29 - AQUATIC ACTIVITIES - EFFECTS AND BENEFITS OF THE QUALITY OF LIFE OF ELDERLY

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INTRODUCTION

Quality of life is directly linked to the well being of people, but in the daily life of the elderly, study subjects, the well-being can be found in the practice of activities that assist in maintaining a healthy body and stimulate social interaction.

Very dependent on the care experienced in the past, it is at this stage of life that the individual tends to be more vulnerable, physically and mentally, but any physical activity, if properly assessed and guided, can become a great health tool, to at least mitigate those effects by regulating the quality and life expectancy.

In this sense, and evaluate the development of the physical health of the elderly through physical activities, we see a contribution to improved self-esteem and self-confidence, reducing symptoms of increasingly recurrent depression in this population share, in addition to the important role it can play in work and maintenance or improvement of cardiorespiratory, reducing loss of bone mass and strengthening muscles.

Water activities

The aquatic environment has been used to promote physical well-being and evolves according to the demands of society, and today the practice of aquatic activity, one of the most sought after.

Very wide, it can be practiced for many purposes and for all ages, including the elderly, as a sport for fitness, hydrotherapy, recreation, etc., however, are clear differences of water with respect to air on the individual drive, as also, the sense of well being, and this is what is to be observed.

Effects and Benefits

Aquatic activities can promote health and well-being of the elderly, but it is extremely important to know how your body reacts in liquid medium, and how it differs from the physiological responses of the air medium.

Can have in water, the same intensity of exercise, and with the same oxygen consumption, completely changed effects with respect to effects achieved through exercises done outside, for example.

these physiological effects, senses when the body immersed in the liquid medium, which may be reversed in benefits to the elderly in their daily activities, interfering directly in their welfare, and consequent quality of life.

METHODOLOGY

The research is the product of an investigation whose aim is to solve problems and address questions through the use of scientific procedures. The operation which aims to discover and interpret the data that is inserted directly into the active life of the elderly, to tailor the results in reportable and proven levels of knowledge obtained expressions.

Thus, based on the general objectives of the research, as classification criteria, it can be said that this is an exploratory research, because it leads to a study with the purpose of familiarizing the proposers to the subject, in order to make it more explicit or build hypotheses about that reality that is proposed. It is the very improvement ideas, or discovery and confirmation of the benefits.

Although it has traces of explanatory research was intended only to analyze the data collected, with the scope to identify, interpret and discuss the benefits achieved by the practice of water activities.

Participants

Patients aged from 60 years, of both genders, practicing water activities by UNATI Program - Unicentro were candidates for inclusion in the study. The study was approved by the Research Ethics Committee (COMEP) and participants signed the consent form.

Considering the study subjects, we opted for the WHQOL-OLD, composed of 24 (twenty four) questions, for being the instrument used to assess the quality of life in the elderly, and the complementary questionnaire WHQOL-BREF with 26 (twenty six) questions.

questionnaires were applied, with the safe and suitable procedure for lifting the persecuted data, which were then processed by software (EXCEL), which analyzed the various positions that were allowed researchers to cover a range of much broader phenomena.

The procedure used to collect the data, apparently did not present risks or discomfort to the patient. However, in the case of the elderly, it took the care to the risks that the procedure could generate in physical and psychic sense of discomfort and embarrassment, by questioning, or even by the number of questions and the time used to answer .

Each patient had the opportunity to do so freely and individually oriented that their answers are confidential, and independent of the completion of the questionnaire, may or may not be returned to the researcher.

RESULTS

The physiological responses in liquid medium occur by different factors and, therefore, lies the research problem, just the observation of effects and physiological differences, as these variables can influence the performance of the activities and welfare of the elderly, both in practice and out of it.

Thus, by performing exercises in liquid medium could get better results from well-being of the elderly, even considering the effects will be observed before.

Table 1. Questionnaire results - WHQOL-OLD

FACETS	VALUE MIN.	VALUE MAX.	AMPLITUDE
Sensory Abilities	11,00	18,00	7,00
Autonomy	8,00	19,00	11,00
Past/Present/Future Activities	11,00	18,00	7,00
Social Participation	12,00	20,00	8,00
Death And Dying	11,00	19,00	8,00
Intimacy	4,00	20,00	16,00
TOTAL SCORE	12,00	17,50	5,50

Table 2. Questionnaire results - WHQOL-BREEF

DOMAIN	VALUE MIN.	VALUE MAX.	AMPLITUDE
Physical Health	12,00	20,00	8,00
Psychological	12,80	18,67	5,87
Social relationships	10,67	18,00	7,33
Environment	10,50	18,50	8,00
Self evaluation QoL	16,00	20,00	4,00
TOTAL SCORE	12,83	18,56	5,73

DISCUSSION

Note the results shown in tables and graphs, which analyzed subjects had an average higher than desired.

Under the analysis of the same tables, and the average achieved by patients in this study, it is evident advantage in the assessment levels for both seniors when to short questionnaire.

It is emphasized that the values are the average results of analysis, and that in a percentage scale from 0 to 100, where higher the better quality of life.

CONCLUSION

It is therefore the idea that although physical activity is a privileged means for the elderly get psychological well-being, if practiced regularly meets its existence, is for maintenance and / or recovery of physical force, is the opportunity to keep living social.

More than the maintenance of a healthy body, should be considered in aging, emotional well-being, result of social interaction and the social bond strength provided in the collective practice.

And it was in this sense that we sought to address a portion of the elderly population, noting in practice aquatic activities grouping with people of their own generation, and analyzing the aspects that can best promote their well-being, to facilitate understanding its limitations and interpersonal approaches.

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AQUATIC ACTIVITIES - EFFECTS AND BENEFITS OF THE QUALITY OF LIFE OF ELDERLY

Abstract: The physical activity helps maintain a healthy body and stimulates social interaction promoting quality of life. Thus, the study aimed to evaluate the development of the physical health of the elderly, using the water activities as the means of observation of effects and benefits of this activity, to be one of the most currently used by this population. The research is a Work of Course (TCC) in Academic Physical Education Luiz Paulo Papini da Silva, and is the product of an investigation whose aim is to solve problems and address questions through the use of scientific procedures. Thus, based on the general objectives of the research, as classification criteria, it can be said that this is an exploratory research, because it leads to a study with the purpose

of familiarizing the proposers to the subject, in order to make it more explicit or build hypotheses about that reality that is proposed. Although it has traces of explanatory research, here it is intended to analyze the data collected, with the scope to identify, interpret and discuss the benefits achieved by the practice of water activities for the elderly.
Keywords: Quality of Life, elderly, Water Activities.

ACTIVITES AQUATIQUES - EFFETS ET AVANTAGES DE LA QUALITÉ DE VIE DES PERSONNES ÂGÉES

Résumé: L'activité physique aide à maintenir un corps sain et stimule l'interaction sociale promotion de la qualité de vie. Ainsi, l'étude visait à évaluer l'évolution de la santé physique des personnes âgées, en utilisant les activités de l'eau comme moyen d'observation des effets et les avantages de cette activité, comme l'un des plus couramment utilisée par cette population. La recherche est un travail de golf (TCC) dans Academic Physical Education Papini Luiz Paulo da Silva, et est le produit d'une enquête dont le but est de résoudre des problèmes et des questions d'adresse grâce à l'utilisation des procédures scientifiques. Ainsi, sur la base des objectifs généraux de la recherche, en tant que critères de classification, on peut dire que ceci est une recherche exploratoire, car elle conduit à une étude dans le but de familiariser les proposants à ce sujet, afin de le rendre plus explicite ou construire des hypothèses sur cette réalité qui est proposé. Même si elle a des traces de la recherche explicative, ici il est destiné à analyser les données recueillies, la portée d'identifier, interpréter et discuter des avantages obtenus par la pratique d'activités nautiques pour les personnes âgées.
Mots-clés: Qualité de vie, les personnes âgées, Activités nautiques

ACTIVIDADES ACUÁTICAS - efectos y beneficios de LA CALIDAD DE VIDA DE LAS PERSONAS MAYORES

Resumen: La actividad física ayuda a mantener un cuerpo sano y estimula la interacción social la promoción de la calidad de vida. Por lo tanto, el objetivo del estudio fue evaluar el desarrollo de la salud física de las personas mayores, mediante las actividades de agua como el medio de la observación de los efectos y beneficios de esta actividad, que es uno de los más utilizados actualmente por esta población. La investigación es un trabajo del Curso (TCC) en Educación Física Académico Papini, Luiz Paulo da Silva, y es el producto de una investigación cuyo objetivo es resolver problemas y formular preguntas a través del uso de procedimientos científicos. Por lo tanto, en base a los objetivos generales de la investigación, como criterio de clasificación, se puede decir que se trata de una investigación exploratoria, porque conduce a un estudio con el objetivo de familiarizar a los proponentes al tema, con el fin de hacerla más explícita o construir hipótesis acerca de que la realidad que se propone. A pesar de que tiene trazas de la investigación explicativa, aquí está destinado a analizar los datos recogidos, con el alcance para identificar, interpretar y discutir los beneficios obtenidos por la práctica de actividades acuáticas para los ancianos.
Palabras clave: Calidad de vida, mayores, Actividades acuáticas.

ATIVIDADES AQUÁTICAS – EFEITOS E BENEFÍCIOS NA QUALIDADE DE VIDA DE IDOSOS

Resumo: A prática de atividades físicas auxilia na manutenção de um corpo saudável e estimula a convivência social promovendo qualidade de vida. Assim, pretendeu o estudo a avaliar o desenvolvimento da saúde física do idoso, utilizando-se das atividades aquáticas como o meio de observação de efeitos e benefícios dessa atividade, por ser uma das mais utilizadas atualmente por essa parcela da população. A pesquisa é um Trabalho de Conclusão de Curso (TCC) em Educação Física do Acadêmico Luiz Paulo Papini da Silva, e é produto de uma investigação, cujo objetivo é resolver problemas e solucionar dúvidas, mediante a utilização de procedimentos científicos. Assim, com base nos objetivos gerais da pesquisa, como critério de classificação, pode-se dizer que se trata de uma pesquisa exploratória, porque conduz a um estudo com fins de familiarizar os proponentes ao tema, com vistas a torná-lo mais explícito ou a construir hipóteses acerca daquela realidade que é proposta. Embora apresente traços de pesquisa explicativa, aqui se pretendeu analisar os dados levantados, com o escopo de identificar, interpretar e discorrer sobre os benefícios alcançados pela prática de atividades aquáticas por idosos.
Palavras-Chave: Qualidade de Vida, Idoso, Atividades Aquáticas.