88 - PROFILE OF THE LIFESTYLE OF THE SWIMMERS OF THE CATEGORY " THE " OF THE GAMES OF THE YOUTH FROM PARANÁ, FINAL PHASE - 2005

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INTRODUCTION

The lifestyle is characterized by patterns of behavior identifiable that can have a deep effect in the human beings health and it is related with several aspects that reflect the attitudes, the values and the opportunities in elapsing of the individuals' life (WHO apud AÑEZ, 2003).

According to NAHAS (2003, p.19) lifestyle is " the group of habitual actions that reflect the attitudes, the values and the opportunities in the people's " life. It can be noticed then, that the lifestyle is a group of patterns of conduct that characterizes, in a general way, the form of living of an individual or of a group, and the group studied in this research he/she is the athletes of the swimming modality.

That sorts things out general of living, mentioned previously, it sends the subjects related to the nutrition, physical activity, preventive behavior, relationship and control of the swimmers' stress. About nutrition, the relative subjects approach the content of the daily meals, the ingestion of greasy and sweet victuals, as well as the variations of the meals. About physical activity, it is verified the intensity and volume of the weekly physical activities and the daily habits of displacement. In the preventive component the person's knowledge is verified on the own blood pressure and cholesterol levels, the habits with tobacco and alcohol and the obedience to the laws of traffic. On relationships, the relationship quality is approached with friends and friends, as well as the social activities in general. On control of the stress, the occurrence of daily time is approached destined to relax, attritions and behaviors in discussion situations and the balance between the time of work and leisure.

For the training the swimmer acquires the condition of doing part of a team, and the medal to arrive in the specific proof. To place the athlete in physical conditions, techniques and to infuse him/her vitality to face hours and hours of training, opponents and the chronometer is a task difícil.O organism of the individual it should be prepared for the effort and your lifestyle is primordial for your technical improvement.

According to MAGLISCHO (1999, p.609) a swimmer's potential is established by the hereditariness and for a program of specific training, respecting the individuality of each one ". This way, several factors are important so that this athlete can have an appropriate revenue to the that is intended in the training. Then, among the factors evidenced by NAHAS (2003), the feeding or a good feeding is one of the preponderant elements for the improvement of the swimmer's potential, because the food is the essential fuel that maintains in operation the body during the training. In general athletes of high level consume characteristic diets of your culture, although all should respect the demands nutricionais. One of the factors that improve the swimmer's acting is the number of meals that he consumes a day and the use of drunk energeticses during your training. Then it can be said that the swimmer should possess a healthy feeding and been balanced this to consist of products the base of cereals and grains, fruits, vegetables, milk and yours derived and bovine meats, of birds and fish.

It is observed that such behaviors, that reflect the swimmers' lifestyle, they can influence in way positive or negative in the results of the same ones, for so much it is done necessary to identify the profile of the swimmers' lifestyle of the category " THE " of the Games of the Youth of the State of Paraná, Phase Final-2005.

The participant swimmers of the Games of the Youth of the State of Paraná are part of a training program in your cities, being all confederated in the Federation of the State (FDAP) and Brazilian Confederation (CBDA), that they possess on average from 10 to 11 months of daily training, usually tends an or two days of weekly rest. They have as objective the state competitions, in the which interferes the Youth's Games, Brazilian and Brazilian south.

METHODOLOGY

This research is characterized as a descriptive research that according to MARCONI & LAKATOS (2002) it approaches four aspects: description, registration, analysis and interpretation of current facts.

The population was composed by the swimmers, of both sexes, of the category THE, of the Games of the Youth of the State of Paraná, Phase Final-2005. He/she/you had as sampling 57 athletes, being 25 belonging to the feminine sex and 32 belonging to the masculine sex, in the age group from 15 to 17 years, chosen aleatoriamente.

The instrument used for collection of data it was the questionnaire of the " Profile of Individual " lifestyle proposed by NAHAS (2003) that includes five components, they are them: nutrition, physical activity, preventive behavior, relationship and control of the stress.

The collection of the data was accomplished at the period and place of the competition, in the municipal district of Toledo-Pr, where the athletes received the questionnaire, they filled out and they gave without there was any interference type on the part of the researchers.

The analysis of the data if he/she gave through the fashion, although this is a measure of rudimentary central tendency, but it allows to verify which the statement that more he/she appeared in each one of the subjects related to the components involved in this research.

RESULTS

In relation to the athletes' of the swimming modality age group, it was verified that in the feminine sex the 15 year-old age prevailed and in the masculine sex the 16 year-old age, already in the sample in a general way the 16 year-old age prevailed.

As the area the one that belongs the athletes that were part of the sample, it was verified that most, in other words, 30 athletes belong the South area of the State of Paraná.

For best to understand the results, when he/she appears the value 0 he/she understands each other that " no " it is part of the lifestyle; when he/she appears the value 1 he/she understands each other that " sometimes " does part of the lifestyle; when he/she appears the value 2 he/she understands each other that " almost always " does part of the lifestyle and,

when he/she appears the value 3 he/she understands each other that " always " does part of the lifestyle. The ideal is that the values are close to 3, or at least between 2 and 3, for he/she is considered that the individual has a good lifestyle.

Related to the component NUTRITION, it was verified that when been questioned the daily feeding it possesses at least 5 portions of fruits and vegetables, the value 1 prevailed, in other words, the athletes affirmed that the times possess such behavior. When questioned if they avoid to ingest greasy and sweet victuals, the value that it prevailed it was 1, in other words, the times avoid such victuals. Already in relation to the number of meals a day, it was verified that the athletes always affirmed to do from 4 to 5 daily meals, including complete breakfast.

TABLE 01 - Component Nutrition

	Your daily feeding includes at least 5 portions of fruits and vegetables	You avoid to ingest greasy and sweet victuals	You make 4 to 5 meals a day, including complete breakfast
MODA	1	1	3

The component PHYSICAL ACTIVITY demonstrates a very satisfactory result, especially because the individuals that compose the sample are athletes that an hour and a half at three hours daily rates, being this training in your majority (90%) in the water and the remaining of physical preparation that it includes the muscular activity and the prolongation. It was verified that the athletes always affirmed to accomplish at least 30 minutes of activity physical moderada/intensa for 5 or more days of the week, they also affirmed always to accomplish exercise that you/they involve muscular force and prolongation at least twice in the week and, they affirmed that always walk or they pedal as means of transportation preferencialmente, and if possible they use stairways instead of elevator.

TABLE 02 - Component Physical Activity

	You accomplish 3 0 min at least. Of activities physical moderadas/intensas, of form continuous or accumulated, 5 or more days in the week	At least 2 times a week you accomplish exercises that involve force and muscular prolongation	In your day by day, you walk or he/she pedals as means of transportation and, preferencialmente, uses stairways instead of the elevator
MODA	3	3	3

With relationship to the component PREVENTIVE BEHAVIOR, it was verified that the athletes don't know and they don't try to control the blood pressure the cholesterol level. When questioned if they didn't smoke and they didn't ingest drunk alcoholic, they affirmed that always avoid habits. In relation to the respect the norms of I, as pedestrian, cyclist or driver, it was verified that always respect such norms.

TABLE 03 - Component Preventive Behavior

	You know your blood pressure, your cholesterol levels and it seeks you control them	You don't smoke and it doesn't ingest alcohol (or it ingests with moderation)	You respect the norms of I (as pedestrian cyclist or driver); she drive it always uses the safety belt and it never ingests alcohol
MODA	0	3	3

Regarding the component RELATIONSHIPS, it was verified that always try to cultivate friends and they are always satisfied with your relationships. When been questioned their leisure it includes encounter with friends, sporting activities in groups had gone to the swimming, participation in associations or social entities, the athletes affirmed that always possess such behavior. Already in relation to they be active in your community, feeling useful in the social atmosphere, the athletes affirmed that almost always this is part of your lifestyle.

TABLE 04 - Component Relationships

	You try to cultivate friends and it is satisfi ed with your relationships	Your leisure includes encounters with friends, sporting activities in groups, participation in associations and social entities	You try to be active in your community, feeling useful in your social atmosphere
MODA	3	3	2

In relation to the component it CONTROLS OF THE STRESS, the athletes always affirmed to reserve time of at least 5 minutes diaries to relax. When questioned if they maintain a discussion without losing temper, same when thwarted, it was verified that always get to maintain such behavior. The athletes affirmed that almost always balance the dedicated time the school, trainings and work with the time dedicated to the leisure.

TABLE 05 - Component Controls of the Stress

	You reserve time (at least 5 min.) everyday to relax	You maintain a discussion without losing temper, same when thwarted	You balance the dedicated time the school, training and work with the time dedicated to the leisure
MODA	3	2	2

Analyzing the components in a general way, it is observed that the swimmers of the Games of the Youth from Paraná, Final Phase, category " THE ", they present a good lifestyle, but it fits to point out that some aspects still deserve more attention, and they can be gotten better.

CONCLUSION

Through this research, it can be verified that the lifestyle is characterized by patterns of behavior identifiable that can have a deep effect so much in the human beings health as in the individuals' performance, in other words, an appropriate lifestyle can favor the athletes, among them the swimmers, for the search of better results. These behaviors are related with several aspects that demonstrate attitudes and the individuals' values.

Among the several components mentioned by NAHAS (2003), the physical activity and the alimentary habits are the two elements of the lifestyle that play a more significant part in relation to the sport practice, among them the swimming.

It was verified that the swimmers that participated in the Games of the Youth from Paraná, Final Phase - 2005, category " needs to improve HER/IT " the component nutrition in what he/she concerns the ingestion of fruits, vegetables, greasy and sweet victuals.

In relation to the component physical activity, it was verified that present appropriate habits, in other words, they present value 3, this fact feels for the own nature of the modality that you/they practice.

With relationship to the component preventive behavior, a point that gets the attention, it is in relation to the knowledge and control of the blood pressure and cholesterol, and the swimmers affirmed not to possess such cares.

Already regarding the component it controls of the stress, it was verified that the swimmers possess appropriate habits, because they present values between 2 and 3, being considered as ideal.

It can be concluded then, that the swimmers' lifestyle is considered good, but it is emphasized that some behaviors should be reviewed, therefore the search for the improvement should not only be in the subject of the competition, but also, in relation to own search for a better lifestyle, which can interfere in a positive way in the performance, and this will depend mainly on those that long for such condition, or better, it depends on the own swimmers.

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ABSTRACT

It is known that the lifestyle depends of the behaviors and the individuals' attitudes, where these life habits can interfere in the most several situations for the which the individuals pass, among them, the sporting practice and the constant looks for better results. In the Games of the Youth from Paraná they announce athletes with a great technical level, and for this the athletes possess a routine of trainings desgastante, and it can interfere in the lifestyle of the same ones. Leaving of this premise, this research has as main objective to identify the profile of the swimmers' lifestyle of the category " THE " of the Games of the Youth from Paraná, Final Phase - 2005. This research is characterized as descriptive and it possesses as 57 swimmers' sampling, among them 25 belonging to the feminine sex and 32 belonging to the masculine sex, in the age group among 15 to 17 years, chosen aleatoriamente. The instrument used for the collection of data it was a questionnaire proposed by NAHAS (2003) call of " profile of individual " lifestyle that approaches the following components: nutrition, physical activity, preventive behavior, relationships and control of the stress. The completion of the questionnaire felt in the places and period of the competition in the city of Toledo-Pr. After the collection of the data it is possible to conclude that the swimmers present a good lifestyle, same tends some aspects that they can be gotten better, among them the component nutrition and the preventive behavior.

KEY WORDS: Lifestyle - Swimmers - Games of the Youth

PROFIL DE LA MANIÈRE DE VIVRE DES NAGEURS DE LA CATÉGORIE " LE " DES JEUX DE LA JEUNESSE DE PARANÁ, PHASE DÉFINITIVE - 2005

LE RÉSUMÉ

Il est su que la manière de vivre dépend des comportements et les attitudes des individus où ceux-ci les habitudes de la vie peuvent perturber dans les plus plusieurs situations pour le lequel les individus passent, parmi ils, l'entraînement de sport et les apparences constantes pour les meilleurs résultats. Dans les Jeux de la Jeunesse de Paraná ils annoncent des athlètes avec un grand niveau technique, et pour ce les athlètes possèdent une routine de desgastante des formations, et il peut perturber dans la manière de vivre des mêmes. Partir de cette prémisse, cette recherche a comme objectif du principal pour identifier le profil de la manière de vivre des nageurs de la catégorie " LE " des Jeux de la Jeunesse de Paraná, Phase Définitive - 2005. Cette recherche est caractérisée comme descriptif et il possède comme l'échantillonage de 57 nageurs,

parmi eux 25 qui appartiennent au sexe féminin et 32 appartenir au sexe masculin, dans la tranche d'âge parmi 15 à 17 années, aleatoriamente choisi. L'instrument a utilisé pour la collection de données c'était un questionnaire proposé par NAHAS (2003) appel de " profil de manière de vivre individuelle " qui approche les composants suivants: nutrition, activité physique, comportement préventif, rapports et contrôle du stress. L'achèvement du questionnaire a senti dans les places et période de la compétition dans la ville de Toledo - Pr. Après la collection du données c'est possible de conclure que les nageurs présentent une bonne manière de vivre, même soigne quelques aspects qu'ils peuvent être allés mieux, parmi eux la nutrition composant et le comportement préventif.

LES MOTS DE LA CLEF: La manière de vivre - Nageurs - Jeux de la Jeunesse

EL PERFIL DEL ESTILO DE VIDA DE LOS NADADORES DE LA CATEGORÍA" EL" DE LOS JUEGOS DE LA JUVENTUD DE PARANÁ, LA FASE FINAL - 2005

RESUMEN

Se sabe que el estilo de vida depende de las conductas y las actitudes de los individuos dónde éstos los hábitos de vida pueden interferir en las más varias situaciones para el qué los individuos pasan, entre ellos, la práctica deportiva y las miradas constantes para los resultados buenos. En los Juegos de la Juventud de Paraná ellos anuncian a atletas con un gran nivel técnico, y para este los atletas poseen una rutina de desgastante de entrenamientos, y puede interferir en el estilo de vida del mismo. Saliendo de esta premisa, esta investigación tiene como el objetivo principal para identificar el perfil del estilo de vida de los nadadores de la categoría" EL" de los Juegos de la Juventud de Paraná, la Fase Final - 2005. Esta investigación se caracteriza como descriptivo y posee como el probar de 57 nadador, entre ellos 25 pertenencia al sexo femenino y 32 pertenencia al sexo masculino, en el grupo de edad entre 15 a 17 años, el aleatoriamente escogido. El instrumento usó para la colección de datos era una encuesta propuesta por NAHAS (2003) llame de" el perfil de individuo" estilo de vida que se acerca los componentes siguientes: la nutrición, actividad física, conducta preventiva, relaciones y mando de la tensión. La realización de la encuesta se sentía en los lugares y periodo de la competición en la ciudad de Toledo-Pr. Después de la colección de los datos es posible concluir que los nadadores presentan un estilo de vida bueno, mismo cuida algunos aspectos que pueden mejorarles, entre ellos la nutrición del componente y la conducta preventiva.

LAS PALABRAS DE LA LLAVE: El estilo de vida - Nadadores - los Juegos de la Juventud

PERFIL DO ESTILO DE VIDA DOS NADADORES DA CATEGORIA “A” DOS JOGOS DA JUVENTUDE DO PARANÁ, FASE FINAL 2005

RESUMO

Sabe-se que o estilo de vida depende dos comportamentos e atitudes dos indivíduos, onde estes hábitos de vida podem interferir nas mais diversas situações pelas quais os indivíduos passam, entre elas, a prática esportiva e a constante busca por melhores resultados. Nos Jogos da Juventude do Paraná participam atletas com um ótimo nível técnico, e para isto os atletas possuem uma rotina de treinos desgastante, sendo que pode interferir no estilo de vida dos mesmos. Partindo desta premissa, esta pesquisa tem como objetivo principal identificar o perfil de estilo de vida dos nadadores da categoria “A” dos Jogos da Juventude do Paraná, Fase Final 2005. Esta pesquisa caracteriza-se como descritiva e possui como amostragem de 57 nadadores, entre eles 25 pertencentes ao sexo feminino e 32 pertencentes ao sexo masculino, na faixa etária entre 15 a 17 anos, escolhidos aleatoriamente. O instrumento utilizado para a coleta de dados foi um questionário proposto por NAHAS (2003) chamado de “perfil de estilo de vida individual” que aborda os seguintes componentes: nutrição, atividade física, comportamento preventivo, relacionamentos e controle do estresse. O preenchimento do questionário se deu nos locais e período da competição na cidade de Toledo-Pr. Após a coleta dos dados é possível concluir que os nadadores apresentam um bom estilo de vida, mesmo tendo alguns aspectos que podem ser melhorados, entre eles o componente nutrição e o comportamento preventivo.

PALAVRAS CHAVES: Estilo de vida Nadadores Jogos da Juventude.