62 - THE PHYSICAL ACTIVITY INFLUENCE IN THE ELDERLY PERSON SOCIALIZATION PROCESS

TAYNARA DIAS OLIVEIRA;
FELIPE AUGUSTO FERREIRA DA SILVA;
LUCIO CARLOS DIAS OLIVEIRA
UNICEUMA, São Luis-MA
oliveira_luciodias@hotmail.com

doi: 10.16887/85.a2.62

1. INTRODUCTION

One sees every day in Brazil and around the world accelerated aging. In Brazil, the projections of the Brazilian Institute of Geography and Statistics (IBGE, 2004), indicate that 8.9% of the population is composed of persons 60 years of age or older.

Such an event makes the study of aging and old age promotes a significant increase in attention to this phenomenon, prompting action by social and government officials, and health professionals.

Among the disorders that affect the elderly, the emotional problems are the most common. According to World Health Organization - OMS (in Benedetti et al, 2008) the participation in light and moderate physical activity can delay the functional decline. So, an active lifestyle improves mental health and helps in managing disorders such as depression and dementia. There is evidence that older physically active have a lower prevalence of mental disorders than non-active.

This research focus your goals on the research in the benefits of practicing regular physical activity in the elderly and factors that influence development in this phase of life.

Aging Process

The so-called third age is affected by many physiological problems related to the natural aging process, but beyond this size, one can detect problems related to psychosocial processes, such as low self-esteem created by an isolation imposed by other members of society.

This isolation is the product, as described by Oliveira and Mercadante (2006)of the identity stigmatized by mental and physical deterioration, followed by the exclusion no more present themselves socially through their skills.

Such stigma determines themselves not consciousness that the aging process is something natural. For Meireles (1999).

> "... The process of aging starts from conception, then aging is a dynamic and progressive process in which there is both morphological and functional, biochemical and psychological changes that determine the progressive loss of ability to adapt to the environment, resulting in greater incidence of pathological processes. This period is not considered a pathological state, but rather as a natural phenomenon predicted. «

To Géis (2003), the aging process is the sum of factors involving the biopsychosocial aspects, because the elderly transformations are as progressive cell loss, decreased muscle strength, hearing and visual impairment among others. Moreover, there is a slow and then sharp decline in skills before developing as a refusal of the situation of older, middle, decreased desire, an emotional narrowing. Finally, social isolation, insecurity, poor health status and the lack of option to choose activities.

Physical activity and aging

Considering this, physical activity, seems to be one of the most effective ways to prevent the man pass the normal aging process to a more healthy aging. Through this practice, many of the problems of the elderly may be minimized if providing them a healthy and peaceful life, making the person feel encouraged in their self-esteem at this stage of life tends to decline.

Nahas (2001) points out that the benefits of physical activity after middle age can be analyzed on an individual or societal perspective. Still presents the advantages as follows:

> "... Physiological benefits - control of glucose levels, greater aerobic capacity, improved flexibility and balance, psychological benefits - relaxation, reduction in anxiety and improvement in health and reduction in the risk of depression and finally social benefits - safer individuals greater integration with the community and social functions preserved ... ".

According Sedikides and Gregg (2003) says that self-esteem includes the subjective assessment that a person's self as intrinsically positive or negative to some degree.

Understand how self-esteem is the appreciation that one's self in relation to their self-confidence and your self-respect. Through it, and could face challenges and defend its own interests.

Is perceived that that the physiological benefits provided by the regular practice of physical activity causes a significant increase in self-esteem, helping to regulate blood glucose levels, hormone levels such as cortisol, serotonin, melatonin, epinephrine, norepinephrine, and others responsible for regulating mood, and improve the quantity and quality of sleep, thus achieving an overall wellness.

According Matsudo, Matsudo and Barros Neto (2001), an increased level of physical activity in old age, influences directly into an increase in exercise capacity (VO2 max.), A significant reduction in risk of death (30%) compared with who does not perform physical activity. The lowest risk of death was evident for both the risk for cardiovascular diseases such as respiratory diseases, being lower the higher the level of physical activity.

Also according to the above work, the habit of performing light or moderate physical activity reduces beyond the rate of total mortality and mortality from cardiovascular disease in older age, less decline in functional capacity with aging, cognitive ability and general state health.

As deals with previously the author, with physical activity, it becomes more secure in their everyday actions, feels more healthy and able to perform daily activities with greater confidence, goes on to relate better with others raising thus their

intrapersonal and interpersonal relationships.

Therefore, the practice of physical activity for the elderly is important not only for the physical, but a well needed break from emotional disorders and improvements in social life. The elderly are benefiting as a whole, as a rapidly aging society it is essential to redefine the role of the elderly in the social context, thereby enhancing the contribution he can still do.

Given the above comes to the next issue, "What are the physical benefits to the process of socialization activities for the elderly"?

Where the General Purpose is to investigate the influence of physical activity in the socialization process and increased self-esteem in old age, and Specific Objectives are to analyze the benefits achieved in the self-esteem of the elderly and verify the benefits in psychosocial factors and in the socialization of the same process.

2. METHODOLOGY

Search Type: Search the quantitative and qualitative type characterized a descriptive and exploratory study.

Time and place of research: Academy of Ceuma University, located at Rua José Montello, n ° 1, Renascença II, São Luís - MA, in October 2012, during the hours of physical activity in the morning shift.

Population and sample: Consisting of 30 elderly people between 60 and 75 years old, over six months of practice. Played during physical activities twice a week from 7am to 8am.

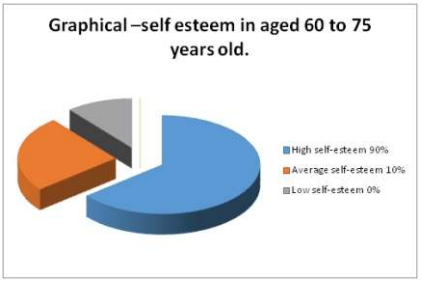
Instruments for data collection: As a tool for data collection, a questionnaire assessing self-esteem Quiles and Espada (2010) was used. For data analysis, the questionnaire uses the following scale: 0-5 low self-esteem; 6-10 average self-esteem; 11-17 high esteem.

Addition to the questionnaire, semistructured interviews were conducted with a sample population in order to understand the correlation of physical activity with the socialization process, both for himself prepared a set of questions related to the topic.

Ethical Aspects: A term of informed consent, containing information about the study, the conditions of participation on the research objectives and the voluntary aspect of participation, the anonymity was presented to participants.

3. PRESENTATION AND DISCUSSION OF RESULTS

According to data collected were found some significant difference samong the elderly. In the questionnaire, practitioners were asked to research issues related to self-esteem, satisfaction, motivation, confidence, etc. With the elderly group studied, the 17 survey questions in order to understand the self-perception of the elderly on their self-esteem were compared. According to the questionnaire Quiles and Espada(2010):



Source: Own the author

The data presented demonstrate that the gráfico 30 participants, 24(80% of the sample) had high self-esteem, 06(10%) had average self esteemand no(0%) had low self-esteem. The results demonstrate that the vast majority of participants have a great relationship with yourself and the world.

According to Machado (2007), several factors motivate the self-confidence and self-esteem, both internally and externally. Each motive has patterns of influence and are differentiated by way of each individual perceiving the world. To understand human behavior, it is necessary to understand individual motivation, noting the interests and needs of human beings.

According to what the author argues, should be taken into account when assessing self-esteem, not only the material elementin the case here, the exercise, but other elements of the past life of this guy so you can understand how such activities may have an impact on her life.

In an interview conducted with the sample population, when asked about their motivation for practicing physical activities and exercises, the most frequent comment that describes what would have been motivated primarily idleness and solitude. In most retirees, with children and grand children created, felt isolated and lonely at home.

"... Ah! In my house everyone went' pro' service and Iwas alone doing nothing, so I decided to participate because here, in addition to caring for the health have many friends..."

Géis (2003), states that when an elderly practitioner becomes a physical activity he seeks not only health also more socializing. Amorim and Alberto (1996) emphasize that physical activity can be an effective means to combat social isolation and loneliness, aiding against boredom, and may compensate for the reduction of social relations and offer to replace the "status" now determined by the activity and position professional.

When asked if the practice of exercises and physical activities helped or helpin some way in their social relations, told usthat:

"... Yes, yes, now I'm much morewilling toleave home andstrong tohelp my familyindealingfrom home ..."

Paiva (1999) states that it is common for elderly person is only interested in tasks that have personal meaning.

When asked what is your opinion about the notion that society has on the elderly, who responds:

"... Thecompanydoes not helpus a lot, especially politicians. Thepotholedstreetsand sidewalksmake it difficultwhen wewant to do somethingon the street,so we have topreapreand take careof our health..."

It is observed in the analysis of the responses, there is an awareness of their social reality and, most of all, the degree of influence of exercise and physical activity is to benefit not only the muscles and joints, but the body a whole, contributing to the psychic and emotional balance of the elderly, providing security and social integration (Leite, 2000).

Self-esteem is perceived as positive or negative, according to Branden (2001), from personal valorization and positive attitudes towards life and or the fear of taking risks, of failure, of failure, of incompetence to accomplish something, self criticism

extreme. According to Wilson and Rodrigues (2002) self-esteem may be one of the factors that motivate the elderly to practice physical activities. When the old has passed or is passing through positive experiences their self-esteem is high, but this is only experienced negative experiences, therefore their self-esteem is low. (Davis, 1997).

According Erbolato (2002); Safons and Pereira, 2004 "Old age is normal since a decrease in social contacts did not exist, causing a state of loneliness in the elderly." The exercise here advocated for the elderly provides the magnification of your circle of friends and thus contributes to the process of social integration and raising their self-esteem. Purposes has with satisfaction, socialization, easy to perform movements with their respective adaptability, an integrative element, motivating, utility, and rewarding quality rather than quantity.

Based on the authors and the field research activities, follows the graph extracted from the questionnaire administered to the elderly group, the Academy of Ceuma University, which was conducted with 30 older adults with a mean age 60-75 years and in gave basis for obtaining results.

4. CONCLUSION

According to the survey, the elderly group showed changes in both the physiological field, as also the psychological and social fields, with regular physical activity. Believing himselfto promotethegeneral welfareof the group, with thedevelopment of theseactivities. It was noticedthat theyshowed improvementsin quality of lifeandgreater integrationwith the environment, thus having a breakthrough in socio-affective intra personal and interpersonal relationship.

According to the survey it was observed that individuals whore main physically active, get better quality health and wellness, maintaining their positive self-esteem, thus becomes a safer individual in their decisions, have greater integration members and functions preserved.

For a better understanding of the results we recommend an application before starting the program, and a later one during a given period.

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Rua Dezesseis, Quadra 10, casa 34. Planalto Vinhais II – Vinhais.
São Luis-MA. Cep: 65070-060.

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ABSTRACT

The study aimed to investigate the influence of physical activity on the quality life of elderly, based on the factor self-esteem, psycho social and socialization process of a seniors group in SãoLuís, Maranhão. Was used a methodology based on the quantitative and qualitative research, characterized for a descriptive and exploratory study. The sample population consisted of 30 elderly between 60 and 75 years, played his activities activities twice a week from 7am to 8am. As an instrument for data collection, a questionnaire Quiles and Espada (2010) was applied to measure the degree of self-esteem and a semistructured interview. The results showed that, in the elderly group, there were positive results between the level of social relationships and self-esteem. Physical activities were very important in mitigating the evils of the aging process. It was realized that the practice of

activities is an element of strong influence for improving the quality of life and health of the elderly. One realizes that the practice of activities is an element of strong influence for improving the quality of life and health of the elderly.

KEYWORDS: Old, Physical Activity, Socialization.

RÉSUMÉ

L'étude visait à étudier l'influence de l'activité physique sur la qualité de vie des personnes âgées, sur la base des facteurs d'estime de soi, processus psychosocial et de socialisation d'un groupe de personnes âgées dans la ville de São Luís - MA. La méthodologie utilisée était le quantitatif et qualitatif, caractérisé par une étude descriptive et exploratoire. La population de l'échantillon était composé de 30 adultes âgés de 60 à 75 ans, où ils ont joué lors d'activités physiques deux fois par semaine 7 heures-8 heures. Comme un instrument de collecte de données, un questionnaire Quiles et Sword (2010) a été appliquée pour mesurer le degré d'estime de soi et une entrevue semi-structurée. Les résultats ont montré que, dans le groupe des personnes âgées, il y avait des résultats positifs en ce qui concerne le niveau des relations sociales et l'estime de soi en relation. Les activités physiques proposées pour le groupe des personnes âgées sont d'une importance primordiale pour avoir une haute performance et une amélioration de leur qualité de vie dans le processus de vieillissement. On a constaté que la pratique des activités est un élément de forte influence pour améliorer la qualité de vie et la santé des personnes âgées.

MOTS-CLÉS: vieillissement, l'activité physique socialisation.

RESUMEN

El objetivo del estudio fue investigar la influencia de la actividad física sobre la calidad de vida de las personas mayores, con base en los factores de autoestima, proceso psicosocial y la socialización de un grupo de personas mayores en la ciudad de São Luís - MA. La metodología utilizada fue el cuantitativo y cualitativo, que se caracteriza por un estudio descriptivo y exploratorio. La población de la muestra consistió de 30 adultos mayores entre 60 y 75 años, donde se jugaron durante las actividades físicas dos veces a la semana 07 a.m.-08 a.m.. Como instrumento de recolección de datos, un cuestionario Quiles y Espada (2010) se aplicó para medir el grado de autoestima y una entrevista semiestructurada. Los resultados mostraron que, en el grupo de personas mayores, hubo resultados positivos en relación con el nivel de las relaciones sociales y la autoestima en relación. Las actividades físicas propuestas para el grupo de personas de edad avanzada fueron de suma importancia para tener un alto rendimiento y una mejora de su calidad de vida en el proceso de envejecimiento. Se dio cuenta de que la práctica de actividades es un elemento de gran influencia para mejorar la calidad de vida y la salud de los ancianos.

PALABRAS CLAVE: envejecimiento, la socialización de la Actividad Física.

A INFLUENCIA DA ATIVIDADE FÍSICA NO PROCESSO DE SOCIALIZAÇÃO DA PESSOA IDOSA

RESUMO

O estudo teve como objetivo investigar a influência da atividade física na qualidade de vida da pessoa idosa, tomando como base os fatores autoestima, psicossociais e no processo de socialização de um grupo de terceira idade na cidade de São Luís – MA. A metodologia utilizada foi do tipo quantitativo e qualitativo, caracterizando-se por um estudo descritivo e exploratório. A população amostral foi constituída de 30 idosos entre 60 aos 75 anos, onde os mesmos desempenhavam as atividades físicas durante duas vezes por semana das 7h às 8h. Como instrumento de coleta de dados foi aplicado um questionário de Quiles e Espada (2010) para medir o grau de autoestima e uma entrevista semiestruturada. Os resultados apontaram que, no grupo de idosos, houve resultados positivos em relação ao nível de relacionamento social e em relação a autoestima. As atividades físicas propostas para o grupo de idoso foram de suma importância apresentando resultados elevados e uma melhora na sua qualidade de vida no processo de envelhecimento. Percebeu-se que a prática de atividades seja um elemento de forte influência para melhora a qualidade de vida e saúde do idoso.

PALAVRAS-CHAVE: Idoso, Atividade Física, Socialização.