48 - OCCUPATIONAL HEALTH AND PHYSICAL ACTIVITIES: REFLECTIONS

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INTRODUCTION

It is a well established fact that the complex relations between labor and health have been increasingly relevant. According to Fiamoncini and Fiamoncini (2003), when this fact is added to the technological advances associated with competitive pressure and demands for greater productivity due to competition within the labor market, it may lead the individual to a state of illness. This situation requires from companies the increasing trend to create employees' selection conditions aimed at hiring better prepared individuals.

About this aspect, Souza and V. Júnior (2004) have emphasized that there has been a noteworthy number of companies inclined to attract workers' attention to the process of productivity and quality, offering benefits and rewards for the increase in production, leaving aside their personal needs to achieve the proposed objectives. Therefore, labor plays an important role in the employees' lives because they spend longer time at the work place than in their homes or in leisure-aimed activities. Considering the development of this phenomenon, it is observed that the relationship between wellness, employees' health and increased productivity in the workplace has become unbalanced, since some companies ignore the needs to relate work to health, seeking increased performance. However, this balance can be achieved when there are pleasant and healthy activities in environments where workers remain for long periods.

From this point of view, Fiamoncini and Fiamoncini (2003) point out a new pathological profile that has been increasingly affecting health, generating situations, which considered from a biostatistics point of view, grow into chronicle conditions. Among them are the cardiovascular, gastrointestinal, psychosomatic conditions, morbidity in in the skeletal muscular system translated in the Repetitive Strain Injuries (RSI), to which are added the pathological mental and physical stress, and psycho affective and neurological diseases related to stress and, consequently, impairing productivity.

Confronted by these facts, the companies must review their concepts related to employees' burnout and begin the implementation of Life Quality programs in the workplace. One of the approaches has been the implementation of Physical Activity, which may range from labor gymnastics to the building of gyms in the companies.

Supporting that study, Stort, Silva and Rebustini (2006) have described programs that encourage the interaction between people who provide improvement through Life Quality programs. The authors complement their support by stating that by integrating the Physical Activity to their daily routine, the employees demonstrate study Complements saying that by incorporating the daily routine practice of physical activity, it is easily possible to notice the reduction of physical inactivity rates and the improvement of interpersonal relationships, reducing significantly the numbers of medical leaves.

Among these practices can be observed that the Strength Training, defended by Fleck and Kraemer (2004), includes the regular use of elastic bands, free weights, machines, body weight and other equipment to improve strength, power and endurance and joint. Thus, to bring benefits to health associated with changes in body composition and athletic and lean look, making it an increasingly popular form of physical activity. Recently, recommendations have been made regarding the practice of this type of training in healthy populations and in so-called special populations such as patients undergoing cardiac rehabilitation, and diabetic elderly. In another of his studies (2006) variations in loads (weight), volume, intensity, active muscle mass, type of muscle contraction, muscle work, rest interval between sets and sessions, manipulating the order of exercises, time of tension reinforce occur , equipment, technique, initial fitness level, training status and type of program. All this can influence the magnitude and duration of responses to Resistance Exercise (RE) and its adaptations, avoiding concentric muscle failure in the exercise.

Can be seen to be of primary importance to training, because through him are used to obtain specific results previously planned exercises, ie, is the way that you use a particular means to achieve a certain direction, and the method selection direction is connected to the potential effect and this should be achieved in accordance with the previously planned effect.

According to an article on the website Sports (2012) the practice of regular physical activity has always been linked to healthy people, because our body requires physical movement to work through the six hundred fifty-six muscles you have, each of which has its function. It helps stimulate those muscles for our well being. In our country the problems caused by sedentary lifestyles have been receiving increasing attention from health authorities. The research, according to the material, show that people increasingly spend less calories per day than was spent in the last century, affecting more than 70 % of the population. The current way of life that modern society is living in the age of technology, the stress of everyday life are increasing and very sedentary lifestyle that, in turn, brings much risk to health as Hypertension, Diabetes, Obesity and High Cholesterol. This current lifestyle may be responsible for over 50% of strokes and 50% of death Stroke, and the major causes of death in Brazil. Anyone can practice sport, since it has medical guidelines that approves for sports. Regular physical exercise back great benefits to human life as improving strength and muscle tone, flexibility, strengthening of bones and joints.

Carazza (2001) states that when we are practicing Physical Activity considerable improvements in self-esteem, sense of well being, decreases stress and anxiety due to body movement performed in the proper environment that physical activity is being held.

According to Rodrigues, Pacharoni and Correia (2006) as professionals involved in physical education. You must be aware of the liability of the profession as a political category in the social group. Worries beyond the material body, physical and ethical perspective as the search of the fundamentals and perfecting virtuoso bio-psycho-social work of physical education is to the human subject.

It is important that this work be prepared to meet the need of the world today, because today we see that with each passing day many plazas are being constructed in areas of large and small cities. And, increasingly, we see the practice of any physical activity, aimed at the Leisure and Health, being inserted into the population through social projects, to bring practitioners, better quality of life and aid in disease prevention.

At this point, it can be stated that this paper aims at discussing the productions available in online databases that deal with this topic, focusing on workers' health based on these practices. The authors sought support in Content Analysis, which favors the retrospective study, stemming from productions that deal with the topic and indicate the success of labor activity as a channel to health and productivity among contemporary workers.

According to Bardin (1994, p. 77th) the Content Analysis can be described as the approach that seeks to treat some information based on a pre-established script. A pre-analysis is necessary, and at this stage, research documents, hypotheses and objectives are explored. Afterwards, specific techniques are applied so as to achieve the desired analysis.

RESULTS / DISCUSSION

The research was strictly directed to the theses database available at Capes (Coordenação de Aperfeiçamento de Pessoal de Nível Superior — Coordination for the Improvement of Higher Education Personnel). It began with the key words "Labor Activities", which resulted in ninety-eight productions. Among those, the ones that were produced between 2009 and 2014 were considered, and the selected ones were those that included Physical Activity, Health, and Labor Cycle as the object of study, either alone or combined. Taking those combinations, the production areas and regions of origin were considered. The final reference was a total number of twelve selected works that complied with the inclusion criteria.

The appraisal of publications along the research demonstrated that the productions were centered in the years of 2011 (65%) and 2012 (35%). Another fact that was also worth remarking was the diversity of the areas that proposed to carry out researches in different ways, but converging to the theme, considering the research specific point and the addressed object of study.

Still regarding the time frame when the approached item was Health, the productions tended to present mostly the professional in Nursing. However, it was noted that in the selected and consulted research papers, the focus was mostly directed towards stress as a consequence of work dynamics.

Another relevant fact was the concern with Mental Health, considering that all the areas related to the Technological Sciences are connected to improvements in furniture, physical spaces, air circulation and inclusion of leisure areas for the employees during short intervals, with relaxing therapies and physical activities that help improve physical and mental condition.

The study demonstrated that there was an increase in the number of publications on occupational diseases as of the year 2000. This fact is probably due to the increased rate of workers' absenteeism, as registered by Brazilian labor cores. In Brazil, this increase may be related to the approval of Law 8080/90, according to which the care for workers' health becomes as a legal obligation. That rule makes problems evident in work environments and, to their turn, workers and institutions seek to improve working conditions and operation.

Following this line of observations in the study, it is possible to describe that stress can be the cause of many diseases in individuals who experience continuous inappropriate situations. In this context, it would be interesting to detect early findings of the stress causal agent and to provide the individual/worker with appropriate therapies to relieve stress. In this case, the set of symptoms may have different nuances in their presentation, ranging from deep sadness to a crisis of depression, when mental health is considered.

Vieira (2009) writes to support the issue by describing that the majority of mental order problems and some organic diseases, such as ulcers, hypertension, herpes, heart attacks and vascular encephalic strokes can affect the workers. At this point it is essential to clarify that some diseases are also related to each individual's genetic heritage. However, stress can reduce immune defense, clearing the way for the occurrence of those and other diseases through the manifestation of a set of symptoms.

Suda and collaborators (2011) suggest that the understanding of occupational stress is recognized as a problem of perceptual nature resulting from the inability to deal with the sources of pressure at work, resulting in more varied possibilities of problems in bio-psychosocial health, with considerable impacts on positive or negative satisfaction in relation to work, affecting not only the individual but organizations as well.

It was observed that most researches, independent on their training area, highlight that physical exercises are strategies that contribute to increase people's Life Quality, improving mental health, reducing stress, anxiety in the short term, depression, mood swings and improved self-esteem in the long run. It culminates with the business interpretation that it means profitability through production. However, the strategies used as defenses to fight stress at work are important in everyday life. They should not be taken as the only form available, though, because if they are used individually or as the only alternative, they may cause alienation, leading to greater suffering, and further increase in the workers' stress, making the work environment even less favorable.

FINAL CONSIDERATIONS

In the review that studied the ways to improve Occupational Health through Physical Education and through forms to cope with problems, it was noticed that the largest number of studies are focused only on describing the problems of illness in the workplace. It was also observed that some authors attempted to program ways of preventing the diseases and strategies to cope with them. However, it is worth remarking that there is a great difficulty of adherence to training, courses and interventions proposed by workers in the studies. It must be stated that interventions proposed in some studies do not bring any impact that can really solve the forms of illness among workers, since researches have mostly used descriptive-approach methodologies that are not effective to show evidence contributing effectively to the performance of practical changes.

This work has made it clear that there is a need to carry out researches that can collaborate for the intervention in workers' health problems, with methodology that can provide scientific evidence on the studied topic. It was clear that the lack of basic physical and social activities imposes upon people the need to provide daily life through work, leaving aside or giving insignificant value to the need of Health Quality to produce more and better.

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ABSTRACT

This study aims to describe the productions available in the theses database available at Capes (Coordenação de Aperfeiçamento de Pessoal de Nível Superior - Coordination for the Improvement of Higher Education Personnel), for the topics Workers' Health and Physical Activities. Methodological support was derived from Content Analysis (BARDIN, 1994), and in ninety-eight productions were chosen. It became evident that one of the major problems is related to mental disorders and organic diseases, such as such as ulcers, hypertension, herpes, heart attacks and vascular encephalic strokes. As a preventive measure, it is recommended that the workers engage in continued practice of Physical Activity as a strategy to cope with these morbidities.

KEYWORDS: Occupational Health. Physical Activity. Prevention at Work.

LA SANTÉ DU TRAVAILLEUR ET LES ACTIVITÉS PHYSIQUES: RÉFLEXIONS

RÉSUMÉ

Cette étude vise à décrire les produits enregistrés dans la base de thèses du CAPES, selon la démarche thématique de la santé du travailleur et les activités physiques. Nous avons utiliser une base méthodologique pour accomplir l'analyse du contenu (Bardin, 1994) et nous sommes arrivés à un résultat de quatre-vingt-dix-huit produits. Il a mis en évidence que l'un des plus gros problèmes est lié à désordres mentaux et à maladies biologiques tels que le stress, les ulcères, l'hypertension, l'herpès, l'infarctus du myocarde et l'accident vasculaire cérébral. En ce que concerne la mesure préventive, il conseille que le travailleur adopte l'usage de l'activité physique comme une stratégie pour faire face à ces maladies.

MOTS-CLÉS: La santé du travailleur. L'activité physique. La prévention au travail.

LA SALUD DEL EMPLEADO Y LA ACTIVIDAD FÍSICA: REFLEXIONES

RESUMEN

El objetivo de este estudio es describir los productos disponibles en la base de datos de los cabos, el tema Salud de los trabajadores y las actividades físicas. Hemos tratado de apoyo metodológico del análisis de contenido (BARDIN, 1994), resultando en el noventa y ocho producciones. Es evidente que uno de los mayores problemas se relaciona con trastornos mentales y las enfermedades biológicas, tales como, el estrés, úlceras, hipertensión, herpes, infartos de miocardio y accidentes cerebrovasculares. Como medida preventiva, se recomienda a los trabajadores la práctica constante de actividad física como una estrategia para hacer frente a estas enfermedades.

PALABRAS CLAVE: Salud Ocupacional. Actividad Física. La Prevención en el Trabajo.

SAÚDE DO TRABALHADOR E ATIVIDADES FÍSICAS: REFLEXÕES

RESUMO

O presente estudo tem por objetivo descrever as produções disponíveis no banco de teses da Capes, na temática Saúde do Trabalhador e Atividades Físicas. Buscou-se sustentação metodológica na análise de conteúdo (BARDIN, 1994), resultando em noventa e oito produções. Evidenciou-se que um dos maiores problemas está relacionado a desordens mentais e doenças biológicas, tais como, estresse, úlceras, hipertensão arterial, herpes, infartos do miocárdio e Acidentes Vasculares Encefálicos. Como medida preventiva, sugere-se ao trabalhador a prática contínua de Atividades Físicas como estratégia para o enfrentamento dessas morbidades.

PALAVRAS-CHAVE: Saúde do Trabalhador. Atividade Física. Prevenção no Trabalho.