79 - ANALYSIS OF THE LIFESTYLE PROFILE OF THE BENEFICIARIES OF A PORTO ALEGRE-RS CLUB

Ms.DÉBORA RIOS GARCIA;EDLER CLAYTON BORGES TERRACIANO
FADERGS, Lindoia, Porto Alegre, RS, Brazil.
debora.garcia@fadergs.edu.br

doi:10.16887/87.a1.79

ABSTRACT

The present study aims to analyze the lifestyle of the beneficiaries of a Porto Alegre-RS club. The sample consisted of 47 recipients of both sexes, aged between 14 and 70 years. The research instrument used was the Nahas Individual Lifestyle Profile questionnaire (2000). The life habits adopted by this group of beneficiaries were considered satisfactory among the five components of the lifestyle analyzed. Very satisfactory result in the nutrition component since 29.8% of the respondents stated avoiding the intake of fats and sweets at times. Regarding physical activity, 46.8% stated that they always practice moderate activities. In the preventive behavior the result was positive, since 66.0% of the interviewees always affirm to control their blood pressure and cholesterol levels. In the social relationship, 89.4% of the beneficiaries are satisfied with their social relationships and 68.1% say that they include diversified activities with their friends at their leisure. Negative result in stress control, since 44.7% of the interviewees reserve daily time for rest. In this way, it is important to emphasize the importance of good eating habits, to seek to do moderate physical activities to maintain physical abilities, to seek to maintain health in order to prevent illness, to maintain an active social relationship and always to take time to rest. Developing a better quality of life.

Keywords: Health, Lifestyle, Physical Activity.

INTRODUCTION

Lifestyle is the set of everyday actions that reflects attitudes, values and opportunities in people's lives. These conscious habits and actions are associated with the perception of the individual's quality of life. Despite this, lifestyle components may change over the years, but this only happens if the person consciously sees some value in some behavior that must include or exclude, in addition to perceiving himself as capable of making the desired changes (NAHAS, 2006).Life in urban environments brings consequences that make us reflect and although we are living longer, we question the quality of these additional years of life. The quality of water, air, housing, lack of safety and reduction in social relationships, increasingly restricted leisure, among other factors of people's lifestyle, has been a fertile ground for constant stress, a Sedentary (but exhaustive) life and quality that is far from the ideal (NAHAS 2000). In Rio Grande do Sul, in particular, the quality of life of a large part of the population has been compromised by growing social disparity and unemployment. For most, however, despite social difficulties, choices and decisions in daily behavior are of greater relevance to health and well-being.

DESIGN METHODOLOGY

To develop this study was used to cross-sectional descriptive-exploratory research. The sample consisted of a group of 47 volunteer students of both sexes, aged between 14 and 70 years.

In the collection of data, the questionnaire was applied: Individual Lifestyle Profile, also known as the Pentacle of Well-Being (NAHAS, 2000): which addresses components related to nutrition, physical activity, preventive behavior, social relationship and stress control. Each item presents three questions, where the athlete will have the following answer options: (0)not; (1) sometimes; (2) almost always; (3) always.

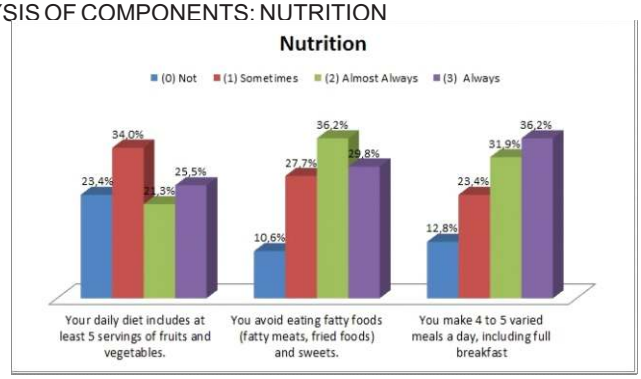
The participation of the collaborators in the research was in accordance with Resolution 196/96 of the National Health Council (CNS), using the Free and Informed Consent Term. The data obtained through data collection were used for scientific purposes. Data collection was carried out in the second half of 2013; The research participants were interviewed individually after signing the consent form voluntarily agreeing to participate in the research.

Results and Discussion

For data analysis we used descriptive statistics. To better understand the results obtained from the questionnaires, it was decided to present the data collected in the form of graphs.

The following graphs, demonstrating the results of the individual lifestyle components of the beneficiaries.

GRAPHIC 1 - ANALYSIS OF COMPONENTS: NUTRITION



According to data shown in Graph 1, it is verified that 34% of the beneficiaries include in their daily diet at least 5 portions of fruits and vegetables. But 36.2% of the interviewed individuals say that they almost always avoid the intake of fats and sweets. Already 36.2% always have varied meals daily.

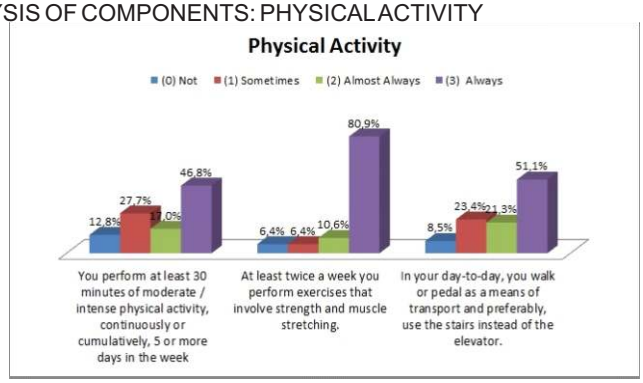
Nahas (2001), sympathetically states that you are what you eat. Foods of vegetable or animal origin provide humans with necessary nutrients for the body, substances that build and maintain cells, allow growth, and provide energy for vital metabolic processes and day-to-day activities.

According to Figueiredo, Jaime and Monteiro (2008), insufficient consumption of vegetables and fruits is a risk factor related to the cause of non-transmissible chronic diseases for the population. These foods are important for a healthy diet

because they are sources of micronutrients, fibers and other components with functional properties.

The consumption of fruits and vegetables according to LEVY-COSTA (et.al, 2005) corresponds to only 2.3% of the total calories of the diet, less than half of Brazilians consume fruit daily and less than a third have a habit of ingesting Vegetables daily. According to the analyzed study item, most participants consume at least five servings of fruits and vegetables per day, totaling 64% of the group. When compared to the present study, only 16% of the athletes eat the 5 servings daily. According to Mancini and Halpern (2000), fatty foods, besides being more caloric, are more likely to be deposited as adipose tissue when compared to carbohydrates and proteins, and fatty foods provide excessive calorie consumption.

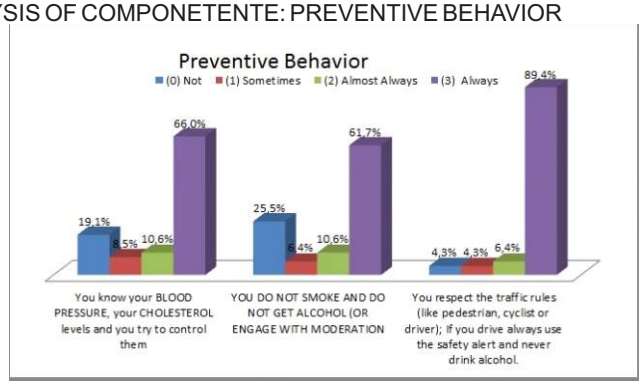
GRAPHIC 2 - ANALYSIS OF COMPONENTS: PHYSICAL ACTIVITY



Regarding the physical activity component, 46.8% of the interviewees always practice moderate / intense physical activity daily. However, 80.9% practice physical exercises that involve strength and stretching regularly. But 51.1% always prefer to use the active shift in their daily lives.Studies by Nahas (2001) have shown that physically (sedentary) or irregularly active people may have health and well-being benefits if they incorporate some regular physical activity, even of moderate intensity. However, greater health benefits can occur when we increase the amount of physical activities performed (intensity, frequency, duration), respecting the individual characteristics.According to Matsudo (2001), physical activity as any bodily movement is produced as a result of muscle contraction resulting in caloric expenditure.

Alves, Bezerra, Mota, Costa (2004), affirm that the practice of physical exercise, in addition to combating the sedentary lifestyle, contributes significantly to the maintenance of the physical fitness of the people.

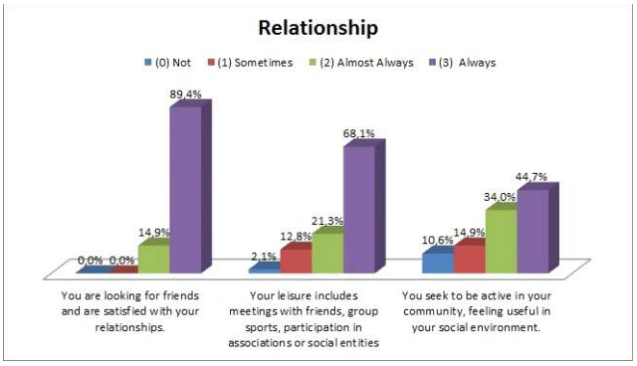
GRAPHIC 3 - ANALYSIS OF COMPONETENTE: PREVENTIVE BEHAVIOR



According to the data in figure 3, 66% of the respondents stated that they always control blood pressure and cholesterol levels, a relevant disease prevention factor. Already 8.5% say they perform the procedure sometimes. However, 61.7% of the respondents said they did not use cigarettes and alcohol. However 89.4% of the individuals always respect the traffic regulations.

Cardiovascular diseases represent an important public health problem not only in our environment but throughout the world. According to the authors Gus, Harzheim, Zaslavsky, Medina and Gus (2004), they show that hypertension is one of the biggest public health problems in our country, with prevalences between 10 and 42% depending on the region. According to Medina, Gus, Fischmann (2002), affirm that "cigarette doubles the risk in coronary artery disease and 30% of them are attributed to the number of cigarettes smoked." In general, in a number of countries, "one-quarter to one-quarter fatalities are associated with alcohol use". Alves, Lima, Abreu (2006).

GRAPHIC 4 - ANALYSIS OF COMPONENTS: RELATIONSHIPS

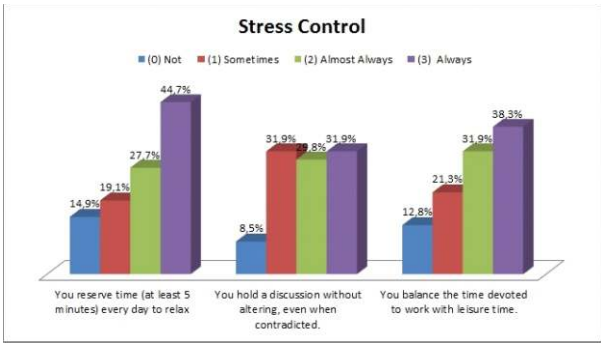


The results presented in the chart above indicate that 89.4% of the respondents are satisfied with their relationships and seek to cultivate friends. Already 68.1% of the athletes include in their leisure activities diversified with friends and 44.7% always affirm to have active social life in their communities.

According to Sousa & Garcia (2008), the interpersonal relationships that occur in an organization are influenced by organizational structure, hierarchy, formalization and standardization of interpersonal relationships, division of labor, frequency of interaction between people. Every human being lives in society and relates to his fellow human beings. According to Faquinello and Marcon (2011), he considers friends as fundamental people for maintaining health, both in physical and mental aspects as in psychological and affective-emotional aspects.

Offer (1996) apud Nahas (2000) reports that the individual's relationship with himself, with people around him and with nature represents one of the fundamental components of spiritual well-being and, consequently, the quality of life of all individuals. Human life, by nature, is based on relationships and you have to be well with yourself and cultivate relationships with other people to have a life of real quality.

GRAPHIC 5 - COMPONENT ANALYSIS: CONTROL OF STRESS



In the stress control component, only 44.7% of respondents took time to rest and relax daily. Only 38.3% of this population seeks to balance the time between leisure and work. However, 31.9% lose control during a discussion when contradicted.

Stress is defined as physical, mental or emotional exhaustion, which results in the individual's interaction with the environment. "Stress can be defined as a very complex reaction, made up of psychophysiological changes that occur when the individual is forced to face situations that go beyond their coping ability." (LIPP and TANGANELLI, 2002). According to Aubert (1993) professional stress is the process of disrupting the individual by over-mobilizing his or her adaptive energy to cope with requests from his or her professional environment, requests that exceed the present physical or psychic capacities of this individual.

CONCLUSION

After analyzing the data, it can be concluded that the health-related lifestyle of the beneficiaries attending the club in Porto Alegre is within positive parameters. The study reports some negative indicators for a good quality of life. It is suggested to develop a plan to encourage healthier habits. This emphasizes the importance of good eating habits, seeking to do moderate physical activities to maintain physical fitness, seek to maintain health in order to prevent illness, maintain a social relationship Active and always set aside time for rest and to exacerbate daily stress. The importance and benefits of broadening the understanding about the positive lifestyle in all its places of life, and its intimate relationship with health and quality of life, are emphasized.

REFERENCES

NAHAS Markus V. Atividade Física e Qualidade de Vida. 2º ed. Londrina: Midiograf, 2001.

NAHAS, M. V. O pentáculo do bem-estar - base conceitual para avaliação do estilo de vida de indivíduos ou grupos. Revista Brasileira de Atividade Física e Saúde. v.5, n.2, 2000.

FIGUEIREDO, I. C. R.; JAIME, P. C.; MONTEIRO, C. A. Fatores associados ao consumo de frutas, legumes e verdura em adultos da cidade de São Paulo. Revista de Saúde Pública, São Paulo, v.42, n.5, p.30-36, out.2008.

LEVY-COSTA, Renata B.; SICHIERI, Rosely; PONTESC, Nézio dos S.; MONTEIRO, Carlos A. Disponibilidade domiciliar de alimentos no Brasil: distribuição e evolução

(1974-2003). Revista de Saúde Pública, São Paulo, v.39, n.4, p.530-40, abr.2005.

MANCINI, M. C. & HALPERN, A. A. Tratamento farmacológico da obesidade. Arquivos Brasileiros de Endocrinologia & Metabologia, São Paulo, v.46, n.05, p.497-513, out. 2002.

MATSUDO, S. M. M. Envelhecimento e atividade física. Londrina: Midiograf, 2001 .

ALVES, Roseane Victor; MOTA, Jorge; COSTA, Manoel da CUNHA e João Guilherme BEZERRA, Rev Bras Med Esporte _ Vol. 10, Nº 1 – Jan/Fev, 2004.

Iseu Gus, Erno Harzheim, Cláudio Zaslavsky, Cláudio Medina, Miguel Gus. Arquivos Brasileiros de Cardiologia - Volume 83, Nº 5, Novembro 2004

GUS, I.; FISCHANN, A.; MEDINA, C. Prevalência dos fatores de risco da doença arterial coronariana no estado do Rio Grande do Sul. Arquivos Brasileiros de Cardiologia, Porto Alegre, RS, v. 78, n. 5, p. 478 – 483, 2002. Disponível em: < http://www.scielo.br/pdf/abc/v78n5/9377.pdf >. Acesso em: 15/08/2016.

Abreu AMM, Lima JMB, Alves TA. O impacto do álcool na mortalidade dos acidentes de trânsito: uma questão de saúde pública. Esc Anna Nery Rev Enferm; 2006 abr; 10(1)

Lipp, M. E. N. & Tanganelli, M. S. (2002) Stress e Qualidade de vida em magistrados da justiça do trabalho: diferenças entre homens e mulheres. Psicologia: Reflexão e Crítica, 15(3), 537-584.

ANALYSIS OF THE LIFESTYLE PROFILE OF THE BENEFICIARIES OF A PORTO ALEGRE-RS CLUB

ABSTRACT

The present study aims to analyze the lifestyle of the beneficiaries of a Porto Alegre-RS club. The sample consisted of 47 recipients of both sexes, aged between 14 and 70 years. The research instrument used was the Nahas Individual Lifestyle Profile questionnaire (2000). The life habits adopted by this group of beneficiaries were considered satisfactory among the five components of the lifestyle analyzed. Very satisfactory result in the nutrition component since 29.8% of the respondents stated avoiding the intake of fats and sweets at times. Regarding physical activity, 46.8% stated that they always practice moderate activities. In the preventive behavior the result was positive, since 66.0% of the interviewees always affirm to control their blood

pressure and cholesterol levels. In the social relationship, 89.4% of the beneficiaries are satisfied with their social relationships and 68.1% say that they include diversified activities with their friends at their leisure. Negative result in stress control, since 44.7% of the interviewees reserve daily time for rest. In this way, it is important to emphasize the importance of good eating habits, to seek to do moderate physical activities to maintain physical abilities, to seek to maintain health in order to prevent illness, to maintain an active social relationship and always to take time to rest. Developing a better quality of life.

ANALYSE DE PROFIL LIFESTYLE DES BÉNÉFICIAIRES D'UN CLUB PORTO ALEGRE-RS.
RÉSUMÉ

Cette étude vise à analyser le mode de vie des bénéficiaires de Porto Alegre-RS club. L'échantillon se composait de 47 bénéficiaires des deux sexes, âgés entre 14 et 70 ans. L'instrument de recherche utilisé était le profil questionnaire de style de vie individuel de Nahas (2000). Les habitudes de vie adoptées par ce groupe de bénéficiaires ont été jugés satisfaisants par les cinq composantes du mode de vie analysé. Résultat très satisfaisant pour la composante nutrition 29,8% des répondants ont dit qu'ils évitent la consommation de temps de graisses et les sucreries. En ce qui concerne l'activité physique 46,8% disent qu'ils pratiquent toujours des activités modérées. Dans un comportement préventif le résultat était positif pour 66,0% des répondants prétendent toujours contrôler vos niveaux de pression et de cholestérol dans le sang. Dans les réseaux sociaux 89,4% des bénéficiaires sont satisfaits de leurs relations sociales et 68,1% affirment inclure dans vos loisirs diversifiés avec des amis. Résultat négatif dans le contrôle du stress, que 44,7% des personnes interrogées prennent chaque jour le temps de repos. Ainsi, il est important de souligner l'importance de bonnes habitudes alimentaires, essayer de faire une activité physique modérée pour maintenir la forme physique, chercher à maintenir la santé afin de prévenir la maladie, maintenir une relation sociale active et toujours prendre le temps de se reposer. développant ainsi une meilleure qualité de vie.

ANÁLISIS DE PERFIL DE VIDA DE LOS BENEFICIARIOS UN CLUB UN PUERTO ALEGRE-RS.
RESUMEN

Este estudio tiene como objetivo analizar el estilo de vida de los beneficiarios un club un Puerto Alegre-RS. La muestra estuvo constituida por 47 beneficiarios de ambos sexos, con edades comprendidas entre los 14 y los 70 años. El instrumento de investigación utilizado fue el cuestionario estilo de vida individual del perfil de Nahas (2000). hábitos de vida adoptadas por este grupo de beneficiarios fueron considerados satisfactorios a partir de los cinco componentes de la forma de vida analizada. resultado muy satisfactorio para el componente de nutrición 29,8% de los encuestados dijo que evitan el consumo de tiempo de grasas y dulces. En cuanto a la actividad física 46,8% dice que siempre practican actividades moderadas. En el comportamiento preventivo el resultado fue positivo para el 66,0% de los encuestados afirma que siempre controlar sus niveles de presión y colesterol en la sangre. En las redes sociales el 89,4% de los beneficiarios están satisfechos con sus relaciones sociales y un 68,1% afirma que incluya en sus actividades de ocio diversificadas con amigos. Resultado negativo en el control del estrés, como el 44,7% de los encuestados diaria tome tiempo para descansar. Por lo tanto, es importante destacar la importancia de los buenos hábitos alimenticios, tratar de hacer actividad física moderada para mantener la forma física, tratar de mantener la salud con el fin de prevenir la enfermedad, mantener una relación social activa y siempre tener tiempo para descansar. desarrollando así una mejor calidad de vida.

ANÁLISE DO PERFIL DO ESTILO DE VIDA DOS BENEFICIÁRIOS DE UM CLUBE DE PORTO ALEGRE-RS.
RESUMO

O presente estudo tem como objetivo analisar o estilo de vida dos beneficiários de um clube de Porto Alegre- RS. A amostra foi composta por 47 beneficiários de ambos os sexos, com idade entre 14 e 70 anos. O instrumento de pesquisa utilizado foi o questionário Perfil do Estilo de Vida Individual de Nahas (2000). Os hábitos de vida adotados por este grupo de beneficiários foram considerados satisfatórios dentre os cinco componentes do estilo de vida analisados. Resultado muito satisfatório no componente nutrição pois 29,8% dos entrevistados afirmaram evitar as vezes ingestão de gorduras e doces. Referente a atividade fisica 46,8% afirmam que sempre praticam atividades moderadas. No comportamento preventivo o resultado foi positivo, pois 66,0% dos entrevistados afirmam sempre controlar sua pressão arterial e os níveis de colesterol. No relacionamento social 89,4% dos beneficiários estão satisfeitos com seus relacionamentos sociais e 68,1% afirmam incluir no seu lazer atividades diversificadas com amigos. Resultado negativo no controle de stress, pois 44,7% dos entrevistados reservam diariamente tempo para descanso. Desta forma, é importante destacar a importância de bons hábitos alimentares, procurar fazer atividades físicas moderadas para manter aptidões físicas, procurar fazer a manutenção da saúde a fim de prevenir doenças, manter um relacionamento social ativo e sempre reservar um tempo para descanso. Desenvolvendo assim uma melhor qualidade de vida.