75 - THE PRACTICE OF CLASSICAL BALLET AS A TOOL IN POSITIVE IMPROVEMENT OF AUTONOMY IN ELDERLY

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INTRODUCTION

Since early times, dance has always been present in human life. Ask for rain and cures for diseases, thank victories, celebrate festivals, births, deaths, marriages, adolescents initiating primitive customs were expressed by the movements of the dance. Especially the female dances (dances of fertility, birth, lunar planting, harvesting, rain) were composed of short movements, small narrow-steps in continuous contact with the ground, endowed with great femininity, portraying the fragility and submission of being female as opposed to male. It is known through the early history of the beginning of human existence was through three fundamental forms of dance: solo, in pairs and in groups, the latter was the more important because his dancers came together to celebrate fertility, this is the growth of the tribe itself (Haas, 2006).

With the passage of time, dance has become sacred-dance-art, especially due to the emergence of the aesthetic element and theater shows and a whole new innovative vocabulary of movements that have arisen over time, being represented by cultures tribal evolved through two types of choreography: dance peasant culture (popular, folk or peasant) and lordly dance culture (aristocratic dance) fun for royalty and nobility.

Falhbusch (1990) nos fala que, ao longo do desenvolvimento da historia da humanidade as formas de dança passaram por uma evolução: dança primitiva ou étnica; baile campestre; dança folclórica, danças da corte - ballet blassé, danças de salão, balletti, ballet, ballet clássico e dança moderna (...) que se desenvolveu principalmente na década de 1950, sedimentando-se e aparecendo novos estilos e escolas (NANNI, 1995). A dança contemporânea é compreendida como o que se faz hoje, sem importar o estilo e a procedência. A dança sai dos salões e vai para o teatros de revista, para as ruas, televisões e discotecas. Muitas tendências estão registradas hoje, e é a partir dessa multiplicidade de possibilidades que se insere a dança gerontológia, adaptada a pessoas em fase de envelhecimento (BARBOSA ET. AL. 2013).

Currently it is assumed that the age structure of the population is changing. If, on one hand, people are living longer, on the other, it should be understood better as they are living, that is, the degree of personal satisfaction. Many criteria have been adopted in an attempt to assess quality of life in old age and physical activity is one of the most related to its determinants (Diogo, 2009) aspects.

The current approach to the study of aging and old age also demonstrates how important it is to perceive old age as a universal experience. Being old involves complex biological, psychological and social factors. To Mercadante (1996), in our society the identity of the elderly is built only by contrast to the identity of young, opposing qualities: activity, force, memory, beauty, power and productivity.

Regarding the different beliefs on the subject, many have come to think old age is synonymous with disease and that both physical force such as health will never be at your disposal in old age. Others believe that older people can not learn anything more and that their skills are in inevitable decline. Because of these myths, many institutions end up not offering any kind of activity for the elderly. Neri & Cachioni (1999) highlighted the fact that the essential element of the concept of successful aging is not the preservation of performance levels similar to those of younger individuals, but the idea that the key to a good old age requirement is preserving the potential for the development of the individual. That, within the limits established by individual health conditions, lifestyle, and education.

But in a society where people are valued for what they produce by giving order something is very difficult. Additionally, order was never placed on the "package" of old age. We are young people from being encouraged to be independent and never spoke of relativity and plurality within the embedded independence, or, whether, you are never completely independent.

If we become aware of that we have more in old age dependency in this or that direction, when we arrive at that point we will feel in the reality of normality. It's very great burden that the old man himself obliged to carry, requiring the same independence that had at other stages of life. We must remember that if greater reliance is normal in adolescence and childhood is also in old age (Zimerman, 2000).

In general, the old avoids asking any help because they do not want to bother, you have no right to ask, fear of burdening their children and or think you're taking the time to someone. So the worst thing that can happen to the elderly is the loss of autonomy, the ability to relate to the world, (...) the loss of individual liberty, privacy (Neri, 2009). We have to work for a larger number of people avoid losing their independence, being one of the ways of the dance moves that every day becomes a unique option for those seeking gerontes physical activity and not have to start one charisma for fitness or for sport. Through rhythmic movements, can promote improved muscle tone, improves joint mobility, stimulates brain functions, benefiting concentration and memory; favors social integration and increased self-esteem (VERDERI, 2004).

Presenting a proposal for exercises that focus on movements related to activities of daily life, we can ensure the independence of older people in their daily lives.

So I've been searching through this work, analyze how the practice of adapted classic ballet can contribute to reacquire autonomy in older participants' Social Ballet "project in the city of Caieiras and observe changes in the biopsychosocial framework.

METHODOLOGY

The study was carried out between June-September 2013. We selected eight subjects aged 60 years or more, and all women, practitioners of classical ballet in "Isaura Neves" Cultural Center, located in Caieiras-SP, offering activity once a week from 12h00 to 14h00.

The following inclusion criteria were adopted for the survey: age 60 years or more, not be totally dependent, attendance in classes and present problems in ADL that compromise the autonomy in some movements.

Before you start testing all subjects signed a consent form Escla¬recido that ensures anonymity and the possibility of withdrawal. For data collection we used an adaptation of the Senior Assessment System Autonomy of Action (SysSen), where it

was decided to apply just the senior physical activity questionnaire (QSAP) composed of four dimensions: (a) that the respondent is (which refers to its divided into three domains daily life, activities at home with 17 options, options with 4 professional activities and free-time activities with 21 options where the interviewee ranked from 1 to 5 for frequency and duration); (b) what the individual should do (refers to the context of the life of the interviewee, where the goal is to quantify the needs imposed by environmental conditions, such as climbing stairs, public transportation, conditions of the household, etc.), (c) what the individual wants to do (it is dedicated ace difficulties perceived by the respondent during the performance of ADLs and feelings associated with activities that he would like to start doing or resume. Still, it is worth mentioning that this item is especially appreciates the nature subjective of what is considered a hardship.), (d) the classical ballet in the life of the respondent (composed of five open questions concerning the practice of classical ballet).

The form of the questionnaire was through personal interview with each subject beforehand. It was adopted as a management system 'leaves Interviewer-Respondent leaves' model. The respondent did not receive the full questionnaire, but only the answer sheets on which you find the information necessary to choose the options of responses. The matrix of the questionnaire is filled out by the interviewer. It is noteworthy that such a system is adopted by other questionnaires designed for older populations.

The QSAP allows representative set of personal needs related to previously selected aspects of physical fitness indices. The data contained in the application forms were entered and tabulated in Microsoft Office Excel 2007 program recorded data tabulated 10 of 48 charts were analyzed: memory, balance, independence, feelings about the activity, sit and squat, climb stairs, clean the ground displacement and load weights lazer.Após period of 120 days was applied to the test again, searching for changes to positive results.

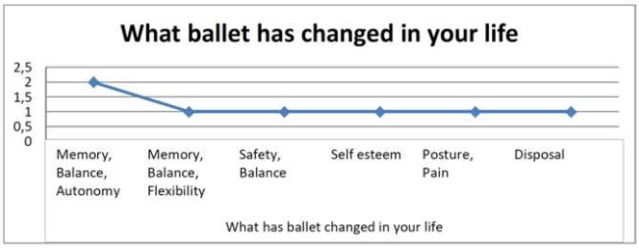
It is noteworthy that because it is a qualitative, descriptive, exploratory did not find it necessary to use a statistical analysis of the data, using the Statistical Package for Social Sciences (SPSS).

RESULTS

We can see from the chart below that through the practice of classical ballet seniors achieved an improvement of 71% in memory using the method of recall and recognition of the movements. With respect to the balance, were taken into account sensorimotor pathologies, in order to anticipate a proper attitude in cases of complaints, irrational fear, pain or trauma (Manidi, 2001).

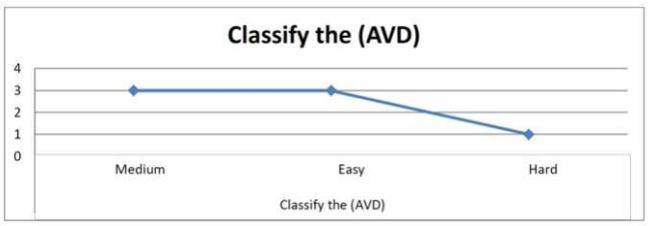
Referring to autonomy there was an improvement of 89% as the chart below demonstrates, providing subject emancipate themselves in relation to their private space and their environment, as well as rescue the pursuit of realizing their life plans.

GRAPH 1



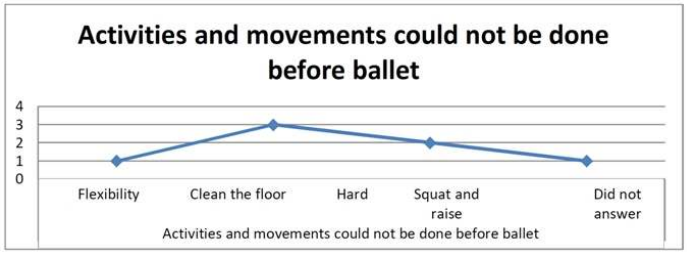
Referring to the performance of ADLs (Activities of Daily Living) data show that 89% of subjects, increased the number of activities during their day-to-day and or considering certain activities like washing clothes at baseline this activity did not appear in Figure 3 shows that this activity reappears after 120 days being held by 60% of subjects. As yet, the data showed that housing conditions for 67% of the subjects are considered bad or reasonable. This is due to the number of stairs that houses are making it impossible locomotion of the elderly within the house itself. The data shows us that this activity back part of ADL providing increased autonomy within their own house.

GRAPH 2



The recovery moves like squat and lift, as well as cleaning the floor (one of the villains for the elderly), who did not appear at the beginning of the survey (Figure 6) provided the possibility for everyone to return to their homes in light cleanups. The data show that after 120 days in 40% of the subjects achieve more than four times a week cleaning a light and 39% for one to two times per week.

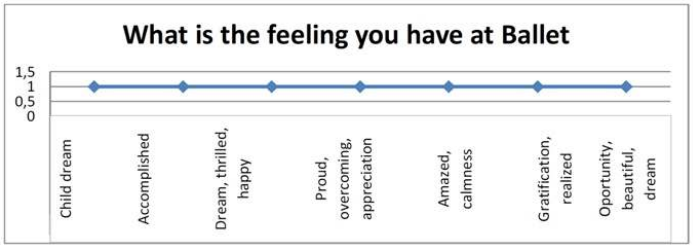
GRAPH 3



Through the practice of classical ballet, there was a ransom of feelings that are seen in chart 4. How the dance classes there is no bias weight, sex or sentarismo all have the opportunity to participate and take full advantage of the activities offered.

Group activities to share with people of their own generation promotes emotional well-being by the possibility of living outside the family environment.

GRAPH 4



FINAL THOUGHTS

Old age is still seen by many professionals, researchers and society in general with prejudice. Why consider it a unique and uniquely characterized by loss step, confused old age with the disease, generalizing characteristics of all patients older persons. Many years that allow us to prepare for old age.

Throughout life, there is the possibility of having to live a healthy and balanced age and accept the coming of the rolling moment of positive and natural manner. It is important for the elderly does not close itself and not be overcome by the problems that are usually health concerns and by, even in our society people retire we are still full of needs and motivations to accomplish our desires. But for this we must accept the new situation with optimism and seek at all times the positive part of all the difficulties that aging brings.

Thus the autonomy to any value, is for the elderly to achieve an ideal, not a feature that everyone has. Thus, it is more than a state; it is a permanent achievement that presupposes an ability to be exercised. Hence his close relationship with health conditions. Furthermore, it must be accepted that people often find themselves unable to develop their autonomy. In fact, there are real limits within which the realization of autonomy is favored or hampered and this gives life style that gets old.

Autonomy in this phase of life is not of a simple adaptation, but a permanent biopsychosocial adaptation. She is complex, nuanced, like many other components of our existence. If we take a broader sociocultural perspective, it relates equally to points such as quality of the environment, housing and income, as well as the emotional aspects of love, respect and freedom. Here we got this benefit by practicing classical ballet dentres scholars is seen as a physical activity, but very, moreover, promotes a feeling of satisfaction, permission to explore emotions through your body and still show feelings through dance movement . For many it was the realization of a childhood dream.

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THE PRACTICE OF CLASSICAL BALLET AS A TOOL IN POSITIVE IMPROVEMENT OF AUTONOMY IN ELDERLY

ABSTRACT

This study aimed to know the characteristics of individuals participating in the Cultural Centre, and evaluating the results regarding the practice of classical ballet in the maintenance of functional autonomy. The study was carried out between June-September 2013 were selected eight subjects aged 60 years or more, practicing classic ballet once a week. All subjects signed a consent form Escla¬recido that ensures anonymity and the possibility of withdrawal. For data collection we used an adaptation of the Senior Assessment System Autonomy of Action (SysSen), applying only the senior physical activity questionnaire (QSAP) on three dimensions: (a) what the individual does; (b) what the individual should do; (c) what the individual wants to do, plus five open questions concerning the practice of classical ballet. The QSAP allows representative set of personal needs regarding previously selected aspects of physical fitness indices. The data contained in the application forms were entered and tabulated in Microsoft Office Excel 2007 program after the period of 120 days was applied to the test again, seeking positive change. The results showed that 71% had improved balance and memory. As for autonomy 89% of the subjects returned to perform activities such as cleaning the floor, squatting, lifting and climbing stairs. Still, the data showed us that feelings of opportunity, personal fulfillment, overcoming have been provided through the practice of classical ballet.

KEYWORDS: elderly, classical ballet, autonomy.

LA PRATIQUE DE BALLET CLASSIQUE COMME OUTIL EN AMÉLIORATION POSITIVE DE L'AUTONOMIE CHEZ LES PERSONNES ÂGÉES

RÉSUMÉ

Cette étude visait à connaître les caractéristiques des personnes qui participent au Centre culturel, et l'évaluation des résultats en ce qui concerne la pratique de la danse classique dans le maintien de l'autonomie fonctionnelle. L'étude a été réalisée entre Juin-Septembre 2013 ont été sélectionnés huit sujets âgés de 60 ans ou plus, la pratique du ballet classique une fois par semaine. Tous les sujets ont signé un formulaire de consentement Escla¬recido qui garantit l'anonymat et la possibilité d'un retrait. Pour la collecte de données, nous avons utilisé une adaptation du système de l'autonomie d'évaluation principal de l'action (SysSen), appliquant uniquement le questionnaire principal de l'activité physique (de QSAP) sur trois dimensions: (a) ce que l'individu fait; (B) ce que l'individu doit faire; (C) ce que l'individu veut faire, ainsi que cinq questions ouvertes concernant la pratique de la danse classique. Le QSAP permet ensemble représentatif des besoins personnels en ce qui concerne les aspects précédemment sélectionnés d'indices de conditionnement physique. Les données contenues dans les formulaires de demande ont été saisies et compilées dans le programme Microsoft Office Excel 2007, après la période de 120 jours a été appliqué à l'épreuve de nouveau, à la recherche des changements positifs. Les résultats ont montré que 71% avaient un meilleur équilibre et de la mémoire. Quant à l'autonomie de 89% des sujets revient à effectuer des activités telles que le nettoyage du sol, accroupi, le levage et monter les escaliers. Pourtant, les données nous ont montré que les sentiments de l'occasion, l'épanouissement personnel, dépassement ont été fournis par la pratique de la danse classique.

MOTS-CLÉS: personnes âgées, le ballet classique, l'autonomie.

LA PRÁCTICA DE BALLET CLÁSICO COMO HERRAMIENTA EN LA MEJORA DE LA AUTONOMÍA EN POSITIVO ANCIANOS

RESUMEN

Este estudio tuvo como objetivo conocer las características de los individuos que participan en el Centro Cultural, y la evaluación de los resultados en cuanto a la práctica de la danza clásica en el mantenimiento de la autonomía funcional. El estudio se llevó a cabo entre junio y septiembre de 2013, fueron seleccionados ocho sujetos de 60 años o más, que practican ballet clásico una vez por semana. Todos los sujetos firmaron un consentimiento Escla¬recido que garantiza el anonimato y la posibilidad de retirada. Para la recolección de datos se utilizó una adaptación del Sistema de Evaluación de mayor autonomía de acción (SysSen), aplicando sólo la alta cuestionario de actividad física (QSAP) en tres dimensiones: (a) lo que hace el individuo; (B) lo que el individuo debe hacer; (C) lo que el individuo quiere hacer, más cinco preguntas abiertas sobre la práctica de la danza clásica. El QSAP permite conjunto representativo de las necesidades personales con respecto a aspectos seleccionados previamente de los índices de aptitud física. Los datos contenidos en los formularios de solicitud se introdujeron y tabulados en Microsoft Office Excel programa de 2007 después de que el período de 120 días se aplicó la prueba de nuevo, en busca de un cambio positivo. Los resultados mostraron que el 71% había mejorado el equilibrio y la memoria. En cuanto a la autonomía el 89% de los sujetos regresó para realizar actividades tales como limpiar el suelo, en cuclillas, levantar y subir escaleras. Aún así, los datos nos muestran que los sentimientos de oportunidad, la realización personal, superación han sido siempre a través de la práctica de la danza clásica.

PALABRA CLAVE: Ancianos, ballet clásico, la autonomía.

A PRÁTICA DO BALLET CLÁSSICO COMO UMA FERRAMENTA POSITIVA NA MELHORIA DA AUTONOMIA EM IDOSOS.

RESUMO

Este trabalho teve como objetivo conhecer as características de idosos participantes do Centro Cultural e avaliar os resultados referentes à prática do ballet clássico na manutenção da autonomia funcional.O estudo foi realizado entre o período de junho a setembro de 2013. Foram selecionados oito sujeitos com idade de 60 anos ou mais, praticantes de ballet clássico em uma vez por semana. Todos os sujeitos assinaram um Termo de Consentimento Livre e Esclarecido que garante o anonimato e a possibilidade de desistência. Para coleta de dados utilizou-se uma adaptação do Sistema Sênior de Avaliação da Autonomiade Ação (SysSen),aplicando apenas o questionário sêniorde atividades físicas (QSAP) sobre três dimensões: (a) o que o indivíduo faz; (b) o que o indivíduo deve fazer; (c) o que o indivíduo desejafazer,além de cinco questões abertas referente a prática do ballet clássico. O QSAP permite definir índices representativos das necessidades pessoais relativas a aspectos previamenteselecionados da aptidão física.Os dados contidos na aplicação dos formulários foram digitados e tabulados no programa Microsoft Office Excel 2007. Após o período de 120 dias aplicou-se novamente o teste, buscando alterações positivas. Os resultados mostraram que 71% apresentaram melhoria na memória e equilíbrio. Quanto à autonomia 89% dos sujeitos voltaram a executar atividades como limpar o chão, agachar, levantar e subir escadas. Ainda assim, os dados nos mostraram que sentimentos de oportunidade, realização pessoal, superação foram proporcionados através da prática do ballet clássico.

PALAVRAS- CHAVE: idoso, ballet clássico, autonomia.