103 - THE PERCEPTION OF WOMEN PRACTICING WATER AEROBICS REGARDING CHANGES CAUSED BY THE AGING PROCESS

ROSILENE LAMEIRA DOS SANTOS;
SÉRGIO EDUARDO NASSAR
UFPA, Castanhal-Pará, Brasil
rose_nitalene@hotmail.com

doi: 10.16887/85.a2.103

INITIAL CONSIDERATIONS

This paper presents a focus on the perception of female practitioners of water aerobics towards adulthood and the process of human aging.

Aging becomes a continuous process, from early life, being different in every human being and contrary to what many think, the process of aging is not connected to death, but the regression function and increased vulnerability (VERDERI, 2004).

JeckelNetoand Cunha (2006) consider aging in two phases. Senescence, first phase, decribes the changes that occur in an organism, they directly affect their vitality and functions by increasing the mortality rate because of time. The second phase, the authors define as senility, the final stage of senescence, when the risk of death approaches.

Aging is a process that reaches some aspects of human being that can be characterized in three concepts: the biological, psychological and social ages according to Neri (2001) that specifies each process.

The biological age is related to aging of the organism, which when aging, undergoes changes that decrease the life expectancy of the individual.

The psychological age is perceived in changes of the learning and perception capacities, it is directly related to the biological, how the individual is perceived as physically, accepts himself in relation to aging.

The social age discusses about human behavior and performance of roles in society, and may be changed by social, physical, financial, intellectual conditions, and especially the autonomy of the human being.

As humans age, the body and organism undergo changes. However, an active lifestyle and good nutrition has a strong influence on quality of life, mainly in adulthood or old age.

Aging is also associated with the individual's relationship with their body.

The body is our true way to convey the meanings of the experiences of each one and the reflection and interaction with the world, as the body is the essence of life (OKUMA, 2009).

Moreira (2012) emphasizes the importance of structured bodily activity and not just automatic movements that do not help as experience for the body. Considering that physical education is critical in operations, with the population in order to explore the body possibilities offered by the world.

From this perspective, water is essential for life because, since ancient times it was used not only for drinking and hygiene, as well as curative and recreational purposes and currently it does not become different.

With the practice of physical exercise on the aquatic environment, we face the physical properties that water has. Aboarrage (2008, p. 35) says that "the properties that determine the types of benefits provided by the liquid medium". These include the relative density fluctuation, the hydrostatic pressure,and resistance, among others.

To understand the principles and properties of water, in the completion of water activities is necessary to extract the maximum benefits of the exercises safely, effectively in a pleasurable way (NASSAR, 2004).

The same author says that the quality of life interferes with the harmonious relationship of the human being with himself, which are influenced by the way we live. Therefore, we emphasize the need to maintain the aspects that promote it, since young people in order to face the process of aging in a healthy way.

The process of aging is surrounded by complexities; however, analyze the perception of women who practice water aerobics in relation to adult stage and the aging process are the focus of the data presented below. Aiming to understand how our audience, women who practice water aerobics, face this transition from adulthood to aging and as a consequence, better understand this phase of life.

METHODOLOGY

The research site was the Universidade Federal do Pará, in the Campus of Castanhal city, more specifically on an extension Program named Núcleo Pedagógico de Atividades Aquáticas (NUPEAA).

The research instrument used a structured interview, which according to Marconi and Lakatos (2009, p. 278) "is an oral conversation between two people [...] aimed at obtaining information of the interviewed people". It is a way to widely explore the issue.

The interview was conducted in accordance with the availability of the subjects, so that they were free to answer the following question: How do you feel about the changes for the aging process?

11 female subjects participated in the study, aged between 30 and 60 years old, practitionersof water aerobics. We chose to perform the study with only women, due to be the biggest audience in the classroom.

The participants were invited to sign the Instrument of Consent Form (ICF) after presenting the objectives of the study.

Based on these instruments and on the discourses of the interviewed subjects, perceptions were analyzed by the technique of content analysis, which aims to work on understanding and interpretation of the opinion of the research subjects, which after been analyzed, the perception of practitioners were identified (MOREIRA ET AL., 2005).

RESULTS AND DISCUSSION

After several readings from the speeches,we present five categories related to the question: How do you feel about the changes for the aging process?

Of the interviewees, 8 consider the bodily changes due to aging as a natural process of body change. We note that an acceptance of the subjects as the bodily changes caused by aging.

Look at the speech of subject 1: "I feel ... normal as on my activity today is the same as when I was younger because I get dressed, go out... changesin my body have to change, don't they? "

We realize that even not being young; we can enjoy the good things life has to offer us, with no worries about changes

caused in the aging process.

According to Bauer (2006), society needs to deconstruct the association of aging to diseases; the benefits or harms affected during this phase of life are the result of wear of the body for years lived.

Sousa (2013), aiming to understand the perception of the elderly on the aging process and the changes that have occurred, conducted a survey of 22 seniors and their findings also corroborate to our research, since some subjects also face the aging process and changes caused by aging naturally.

The subject 11 says, "I'm tryingto face aging with more... let's just say, courage and self esteem to grow old, because today I see that this is not rocket science, it's a good thing and we just need to know how to grow old."

According to the speech above, in this category, we believe that the understanding of aging naturally is related to involvement with yourself and the quality of life, decreasing the number of diseases.

From the categories indicated, 5 subjects noticed they feel changes in biological aging as the main result of aging.

The subject 2 says, "[...] We already see the grey hair appearing, wrinkles growing, then the person who is already old has changed, right?" He emphasizes that aging, though act as a whole, is noticed especially in the physical body, mainly reflecting that aging presents to the elderly.

Biological aging tends to point the functional level of the human being, so individuals tend to perceive it as the primary indicator of lifetime, because the early symptoms of aging occur from this moment (NERI, 2001).

Anthony and Rauchbach (2005) conducted a study with 23 people over fifty, highlight the same issue ofthis study because they found in their results elderly people think biological aging as the main factor resulting from aging.

We noticed in the subject 5 speech when he says: "[...] I feel a bit like half soft", which is notorious the perception of individuals regarding biological changes, such as those that stand out most in the aging process.

Therefore we emphasize that this is an aspect that varies with the living habits adopted, so changes may have greater or lesser impact on the life, depending on environmental, social and genetic influences to which we are subjected.

Feeling happy, another category of our study, shows that the aging process was reported by 5 subjects as a result of the acceptance of this phase.

The subject 7 by saying: "[...] I began to see the aging naturally, I met more people, made more friendships. In my body I felt better, so ... ... I started to go out, before this, I didn't go out, in my water aerobics, on my daily I walk, I go downtown, go shopping, so ... I am today accomplished and very happy."We notice that to feel good, the individual must deal with aging as life stage.

According to Neri (2001), feeling happy is directly linked to the well-being, quality of life and environmental conditions in which the individual enters, thus, happiness is associated with the set of factors that are part of life of the subject.

Bassit (2002) conducted a research about aging, analyzing testimony of life of thirteen women born between the years 1922 and 1936 in order to characterize the events related to the ways they understand and experience their own aging. These women, as well as in our study,showed to feel happy in the aging process.

We emphasize what was said in the speech of subject 4 by saying: "[...] I do not worry; I've always liked to play when I was younger and now after I'm old, I'm in the same way. I go from this to that and I'm feeling good." When we do what we like, we have more possibilities to relate agreeably with ourselves and with others.

Realize improvement through physical exercise was reported by 4 subjects, thus leads us to understand that this feeling is related to the benefits of the practice of physical exercise, in relation to the aging process, especially those on the aquatic environment, in our case the water aerobics.

The interviewee 8 says: "I feel ... like, when I do some kind of thing, with movement,I feel tired, but through exercise... I'm seeing that I'mnot reaching that old age, right? And each exercise we do, it gets more and more better, we improve with time." This confirms that to the proper functioning of the body, physical exercises are the fundamental, as well as providing comfortto the practitioners.

Junior et al. (2009) conducted a study with elderly practicing water aerobics, indicating that physical activities are directly related to quality of life, which reinforces our research due to the fact that some subjects have also expressed improvement through physical exercise, changes which directly affect the daily activities of the elderly.

When the subject 5 says: "[...] I travel to every corner and when I have to go alone, I do, if it is not possible, my husband goes with me, by riding a bike everywhere, before I leave, I say a prayer and I go ahead, and to complete this, I started to do water aerobics, and now I feel completed, I feel happy."We understand the daily activities contribute to the autonomy and improve self-esteem, so the person feels happy about life.

For humans can live in harmony with himself, in the aging process, it is necessary physical, psychological, spiritual and social maintenance since youth, since they are aspects that influence along life (NASSAR, 2004).

Of those interviewed,3 showed improvements in self-esteem as a result of exercise in relation to the aging process.

We observe in the speech of subject 4, when reports: "[...] I do not worry, I've always liked to play when I was younger and now after I'm old, I'm in the same way. Thank God, after I came here, I improved a lot of pain I felt in my bones, and life goes on, as God wishes ". The autonomy of the individual acts directly on self-esteem, emphasizing the importance of body maintenance.

Exercises provide many benefits to practitioners, working to improve the quality of life which improves self-esteem that is perceived with more vitality and will to live (TEIXEIRA et al., 2007).

Mazo et al. (2005) conducted a study of 198 elderly women, participants in groups of cohabitation, which pointedsimilar results, since they also emphasized the improvement of well-being and self-esteem with physical exercise practice.

Subject 11 by stating: "[...] I saw that was really worth changing my habits ... when changing my eating habits, my physical activity has greatly improved, my self-esteem has increased too, with that, I'm achieving face my aging with more ... courage and self esteem." He emphasizes that the process of aging, combined with good lifestyle habits, promotes improved self-esteem.

After the analysis of categories, we can say that the process of aging in individuals manifests itself in different ways, whether in mental, social or physical aspect. All perceive and feel somehow that the changes caused by that process influence on our way of life, to face the reality and the different situations to which we are subjected.

FINAL CONSIDERATIONS

We conclude from this study that the well-being of the participating subjects relates an active lifestyle with physical exercise, particularly in the water aerobics.

We understand that even old, there is a possibility to enjoy the good things that life can offer human beings.

REFERENCES

ABOARRAGE, N. Treinamento de força na água: uma estratégia de observação e abordagem pedagógica. São Paulo, Phorte, 2008.

ANTONIO, S. M. e RAUCHBACH, R. Uma visão fenomenológica do significado da pratica da atividade física para um grupo de idosos da comunidade. Revista Digital, Buenos Aires, ano 10, nº 81, 2005. Disponível em:<http://www.efdeportes .com/efd81/idosos.htm>. Acesso em 24 de novembro de 2013 às 23:33.

BASSIT, A. Z. Histórias de Mulheres: reflexões sobre a maturidade e a velhice. In: MINAYO, M. C. S.; COIMBRA Jr., C. E. A. (org.). Antropologia, saúde e envelhecimento. Rio de Janeiro, Editora FIOCRUZ, 2002, p. 175-189. Disponível em: < http://static.scielo.org/scielobooks/d2frp/pdf/minayo9788575413043.pdf#page=36>. Acesso em 24 de novembro de 2013, às 23:16. (Coleção Antropologia & Saúde).

BAUER, M. E. Papel do Estresse e dos Hormônios na Imunossenescência Humana. In: FREITAS, E. V., PY, L., CANÇADO, F. A. X., DOLL, J. e GORZONI, M. L. (Org.) Tratado de Geriatria e Gerontologia. Rio de Janeiro. Guanabara Koogan, 2ª edição, 2006, p.35-40.

JECKEL NETO, E. A. e CUNHA, G. L. Teorias Biológicas do Envelhecimento. In: FREITAS, E. V., PY, L., CANÇADO, F. A. X., DOLL, J. e GORZONI, M. L. (Org.) Tratado de Geriatria e Gerontologia. Rio de Janeiro. Guanabara Koogan, 2ª edição, 2006, p. 13-22.

Manual do Profissional do Fitness Aquático / Associação de Exercícios Aquáticos. Eduardo Netto; Leonardo Avelatto (Trad.), 5ª ed., Rio de Janeiro, Shape, 2008.

MARCONI, M. A. e LAKATOS, E. M. Metodologia científica, 5 ed., São Paulo, Atlas, 2009.

MAZO, G. Z., MOTA, J. A. P. S. e GONÇALVES, L. Atividade física e qualidade de vida de mulheres idosas. Revista Brasileira de Ciências do Envelhecimento Humano. Passo Fundo, 115-118 - jan./jun. 2005, Disponível em: <http://www.kleberpersonal.com.br/artigos/artigo_040.pdf>. Acesso em 24 de novembro de 2013 às 22:43.

MOREIRA, W. W. Formação profissional na área de educação física: O Fenômeno corporeidade como eixo Balizador. In: Educação Física, Corporeidade e Saúde. NETO, Manuel Pacheco. (Org.) Dourados, MS, Ed. UFGD, 2012, P. 31-43.

MOREIRA, W.W., SIMÕES, R. e PORTO, E. Análise de conteúdo: técnica de elaboração e análise de unidades de significado. Revista brasileira ciências e movimento. 2005; 13(4): 107-114.

NASSAR, Sérgio Eduardo. O Corpo Idoso nas Atividades Aquáticas: O Significado Para os Praticantes. [Dissertação de mestrado] Piracicaba, Universidade Metodista de Piracicaba, 2004.

NERI, Anita Liberasso. Palavras Chave em Gerontologia. Campinas, SP, Editora Alínea, 2001, 136 p.

OKUMA, S. S. O Idoso e a Atividade Física: Fundamentos e Pesquisa, Campinas, SP, Papirus, 1998. (coleção Vivaidade).

SOUSA, J. A. Envelhecimento e mudanças corporais: percepção dos idosos sobre sua atual situação de vida. Monografia (Bacharelado em Enfermagem)-Universidade de Brasília, Ceilândia, 2013.

TEIXEIRA, C. S., PEREIRA, É. F. e ROSSI, A. G. A hidroginástica como meio para manutenção da qualidade de vida e saúde do idoso. Acta fisiátrica, v. 14, n. 4, 2007.

VERDERI, É. O corpo não tem idade: educação física gerontológica, Editora Fontoura, Jundiaí, São Paulo, 2004.

RUA 10, QUADRA X CASA 01, CONJUNTO FONTE BOA
BAIRRO: FONTE BOA. CIDADE: CASTANHAL-PA.

THE PERCEPTION OF WOMEN PRACTICING WATER AEROBICS REGARDING CHANGES CAUSED BY THE AGING PROCESS.

ABSTRACT

This study presents the perception that women who practice aerobics have in relation to the changes caused by the aging process. We used a sample of 11 women aged between 30 and 60 years old because they are in transition from adulthood to aging, we applied an interview with some questions and noted the major changes that lead people to perceive aging. In the results, major changes in individuals that lead them to perceive aging were identified; among them we noticed that most understand that aging is a natural process of body change.

KEYWORDS: Perception, water, Aging.

LA PERCEPTION DES FEMMES PENDANT QUE PRATIQUANTES DE THÉRAPIE AQUATIQUE PAR RAPPORT AUX CHANGEMENTS CAUSÉS PAR LE PROCESSUS DE VIEILLISSEMENT

RÉSUMÉ

Cet étude présente la perception que les femmes, pratiquantes de la thérapie aquatique, ont par rapport aux changements causés par le processus de vieillissement . Nous avons utilisé une preuve composée par 11 femmes avec l'âge entre 30 et 60 ans, une fois qu'elles se trouvent sur la période de transition de la phase adulte jusqu'au vieillissement, des interviews avec quelques questions ont été apliquées et nous avons remarqué les principaux changements qui conduisent les sujets de s'apercevoir sur le vieillissement. Sur les résultats ont été identifiés les principaux changements sur les sujets, ce que les conduisent à bien comprendre la période du vieillissement, d'entre eux, nous avons observé que la majorité comprend que ce vieillissiment est un processus de changement naturel du corps.

MOTS –CLÉS : Perception, thérapie aquatique, vieillissement.

LA PERCEPCIÓN DE MUJERES PRACTICANTES DE HIDROGIMNÁSTICA EN RELACIÓN A LOS CAMBIOS CAUSADOS POR EL PROCESO DE ENVEJECIMIENTO

RESÚMEN

Esta investigación presenta la percepción que mujeres practicantes de hidrogimnástica poseen en relación a los cambios causados por el proceso de envejecimiento. Fue utilizada una muestra compuesta por 11 (once) mujeres entre 30 (treinta) y 60 (sesenta) años, pues se encuentran en transición de la fase adulta para el envejecimiento. Aplicamos una entrevista con algunas cuestiones y observamos los principales cambios que llevan los tipos a percibiren el emvejecimiento. En los resultados fueron identificadas las principales modificaciones que llevan los tipos a percibiren el envejecimiento, entre ellas percibimos que la mayoría comprende que el envejecimiento es un proceso de cambio natural del cuerpo.

PALABRAS CLAVE: Percepción, Hidrogimnástica y Envejecimiento.

A PERCEPÇÃO DE MULHERES PRATICANTES DE HIDROGINÁSTICA EM RELAÇÃO ÀS MUDANÇAS CAUSADAS PELO PROCESSO DE ENVELHECIMENTO.

RESUMO

Este estudo apresenta a sensação que as mulheres praticantes de hidroginástica têm em relação ás mudanças causadas pelo processo de envelhecimento. Utilizamos uma amostra composta por 11 mulheres em fase de transição da idade adulta ao envelhecimento, onde foi aplicada a entrevista e através desta observamos as principais mudanças que levam os sujeitos a notarem o envelhecimento. Nos resultados foram identificadas as principais alterações nos sujeitos que os levam a perceber o envelhecimento.

PALAVRAS-CHAVE: Percepção, Hidroginástica e Envelhecimento.