40 - THE HUMAN LONGEVITY: THE SEARCH OF THE QUALITY OF LIFE, OR LIFE WITH QUALITY.

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SUMMARY

In the today's society it's possible to see, larger intensities from the discussions that deal with the getting old process of the human being.

Based in that discussion, it points out the elderly person presence, and by extension the subjects of the quality of life that is supposed, been deep-rooted to his or her existence.

However, in the study we intend to open another dimension in the debate about the subject, where the explanation of what we may understand as quality of life can be focus.

For, besides that, considering the longevity on the people, checked specially in the last thirty years in the Brazilian context, stands as very important, trying to know if the human being, living at the getting old stages, searches for quality of life or life with quality, that way it seems interesting to show the many topics about the matter according to what is really possible to be understood referring to the quality of life aspects, connected to the human being, relating to what is known about his or her existential universe, and so, about the whole period of life being covered by quality.

Key words: Longevity - Getting old process - Life with quality - Contemporary society.

1 - QUALITY OF LIFE x LIFE WITH QUALITY

Certainly that besides interesting, it's possible that it's also of real importance to stand out concepts about quality of life inside the contemporary society. (BENTO 1999, p 129) referring to the quality of life subject, it stands out with a great importance:

"The quality of life is a strategic and integrated factor of a global and wide-ranging effort of the society, to enhance the concept of the whole. Then the evolution of the population structure must be understood as the evolution of the process from the quality or qualification of life, of the search of the improvement of its identity and of the construction of its sense, of the pleasure and of the reason for living."

Currently the concept of the quality of life seems that it's still not coming out as understandable some how consensual. (JUNIOR 1999, p 39) stands out: " the several societies must explain different qualities, people with many ways of life emphasizing different things, and satisfactions on different necessities with results on different topics, considering important to the quality of life". Actually, it is clearly that every day it appears a new subject able to damage the quality of life from the human being. Besides (Bowling 1995) says that quality of life specially when the topics of the social well-being are involved, it crosses the person state of health and keeps being understood as the knowledge that the person has about the life position, being exposed the cultural context and the values, the ones that we live for, relating to the aims, hopes, standards and worries of each person.

So probably it may not be possible to understand the quality of live, starting from single situations. (TUBINO 2002) calls the attention to two special versions about the matter. First of all, it stands the use of the expression 'quality of life' in several ways and situations, even if does not have a clear and full understand about its meaning and importance, and in second place, the quality of life where the important is to have being in the universe of complexities it is first shoed in a context of collective life. So, it seems to be really improved the idea that the quality of life, from single results. It means that, comes after the individual quality of life, collective topics as health and way of life.

But, (GARCIA 2002, p. 167) talks about the anthropologic and social way of the matter being very convict when he points the conditions that are connected to the quality of life, by saying that:

"Nowadays, as a result of the hegemony from determinate rationalities to the clear of our lives, is associate to the concept of quality of life to the idea of health, but in a perspective close to the medical area. It is clear the over valorization in this perspective theory of the health, but not because of it less interesting, as it is the case of the anthropologic way given to the own quality of life versus the health. If the most active sciences for the explanation of the sport - here reduced by convenience to the ones close to the biophysics - intends the convergences of the concepts of quality of life, health and same way of life, it is right to think that the own philosophy, from where the education is legitimated, of the anthropology and the sociology of the sport, tries to understand in another way the human way of those concepts."

This way, it is possible to refer the quality of life related to its multi dimensions. But, the same way may not be considered referring to the components that runs for its establishment. For, it is understandable that it's more necessary and even, with a bigger comprehension, the use of the expression 'life with quality'. It is obvious that in that dimension are not completed the characteristics hedonists, where, generally the happiness of the human being determinates the concretization of its wish marked by strong lines of ambition of the consume. Other values more nobles as for example, the power of going and coming back and the dignity become indispensable values in the quality of life conception. Specially to the elderly people values as spirituality, utility, presence of the ones who they love, warmness, health and the like; certainly they also can mean the expression 'life with quality', because it is possible to have this scale of values, the relation of feeling well with themselves and with the people around.

Living the getting old period means all its differences and limitations, of course that it represents an exercise that needs, truly the best conditions that are possible. This way, understands that the increase of the media life hope, must be followed by the sense of the possibility of the human being having an independent life, that may be decent and stimulating in the today's social context. Possibly that the most important, it is not showed in the fact of the number of years lived, but besides everything, in the ways they get old.

2 - RE-DIMENSION OF THE ELDERLY PERSON REPRESENTATION

Certainly it may be showed very interesting the reflection about the matter directed to the elderly person, referring to what represents the 'life with quality'. That way, may be pointed distinct and important facts, or even something very simple for example, to go to his or her bedrooms with freedom and autonomy, may represents a state of life covered with quality.

GARCIA (in an orientation work) emphasizes to the condition of life with quality, increasing that is neither a state nor an existential act, but, an attitude faced to several situations that may be sick or not. This means that, the person will be health, specially when the person is well with him or her self, doing what he or she likes and wishes and still, being developed continuous in a stable and harmonic condition.

So it is probable that the experience of life will influence, even in the representations that every body has in his or her own life in general, or more specific on the physiological messes that may eventually appear.

In the continuation of the thought referred to the concepts of quality of life, the thought of (RODRIGUES 1999, p. 15) seems to have the essence of the human dimension when says:

"This way the man is blew out in his whole. He has to fight to survive, without space to be. And when he could start

be, other survive levels - the fake necessities - will consume in the body and in the soul. It is our society - the society of consume. In fact, as more the man consume more he is consumed. And it is not consumed only in the salary, for the salary is a consequence of the consume. They grow by reaction, one after the other, never ending. Where he is consumed it is in life. When the vital necessities stop being obsessive, the objects make him, and dominate him, and the attention to himself almost does not exist."

It's also possible to see the relation of the quality of life in a counted dimension when in fact, that purpose seems to be out of its context. In this way of though (GARCIA 2002, p. 168) focus:

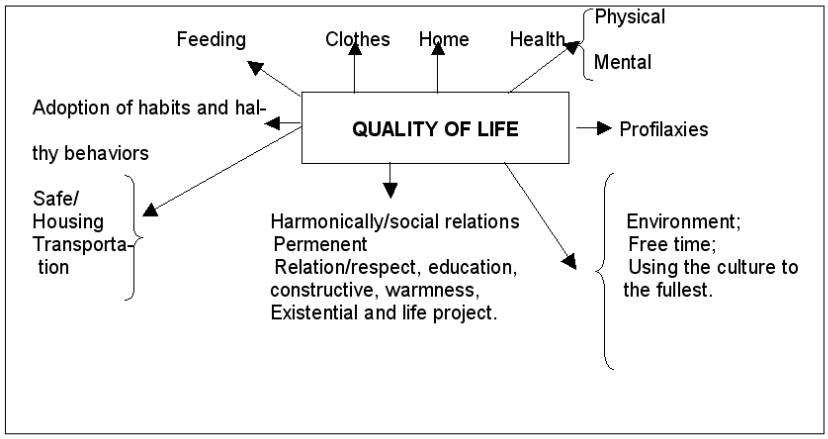
"The own expression quality of life drive us not to counted elements, but to other of other nature, qualified, a little far from the science logical and present in the place of subjective and personal. The simple expressions, 'I'm feeling well' or even 'quality of life' may not be only watched by the science method, but analyzed as a been project, close to the rational moral-practical and even esthetical-expressed."

Besides it is necessary to think that the criterions that eventually my explain quality of live may be accepted as true, as well as, if the quality of life its only about the human being not considering other alive beings and the environment .

This way, it's clear to talk about quality of life, it is understandable that must be counted all the alive beings in the health environment. So (SANTIN 2002), specifically referring to the human quality of life, reminds that it is not possible to forget that it occurs in the physical and cultural time, applying in different situations and very peculiar to person to person. So, watching the modern society it is possible to stand out situations that do not agree to the promotion of the quality of life. For example, contaminated rivers, the air each time more polluted , alimentation produced by using bioquimical ways and also, the evolution of the genetical engineering, so, conditions that only point to the against of the quality of life concepts today. Trying to register the personal meaning of quality of live that in the education vision may be watched today, may be referred. This way, (GOTANI 2002) calls the attention to the study of the quality of live concept, connected to the existence of some dangerous in reason to the use of this expression, as well as, the ambiguous indiscriminate and many times opportunist found referring to the quality of life.

But, about the wrong use of the expression, it's necessary to consider that the fact, express the undeniable value for the human being in him or her self, and probably, it's is search to try to explain it. Actually, quality of life means much more than the necessity of trying to attempt the basic necessities for the living. In the flowed picture it is possible to search the construction of an idea of the dimension and wideness of the quality of live topics.

PICTURE I - LIFE WITH QUALITY



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It's also important to show that what (MOTA 2002, p 183) emphasizes:

"Today people seems to give more importance to the maintenance and, improvement of their functional capacities, because they contribute to their functional independence, it means, to an improvement of their quality of life". In this point of view we can see that the human being physical aptitudes, guarantee the establishment of their quality of life, besides, we have to agree that it is not only because of the evaluation of the physical capacities that it is possible to configuring the quality of live. At the same way, it is necessary to make it clear the health concepts, well-being and quality of live, specially on the focus of the elderly person.

So it's possible and probable that without this discernment , any affirmation about this topics must be without a straight definition. But, the today society point several examples that, if satisfied in the minimal evaluations, already determinated, explain the person as being from this or that group. Not that we can be in doubt about any evaluation, but before, we see an universe very wide connected to the quality of life situations, for it seems to be possible the characterization of the anticipation sense, the state of condition for this or that person may be consider owner of more or less topics of quality of live. In a special way, for the elderly people, we understand that the best option, may be only in the extension of longevity, but, in smaller period of life where it can see thing as: citizenship and dignity, and the like. It does not mean to live a lot, but besides all, in the way of getting old. This way it seems to support one of the most important topics that can be in the list of the stages able to attempt the sense of quality of life. Confirming this line of thinking (MOTA 2002, p. 184) informs:

"The idea that establishes in the context that is around us, it to know the importance of the physical activity for the person's quality of life being better, especially the elderly person, considering the specific necessities characteristics, respecting the physical and psychological differences, but offering opportunities in social and economic equalities guaranteeing good conditions of life and citizenship."

The author thought is noble, but, actually, the today's society seems not to understand the meaning of dignity of the elderly people or yet, the citizenship of these people. Connected to this situation, it is important to remember that the search of equal ness, or at least , the minimization of the differences, in the social picture today, according to what we can see every day it is still far from happening especially to the elderly people. So it seems to be very clear that, the government may do this part , and also the old people must come to accept the opportunities discovering ways of capacity that is still inside them. It also seems to be good to say that quality of life, may not be reducing, or, characterized only by the factors showed in picture 1, for, (TEVES 2002, p 37) points this affirmation by saying that: " Any explanation that is made by talking about sports, environment , broadcast, or quality of life, it is showed in this subject of all reflections: the life." And still the author, says, (TEVES 2002,p 38), reinforcing the thought by saying: " Nobody in a health mind, may say that knows what is quality of live. The draw that we make about it, it is only an drawing board, making by the subjectivity paintbrush. As much we can say that the idea of quality of life can

be close to the sense of being to ourselves, with the other, it the nature and with the own ideas." So, what is important as quality of life, it is the meaning that is connected to the ways of living, it seems, what shows the difference. It is also important not to forget that, when talking about the matter quality of life it is also interesting to see its meaning for the life, not forgetting the time, because it determinates that the human being has an end.

3 - FINAL CONSIDERATIONS

By seen the arguments that were talking about, to anticipate these or those elements as determined for having or not quality of life, may be precipitated. In another hand, it is necessary to have the capacity of seeing that it probably, does not places also in esthetical hospital, gyms, medical offices, and the like - where it is searching more and more for the teens maintenance - the topics of quality of life. Or even, being not very polite, it understands that we must respect a person, even if he or she knows that there isn1t much time of life, having the opportunity of making distinction, trying to live with intensity the little period of time that they still have, and not for this reason searching for levels of quality of live.

In this line of thinking, (TEVES 2002) understands that making strong the days as better as possible, may be consider as searching for what it is understood as 'life with quality', if the implacable and not forgiven sentence from 'cronos' will not save anyone, then we can say that , the life is a preparation for the death , this way only the greatness death can shows the real value of life, telling the difference on what can and what can't be quality of life.

Agreeing to that thought (TEVES 2002,p 40) says: we overcome the nostalgic of the human existence when we stand out the temporary privilege from our body. It means that we need to build the best way to emphasizes this existence for then to talk about quality of life."

In the other hand, we may respect the other people options. It means that if someone - as much insane it can sounds - decides to live out of his or her social context and that, this way of living he or she feels really well; it understands that that was the option of that person and so, we must respect it.

In the today's society, we must agree that with the reference to the difficulties of trying to explain the quality of live, besides, with the value of the human existence, life with quality can be consider the closest to what is acceptable, not as a concept, because the own person has the right of searching along his or her existence, things that can guarantee quality in his or her life.

But, we can say that probably can be in the knowledge the possibilities of this search, in a way of , developing the life with quality. So the comprehensions of the relation between man - society - nature, must be, each time more, knowing and going deeply studied trying harmonic relations and inter-relations . the though that it tries to develop, that it has the necessity of searching an other and new vision for the man to understand that is relating to the world seems really not to be postpone, and it will only be possible trough the knowing of its sharing. Naturally that in that searching for a new meaning, certainly will also exist new limits of complexity. The fact is that even complexed, this effort is necessary, and this thought is defending by MORIN (1999) that says that it is only possible to work with the complexity of the people faced to a new vision and world learning.

In another hand, quality of life also can not be understood as a factor able to increase the time of life, but besides all, is reports much more to the interest that we may have about the life itself. This interest makes strong the participation, in the changes, in the interactions and in the incorporations of the groups in the society. So what con be understood about quality of life, it is exactly that it may be thought as the light of the complexity, for, from a new comprehension and model of the world and by extension of life. It also can understand that quality of life can be a concept of the common sense intending that all people know what it means.

Actually, the search by the conception about the quality about quality of life is not recent, (NUTEAM 1986) had already affirmed that quality of life was connected to the perception of the people or groups relating to the satisfaction of their necessities and from the offer of the opportunities to really reach, happiness and satisfaction.

It is not by chance that (RIBEIRO 1993) stands out plealleged about the concept of quality of life, and that, we can think from here, a little bit wider, understanding that those factors build a state of life with quality, and also, life with quality situations as: none absence of illness; expresses to the level of well-being and of functionality; it defines by a picture of well-being that is an auto realized dimension; it includes physical, mental, social and nature aspects. Explaining that these aspects are from the same reality, it means there is a systematical relation between them, it's been that a dynamic process, and, only has sense if it is evaluated and if conceived in ecological ways.

Finally, when we talk about quality with life, it is not possible to forget that this instance is connected to the well-being, even if it is showed by being to the subject condition where the well-being is understood. This dimension begun to be consider as satisfaction with the life and the way, (DIENER 1984) considerates this way of satisfaction as the life as being part of the global evaluation of the people quality of life, by coming from three characteristics: 1- being based to the personal experience of the person; 2- going to the positive possibilities, not only been characterized, by the absence of negative possibilities; and 3- it includes the global evaluation of all aspects from the people's life.

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THE HUMAN LONGEVITY: The search of the quality of life, or life with quality.

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LONGEVIDADE DO SER HUMANO: Busca pela qualidade de vida, ou, vida com qualidade?

RESUMO

Na sociedade contemporânea é possível observar, intensidades cada vez maiores das discussões que abarcam o processo de envelhecimento do ser humano. Ancorada nessa discussão, destaca-se a presença da pessoa idosa, e, por extensão, os gradientes de qualidade da vida que se supõe, estarem arraigados à sua existência. Entretanto, no presente estudo se pretende abrir uma outra dimensão nos debates sobre o tema onde, possam ser enfocadas as instâncias daquilo que se pode entender como sendo qualidade de vida. Para além disso, considerando o aumento da longevidade do ser humano, verificado mais intensamente nos últimos trinta anos no contexto brasileiro, depreende-se como importantíssimo, procurar saber se a pessoa humana vivendo as fases do processo de envelhecimento, aspira qualidade de vida, ou, vida com qualidade. Nesse sentido, parece interessante configurar o desdobramento da questão acerca do que é de fato possível ser compreendido com referência aos gradientes de qualidade de vida, atrelados ao cotidiano do ser humano, em relação ao entendimento do seu universo existencial, e portanto, de todo o período da vida sendo corroborado com qualidade.

Palavras Chave: Longevidade - Processo de envelhecimento - Vida com qualidade - Sociedade contemporânea.

LONGEVIDAD DEL SER HUMANO: ¿Búsqueda por la calidad de vida, o, vida con calidad?

RESUMEN

En la sociedade contemporánea es posible observar, intensidades cada vez maiores en las discusiones que abarcan el proceso de envejecimiento del ser humano. Ancorada en la discussión, se destaca la presencia de la persona anciana, y por extensión, los elementos de calidad de vida que se supone, están enraizados a su existencia. Por lo tanto, en el presente estudio se pretende abrir una otra dimensión en los debates sobre el tema, donde pueden ser enfocadas las instancias de aquello que se puede entender como siendo calidad de vida. Y además, considerando el aumento de la longevidad en las personas, verificado más intensamente en los últimos treinta años en el contexto brasileño, se desprende como envejecimiento y aspira la calidad de vida, o vida con calidad. En este sentido, parece interesante configurar el desdobramiento de la cuestión acerca de lo que es de hecho posible que sea el ser humano, en relación ao entendimiento de su universo existencial, y por lo tanto, de todo el período de la vida siendo revestido con calidad.

Palabras llaves: Longevidad - Proceso de envejecimiento - Vida con calidad - Sociedade contemporánea.