88 - BENEFITS IN THE DAILY LIFE OF HIGH HEALTH ACADEMY PRACTICERS – PI

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doi:10.16887/87.a1.88

ABSTRACT

The present article deals with a quantitative research that aimed to verify the improvements of the functional capacities through the answers given as improvements in the daily activities of the practitioners. They were performed with 48 practitioners, where the results were obtained that the great majority affirm to have obtained benefits in the daily life and improvements in the quality of life with the practice of physical activity after their practice of physical activity in the Health Academy, therefore, concludes It is said that the benefits cited go beyond the physical in the life of these practitioners, have reported psychosocial benefits and improved quality of life of practitioners.

INTRODUCTION

The Health Academy program was created and assigned to the Unified Health System, one of the objectives being to expand and strengthen health promotion, increasing the level of physical activity of the population (Brazil, 2011).

According to Brazil (2011), currently the results of mortality due to chronic diseases and obesity among others, has required changes in health services to promote access and care for the population.

According to Cardoso et al (2008) knowledge about the factors influencing the regular practice of physical activity are essential to promote intervention programs to promote practices of physical activities that contribute to health promotion.

According to De Assis, Pereira and Gonçalves (2016), any type of physical activity must be accompanied by a qualified professional, who must carry out an assessment where he can identify the abilities and difficulties to prescribe adequate training for functional capacity, self-esteem and autonomy improvements In the daily life of the elderly and their practitioners.

According to Gallahue and Ozmun (2003) with age, we observed a decline in motor performance. This decline can be attributed to aging, diseases, lifestyles, or combinations of these elements whose reaction time tends to decline. Intervention strategies that reduce reaction time include the opportunity to practice a task, increase the intensity of the stimulus, the use of a task familiar to the individual, and participation in a physically active lifestyle.

The present research had as objective to identify improvements in the daily life of the practitioners of the Health Academy Program, verifying how many and what daily activities related to qualities and functional abilities were acquired after the practice of the activities proposed by the academy.

METHODOLOGY

The study was characterized by a cross-sectional field research of a descriptive nature and quantitative character. The sample consisted of 48 female physical activity practitioners aged 40 years and older who regularly attend the Health Academy located in the city of Altos-PI. This study followed the ethical standards of research with the voluntary participation of the subjects who received information about the research objectives and signed the informed consent form. Practitioners outside the established age were used as exclusion criterion.

For the data collection, a questionnaire prepared by the authors was used as an instrument, consisting of open and closed questions regarding the time, weekly frequency and improvement of the functional abilities acquired after the beginning of the practice in the Health Academy.

RESULTS AND DISCUSSION

The data presented below represent the sample 48 elderly and adults aged 40 and over, having as mean age: 55.1 ± 8. The vast majority of those surveyed have the educational level of 47, 9% who have fundamental Incomplete, 20.8% Ens. Full-length, 10%, 4% complete and 12.5% non-literate.

1. Há quanto tempo você pratica Atividade Física?

	Frequency	Percent (%)	Valid Percent	Cumulative Percent
Menos de 3 meses	3	6,3	6,3	6,3
3 a 6 meses	15	31,3	31,3	37,5
7 meses a 1 anos	4	8,3	8,3	45,8
Mais de um ano	26	54,2	54,2	
Total	48	100,0	100,0	100,0

The research presented data that the majority of the interviewees practiced physical activity 54, 2% practiced physical activity from 7 months to one year, and 54, 2% confirmed to practice for more than one year. The interviewees presented data of 64, 6% practiced physical activity on a weekly frequency of 3 to 5 times, and 25% practiced more than 5 times a week.

Vidmar et al (2011) concluded in his study that several factors influence the quality of life in aging emphasizing the sedentary lifestyle as a compromising factor of the quality of life, therefore for a healthy life is of total importance the practice of regular physical activity because its benefits Slows physiological changes in aging.

The chart below represents the alternatives of daily life that the interviewees confirmed that there was improvement after the practice of physical activity in the Health Square Academy.

1. Quais atividades da vida diária você percebeu melhora após o início da prática de Atividade Física na Academia da Saúde?

	Frequency	Percent (%)	Valid Percent	Cumulative Percent
Tomar banho (lavar pés e costas)	28	58,3	58,3	58,3
Pentear o cabelo	20	41,7	20	41,7
Deitar do chão	26	54,2	26	54,2
Levantar do chão	26	54,2	26	54,2
Realizar caminhadas longas (15 á 30 min.)	31	64,6	31	64,6
Limpar a casa	28	58,3	28	58,3
Vestir-se	24	50,0	24	50,0

62.5% confirmed that they started physical activity by medical guidance and 18.8% said that other reasons led them to practice physical activity, as their own choice were the data that most attracted attention when asked about the reasons Which led them to seek the practice of physical activity.

The collected sample was questioned about the practice of other physical activities outside the Health Academy for them, and

we obtained the following most relevant data: 56.3% practiced walking and 10.4% practiced cycling.

According to studies by Pires and Ferreira (2015) confirmed in their research that the elderly identify as benefits the well being and socialization with other people. The benefits of practicing physical activity in old age have become the object of study because the active life in old age provides improvement in the functional conditioning for a longer term, maintaining the quality of life.

1. Quais outros benefícios você percebeu após o início da prática de Atividade Física na Academia da Saúde?

	Frequency	Percent (%)	Valid Percent	Cumulative Percent
Diminuição das dores	40	83,3	40	40
Melhora da autoestima	42	87,5	42	42
Convívio social	41	85,4	41	41
Melhora na respiração	39	81,3	39	39

1. Quais outros benefícios você percebeu após o início da prática de Atividade Física na Academia da Saúde? FrequencyPercent (%)Valid PercentCumulative PercentDiminuição das dores4083,34040Melhora da autoestima4287,54242Convívio social4185,44141Melhora na respiração3981,33939

When asked if they would indicate physical activity to other people, 100% of the respondents answered yes. 45.8% use medicines for hypertension, 18.8% medicines for diabetes and 29.2% use medicines for other health problems.

According to studies by Maciel (2010) one of the factors that contributes to the quality of life of the elderly is the work of maintaining functional capacity, so the practice of physical activity is one of the means to achieve these benefits, at that stage Priority should be given to the work of functional capacities and to provide various health and psychosocial benefits for the elderly.

CONCLUSION

The benefits of the practice of physical activity in the elderly in all phases are already proven by several studies, this study sought to raise points that report improvement in daily life of practitioners as functional and social improvements.

In interviewing practitioners, we notice how much practice is important and enjoyable, where they comment on the improvements in detail, proving the answers given. Through this research it is concluded that physical activity through its benefits makes the majority of practitioners of the Square Academy have a more frequent weekly attendance.

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ABSTRACT

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AVANTAGES DANS LA VIE QUOTIDIENNE DE PRATIQUER LA SANTÉ SENIOR ACADEMY - PI

RÉSUMÉ

Cet article traite est une étude quantitative visant à vérifier l'amélioration des capacités fonctionnelles à travers les réponses que des améliorations dans les activités quotidiennes des praticiens. Ont été réalisées avec 48 praticiens, où nous avons obtenu les résultats que la grande demande de la majorité d'avoir obtenu des avantages dans la vie quotidienne et l'amélioration de la qualité de vie à la pratique de l'activité physique après leur pratique de l'activité physique à l'Académie de la Santé, par conséquent, conclut Il a été constaté que les avantages ci-dessus vont au-delà du physique dans la vie de ces pratiquants ont été signalés avantages psychosociaux et une meilleure qualité de vie pour les praticiens.

BENEFICIOS EN LA VIDA COTIDIANA DE PRACTICAR LA SALUD DE ALTO NIVEL ACADEMY – PI

RESUMEN

Este artículo trata de un estudio cuantitativo, cuyo objetivo para verificar la mejora de las capacidades funcionales a través de las respuestas como las mejoras en las actividades diarias de los profesionales. Se llevaron a cabo con 48 profesionales, donde nos dieron los resultados que la gran mayoría afirma haber obtenido beneficios en la vida diaria y las mejoras en la calidad de vida con la práctica de la actividad física después de la práctica de la actividad física en la Academia de la Salud, por lo tanto, concluye se encontró que los beneficios anteriores van más allá de la física en la vida de estos profesionales se informaron beneficios psicosociales y calidad de vida mejorada para los practicantes.

BENEFICIOS NA VIDA DIÁRIA DE PRATICANTES DA ACADEMIA DA SAÚDE DE ALTOS – PI

RESUMO

O presente artigo trata-se de uma pesquisa quantitativa que teve como objetivo verificar as melhorias das capacidades funcionais através das respostas dadas como melhorias nas atividades diárias dos praticantes. Foram realizados com 48 praticantes, onde se obteve os resultados que a grande maioria afirmam ter obtido benefícios na vida diária e melhorias na qualidade de vida com a pratica de atividade física após a sua pratica de atividade física na Academia da Saúde , por tanto, conclui-se que os benefícios citados vão além dos físicos na vida desses praticantes, foram relatados benefícios psicossociais e melhoria na qualidade de vida dos praticantes.