastics. Table 03 shows to the feelings of the participants when carrying through the Labor Gymnastics.

Table 03 - What you it felt to carry through the Labor Gymnastics?

Sensation	Percentage
Reduction of pains	20%
Relaxation	27%
Light and prolongated bodey	53%

Table 03 showed that 20% had felt reduction of pains; 27% of the interviewed ones had pointed that the program assisted in the relaxation of the body and 53% had felt the light and prolongated body. 100% of the employees they had approved the program of Labor Gymnastics, as it shows table 04.

Table 04 - You it liked this experience?

Reply	Percentage
Yes	100%

CONCLUSION

According to activities that the man develops and the ambient and organizacionais conditions, inside of which it meets, its different systems, devices and agencies of the body are requested and function differently. The organization of the work and the health of the worker, the repetitive methods, as it occurs in the sector of kitchen of the university restaurant, have the disadvantage to always demand the contraction of the same muscular groups and the use of the same positions, making possible an intense physical, cognitiva and psychic overload of the employees.

The results take them to believe it that it physical activity to influence of significant form in the reduction of the complaints of pains, this must be guided and be planned in order to improve the physical aptitude of the employees. We can conclude that the program of Labor Gymnastics reached its objectives. The participants had demonstrated the results, as, for example, that they had felt themselves relaxed and that the reasons to make the Gymnastics were well diverse, but all directed to the improvement of the welfare. All, had affirmed that the participation in the Program of Labor Gymnastics brought greater satisfaction in the accomplishment of its daily tasks.

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PROGRAM OF LABOR GYMNASTICS IN UNIVERSITY RESTAURANT

Summary

Introduction: The life of the modern man is each time more directed to the confrontation of situations criticizes for its subsistência such as feeding, housing, transport, education, health and the proper maintenance of the job, all they, generating situations of stress. The administration of this stress if has shown to a vital tool in the tests techniques of enterprise administration showing, comprovadamente, that she has improvement in the levels of quality of life. Therefore, the gymnastics in the workstation acts of preventive and therapeutical form. **Objective:** the elaboration of this research had as objective to investigate the reasons and feelings that had taken the employees of the restaurant of a University of Are Leopoldo to carry through the program of Labor Gymnastics. **Methodology**: The sessions of Labor Gymnastics had been carried through daily, two times per day 15 minutes. The sessions had congregated exercises, allonges, muscular relaxation and mobility respiratory to articulate aiming at the reduction of stress, improvement of the quality of life of the employee. The sample was composed for 31 women who work regularly in the restaurant. The participants had been in accordance with resolution 196/96 of the National Advice of Health. **Results:** The gotten results suggest that 37% of the employees feel when carrying through the gymnastics more relaxed; 33,3% had observed that they had diminished the esqueléticas injuries muscles; 22,2% had told that the gymnastics prevented pains to them; 14,8% are felt awaken and warm for the professional activity that they play; 14,8% feel relief of stress and 11.1% had pointed improvement in the health. 27% of the interviewed ones had pointed that the program assisted in the relaxation of the body; 53% had felt the light and prolongated body; finally, 100% of the employees they approve the program of Labor Gymnastics. **Conclusion:** We can conclude that the program of Labor Gymnastics reached its ojetivos. The participants had demonstrated the results, as, for example, that they had felt themselves relaxed and that the reasons to make the Gymnastics were well diverse, but all directed the improvement of the welfare. All, had affirmed that the participation in the Program of Labor Gymnastics brought greater satisfaction in the accomplishment of its daily tasks.

Words Keys: Labor gymnastics, Restaurant, Quality of Life.

PROGRAMME DE LA GYMNASTIQUE DE TRAVAIL DANS LE RESTAURANT D'UNIVERSITÉ

Sommaire

Introduction : La vie de l'homme moderne est chaque fois que plus dirigé vers la confrontation des situations critique pour son subsistência tel qu'alimenter, loger, transport, éducation, santé et l'entretien approprié du travail, tous ils, produisant des situations d'effort. L'administration de cet effort si a montré à un outil essentiel dans les méthodes d'essai de l'apparence d'administration d'entreprise, comprovadamente, qu'elle a l'amélioration aux niveaux de la qualité de la vie. Par conséquent, la gymnastique dans les actes de poste de travail de la forme préventive et thérapeutique. **Objectif :** l'élaboration de cette recherche a eu comme l'objectif pour étudier les raisons et les sentiments dont avait pris les employés du restaurant d'une université sont Leopoldo à exécuter le programme de la gymnastique de travail. **Méthodologie :** Les sessions de la gymnastique de travail avaient été exécutées quotidiennement, deux fois par jour 15 minutes. Les sessions avaient rassemblé des exercices, des allonges, la relaxation musculaire et la mobilité respiratoires pour articuler viser la réduction de l'effort, amélioration de la qualité de la vie de l'employé. L'échantillon s'est composé pour 31 femmes qui travaillent régulièrement dans le restaurant. Les participants avaient été conformes la résolution 196/96 du Conseil national de la santé. **Résultats :** Les résultats obtenus suggèrent que 37% des employés se sentent quand la réalisation la gymnastique davantage a détendu ; 33.3% avait observé qu'ils avaient diminué les muscles de dommages d'esqueléticas ; 22.2% avait indiqué que la gymnastique a empêché des douleurs à eux ; 14.8% sont sentis se réveillent et chauffent pour l'activité professionnelle qu'ils jouent ; soulagement de sensation de 14.8% d'effort et d'amélioration aiguë eue par 11.1% de la santé. 27% de interviewés s'était dirigé que le programme a aidé à la relaxation du corps ; 53% avait senti la lumière et prolongated le corps ; en conclusion, 100% des employés ils approuvent le programme de la gymnastique de travail.

Conclusion : Nous pouvons conclure que le programme de la gymnastique de travail a atteint ses ojetivos. Les participants avaient démontré les résultats, l'as, par exemple, qu'elles s'étaient senties elles-mêmes détendues et qui les raisons de faire la gymnastique étaient bien diverses, mais tous ont dirigé l'amélioration du bien-être. Tous, avaient affirmé que la participation au programme de la gymnastique de travail apporté une plus grande satisfaction dans l'accomplissement de son journal charge.

Clefs De Mots : Gymnastique de travail, restaurant, qualité de la vie.

PROGRAMA de la GIMNASIA de TRABAJO EN el RESTAURANTE de UNIVERSIDAD

Sumario

Introducción: La vida del hombre moderno es cada vez que más dirigida hacia la confrontación de las situaciones crítica para su subsistência como abastecer, colocar, transporte, educación, salud y el mantenimiento conveniente del trabajo, todos ellos, produciendo situaciones de esfuerzo. La administración de este esfuerzo si mostró a una herramienta esencial en los métodos de prueba de la aparición de administración de empresa, comprovadam, que tiene la mejora a los niveles de la calidad de la vida. Por lo tanto, la gimnasia en los actos de puesto de trabajo de la forma preventiva y terapeútica. **Objetivo:** la elaboración de esta investigación tuvo como el objetivo para estudiar las razones y los sentimientos incluidos había tomado los empleados del restaurante de una universidad son Leopoldo que debe realizarse el programa de la gimnasia de trabajo. **Metodología:** Las sesiones de la gimnasia de trabajo fueron realizadas diaria, dos veces al día 15 minutos. Las sesiones habían reunido ejercicios, añadidos, la relajación muscular y la movilidad respiratoria para articular contemplar la reducción del esfuerzo, mejora de la calidad de la vida del empleado. La muestra constó para 31 mujeres que trabajan regularmente en el restaurante. Los participantes habían sido conformes la Resolución 196/96 del Consejo nacional de la salud. **Resultados**: Los resultados conseguidos sugieren que los 37% de los empleados se sientan cuando el llevar con la gimnasia relajó más; el 33.3% habían observado que él había disminuido los músculos de lesiones de los esqueléticas; el 22.2% habían dicho que la gimnasia previno dolores a él; se sienten los 14.8% despiertan y se calientan para la actividad profesional que juegan; relevación de la sensación del 14.8% de la tensión y de la mejora acentuada tenida 11.1% en la salud. el 27% entrevistados con habían señalado que el programa asistió a la relajación del cuerpo; el 53% habían sentido la luz y prolongated el cuerpo; finalmente, 100% de los empleados aprueban el programa de la gimnasia de trabajo. **Conclusión:** Podemos concluir que el programa de la gimnasia de trabajo alcanzó sus ojetivos. Los participantes habían demostrado los resultados, el as, por ejemplo, que ellas mismas se habían sentido aflojadas y que las razones hacer la gimnasia eran bien distintas, pero todos dirigieron la mejora del bienestar. _ todo, tener afirmar que participación programa gimnasia trabajo aportar uno más mayor satisfacción en realización su Diario cargar.

Claves de Palabras: Gimnasia de trabajo, restaurante, calidad de la vida.

PROGRAMA DE GINÁSTICA LABORAL EM RESTAURANTE UNIVERSITÁRIO

Resumo

Introdução: A vida do homem moderno está cada vez mais voltada ao enfrentamento de situações criticas para sua subsistência tais como alimentação, moradia, transporte, ensino, saúde e a própria manutenção do emprego, todas elas, situações geradoras de stress. A administração deste stress tem se mostrado uma ferramenta vital nas provas técnicas de administração empresarial mostrando, comprovadamente, que há melhoria nos níveis de qualidade de vida. Portanto, a ginástica no local de trabalho atua de forma preventiva e terapêutica. **Objetivo:** a elaboração desta pesquisa teve como objetivo investigar os motivos e sentimentos que levaram as funcionárias do restaurante de uma Universidade de São Leopoldo a realizar o programa de Ginástica Laboral.**Metodologia:** As sessões de Ginástica Laboral foram realizadas diariamente, duas vezes por dia 15 minutos. As sessões reuniram exercícios respiratórios, alongamentos, relaxamento muscular e mobilidade articular visando a diminuição do stress, melhoria da qualidade de vida do funcionário. A amostra foi composta por 31 mulheres que trabalham regularmente no restaurante. As participantes estiveram de acordo com a resolução 196/96 do Conselho Nacional de Saúde. **Resultados:** Os resultados obtidos sugerem que 37% das funcionárias sentem-se mais relaxadas ao realizar a ginástica; 33,3% observaram que diminuíram as lesões músculos esqueléticas; 22,2% relataram que a ginástica lhes evitou dores; 14,8% sentem-se mais despertas e aquecidas para a atividade profissional que desempenham; 14,8% sentem alívio do stress e 11,1% apontaram melhora na saúde. 27% das entrevistadas apontaram que o programa auxiliou no relaxamento do corpo; 53% sentiram o corpo leve e alongado; por fim, 100% das funcionárias aprovam o programa de Ginástica Laboral. **Conclusão:** Podemos concluir que o programa de Ginástica Laboral atingiu seus ojetivos. Os participantes demonstraram os resultados, como, por exemplo, que se sentiram relaxados e que os motivos para fazer a Ginástica eram bem diversos, mas todos voltados a melhoria do bem estar. Todos, afirmaram que a participação no Programa de Ginástica Laboral trouxe maior satisfação na realização de suas tarefas diárias.

Palavras Chaves: Ginástica Laboral, Restaurante, Qualidade de Vida.