# 95 - STUDY THE INFLUENCE OF DIFFERENT TYPES OF PHYSICAL EXERCISE ON QUALITY OF LIFE AND THE INDEX OF FEAR FALLS SENIORS

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## INTRODUCTION

The problematic of this study was to determine which group physical exercise (dancing, weight training and aerobics) practiced by the elderly residents of the municipality of Italva-RJ, offers better quality of life and lower fear of falling index.

Due to the increasing number of elderly in Brazil (IBGE, 2010), there is a need to develop more activities that assist the elderly and provide quality of life.

Quality of life means having a healthy lifestyle, which includes regular practice of physical activity. Physical activity helps in the treatment of depression, lack of difficulty in performing daily activities and are fully connected to the well being and participation of the elderly in society. Therefore, the quality of life is directly related to regular physical activity (VIDMAR et al., 2011).

The question of this research is in the best activities which assist the elderly, fitting higher quality of life. For "that old" feel more active in society with better living conditions. Minimizing the problems that arise due to aging.

## DEVELOPMENT

### Dance benefits the quality of life of the elderly.

Dancing is a great ally to "old age" and "quality of life by providing physical and psychological well being. The meaning of the dance goes beyond artistic expression can be understood as a means to acquire knowledge, as a leisure option, a source of pleasure, expanding creativity and important form of communication. Dance is the art of moving the body expressively accompanying rhythmic movements, which may or may not be accompanied by music (Garcia et al., 2009).

According Barbosa et al. (2012), the dance is a physical activity that has been around since the early days, it was always used as a form of communication through the motions. The dance stands out as the more activity that provides pleasure, feelings of joy, power, welfare, social, physical and mental. Dance is also all important in overcoming limits of their movements necessary for your daily life.

### Benefits of weight training on quality of life of the elderly.

Bodybuilding is running biomechanical movements located in defined muscle segments using external overload or own body weight. Resistance exercise is a method of exercise sport, whose primary medium is training with weights (bars, rings, barbells etc.), and the main trained physical capacity (motor) is the force (Guedes et al., 2006).

The importance of strength training for seniors is to prepare the muscles protecting the bone structure and bringing benefits such as improvement in walking speed, balance, food intake and self-esteem; help controlling diabetes, arthritis, heart disease and depression; strengthening the muscles, improves reflexes, reduction of cardiovascular problems, assistance in maintaining bone density and preventing osteoporosis and its degenerative consequences (ZMORZYNSKI, 2003).

### Benefits of aqua in the quality of life of the elderly.

The gymnastics meet emerged initially seeking a group of older people. It is an activity that does not impact, therefore does not cause joint damage and provides physical and mental well being. Warm-up exercises, stretching and muscle relaxation are located practiced. These exercises bring benefits, such as simultaneously heats the various joints and muscles during exercise; assists the treatment of joint problems; improves exercise performance without overloading the joints of base and axis of motion; gain stability and balance, facilitating the gradual increase joint range of motion, strengthening muscles without risk, improving skin conditions due to the activation of the blood supply and circulation work, facilitating venous return by the effect of hydrostatic pressure, which helps those with varicose veins and reduces breathing, increasing the work of breathing by 60%, thus improving the breathing capacity of the body (JUNIOR, 2007).

### Aging and Falls

Aging is the well through many forms, varying from place to place, from person to person. The quality suffers from aging influences the economic, cultural, emotional condition, genetic, environmental, lifestyle, among others. With so many factors the study of aging becomes very complex (PAULA, 2010).

Aging is associated with loss of muscle mass and strength and brings some risks the health of the elderly. Aging causes loss of maximal aerobic capacity, glucose intolerance, decreased walking speed and functional dependence (LEITE, 2012).

During the aging process, the human body goes through various physical and physiological changes such as sarcopenia, for example, which is a loss of muscle mass. The increased susceptibility to falls, fractures and dependency of the elderly is due to the reduction of muscle strength and of the reduction in aerobic capacity in the elderly, also divided the loss of muscle mass (DENUBILA, 2013).

The drop can be defined as an unexpected and unintentional change in position below the initial level, or even as the total loss of postural balance, which is related to the sudden failure of nerve and osteo-articular mechanisms involved in maintaining posture (Correa, 2008).

The drop becomes a major problem in the elderly population, it often brings serious complications for the elderly. They indicate the functional decline of the elderly and is considered a crucial loss of independence (CAMARGOS, 2007).

Second, Motta (2012) the risk of falls can be increased due to factors such as visual impairment, dementia, frailty, low physical activity and history of recent falls. The episode falls is one of the factors limiting the elderly and increase the fear of falling.

Fear of falling is one of the major risk factors associated with fall, resulting in functional constraint, this constraint that is attached to avoid activities that could mean a real risk, imaginary or apparent for the elderly (SCHWENDIMANN, 2006).

**MATERIAL AND METHODS**

This study was conducted with 77 elderly aged between 60-80 years, of both sexes, the municipality of Italva - RJ. Subjects were randomly selected according to the groups of activities surveyed. Were divided into two distinct groups: inactive elderly and the group of active seniors who subdivided into: group (A) practicing dance group (B) practicing bodybuilding and group (C) practicing gymnastics.

The first procedure was to visit the elderly who did not practice any physical exercise. Seniors answered the questionnaires as an interview, first signing the consent form (science term) and responding to an evaluation form (anamnesis). Following answered the following questionnaires: the first questionnaire of inactivity (IPAQ - version 6), second was the fear of falling questionnaire (modification of the Prevent Falls Eficacy Scale of Falls Network Europe / Profane), and lastly the Questionnaire quality of life (WHOQOL-100). When you finish this step, has assembled a number of 20 participants who did not practice any physical exercise.

The second procedure was elderly practicing dance together to conduct the survey. For two weeks visits were conducted at the headquarters of the group "Happy Age," which is a group of seniors in the city of Italva, RJ, for the realization of the questionnaires, which were administered as an interview. Seniors first signed the consent form (science term) and answered an evaluation form (anamnesis). Then answer the following questionnaires: the first questionnaire of inactivity (IPAQ - version 6), the second was the fear of falling questionnaire (modification of the Prevent Falls Eficacy Scale of Falls Network Europe / Profane), and lastly the Questionnaire quality of life (WHOQOL-100). At the end of this step met a group of 26 elderly practitioners of dance.

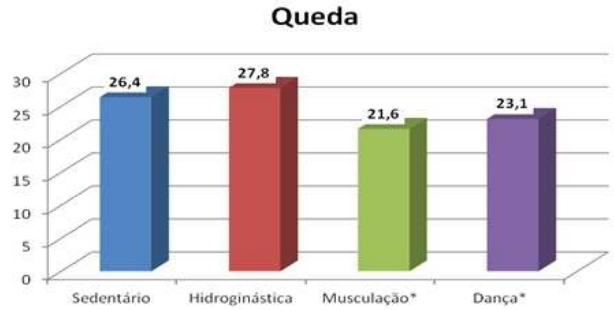
The third procedure was older bodybuilders meet, the academies of the city studied. A group of 13 elderly respondents from house to house, the difficulty of schedules to find them in the academies was gathered. In visiting the elderly answered all questions in an interview, first signing the consent form (science term) and responding to an evaluation form (anamnesis). Following answered the following questionnaires: the first questionnaire of inactivity (IPAQ - version 6), second was the fear of falling questionnaire (modification of the Prevent Falls Eficacy Scale of Falls Network Europe / Profane), and finally the questionnaire quality of life (WHOQOL-100).

The fourth and final procedure was to gather a group of elderly individuals practicing aerobics for the questionnaires and completion of fieldwork. Seniors performed the exercises aerobics in a club in town. The questionnaires were filled in interview form, being applied from house to house, because the club be on leave during the beginning of the investigation. Seniors first signed the consent form (science term) and answered an evaluation form (anamnesis). Then answer the following questionnaires: the first questionnaire of inactivity (IPAQ - version 6), second was the fear of falling questionnaire (modification of the Prevent Falls Eficacy Scale of Falls Network Europe / Profane), and finally the questionnaire quality of life (WHOQOL-100). In the end we interviewed 18 elderly practicing gymnastics, the city studied.

Data were analyzed using descriptive statistics using the program Microsoft Office Excel 2007, noting the percentage, mean and standard deviation and using Student t to compare the variables employed, presented in tabular and graphic.

**RESULTS**

The results compared with the index of fear of falls among elderly people living in the municipality of Italva-RJ in this study were:




Graph 1- Fear of falls.

The practitioner group aerobics showed no significant difference in outcome, getting 27.8 points. Already groups of practitioners of dance and strength training showed less fear of falling (23.1 and 21.6 respectively), highlighting the group that practices body building that had the lowest level of fear of falling.

The quality of life is divided into four factors: physical quality of life, quality of psychological life, quality of life in social relationships and quality of life in the environment.




Figure 2. General analysis of the quality of lives of all groups surveyed.

Making a general analysis of the quality of life for groups of exercise practiced by the elderly, we found that exercise that provides a better quality of life for the elderly is bodybuilding, who excelled in almost all the analyzed topics (physical QOL,

and psychological means environment gained 3.8 points) in the questionnaire, having a better outcome only in social relations which achieved a score of 3.7 points, while the group dance and gymnastics gained 4 points.

Table 1. Evaluation index of fear of falling and quality of life.

| | Quedas | Qv_Físico | | Qv_Psicológico | | Qv_Rel. Sociais | | Qv_M. Ambiente | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Grupos | Média | DP | Média | DP | Média | DP | Média | DP | Média | DP | |
| Sedentarie | | 26,4 | 7,18 | 3,3 | 0,38 | 3,3 | 0,29 | 4 | 0,30 | 3,1 | 0,41 |
| Aerobic | 27,8 | | 3,44 | 3,6 | 0,23 | 3,6* | 0,18 | 4 | 0,30 | 3,5* | 0,27 |
| Bodybuilding | | 21,6* | 3,45 | 3,8 | 0,40 | 3,8* | 0,34 | 3,7* | 0,33 | 3,8* | 0,21 |
| DanCE | | 23,1** | 5,31 | 3,6 | 0,27 | 3,7* | 0,16 | 4 | 0,27 | 3,6* | 0,27 |

* p <0.01; ** p <0.05 - Differences between an active group and the sedentary group.

The table above shows that the group that showed fear of falling was the group of practicing gymnastics, which had 27.8 points, getting 6.2 points higher compared to group fitness (21.6 points), we got the best result. Regarding quality of life group that stood out was the one who practices bodybuilding, having better results in physical QoL (3.8), psychological QOL (3.8), QV environment (3.8), second only in social relations, where he earned 3.7 points, getting 0.3 points below the other groups.

Table 2 Relationship between falls and fear of falls.

| | | |
|---|---|---|
| FEAR OF FALLS | 26,4 | 90% |
| DANCE | 23,1 | 80% |
| BODYBUILDING | 21,6 | 62% |
| AEROBICS | 27,8 | 94% |

The table above shows that the group that fell (practicing aerobics), obtained a percentage of 94% of falls was also the group that showed fear of falling, scoring 27.8. It is found that falls were directly linked to the fear of falling from groups surveyed, the groups that fell over, had greater fear of falling and the fallen less, showed less fear of falling. Confirming the study by Motta (2012) cited in this paper.

**DISCUSSION**

Current research shows that there was a significant difference in the quality of life of these groups exercise, regardless of the type of exercise performed, compared to the inactive group. Demonstrating that exercise contributes to a better quality of life for the elderly.

Several studies show that dancing helps in improvement of functional capacity, improve balance, coordination works and help in symptoms of depression, aid in the prevention and treatment of osteoporosis, keeps joints lubricated, helps in socialization, mental mastery because it improves memory, provides physical social and psychological well-being, reduces stress, provides pleasure (Paiva et al., 2010)

A study on the benefits of gymnastics in the daily life of the elderly, conducted with 17 regular elderly practicing aerobics, average age 48-84 years with at least one month of regular practice. In this study we observed improvements in flexibility, endurance and muscle strength. Given the results we conclude can be a significant improvement on deficiencies that aging process provides the elderly (MARCIANO and VASCONCELOS, 2008).

The current study demonstrates that among the investigated groups (dance, weight training and aerobics) group aerobics showed no significant difference in outcome in relation to the fear of falling. Dance groups and weight showed good results, highlighting the group of bodybuilders who had the lowest rate of fear of falling among the groups surveyed.

**CONCLUSIONS**

The aging population is growing at a fast pace, with that comes more and more the need to find solutions to problems that may arise during this process.

With so many issues related to this population that is growing in our country (IBGE), there was a need to fetch between types of exercises practiced by the elderly, which of them can provide better quality of life and lower rates of fear of falling, thus providing greater self-efficacy for the elderly, which in turn will become more active.

It is concluded that the practice of physical exercise provides a better quality of life for the elderly, regardless of the type of exercise performed, but the exercise that provided better quality of life for the elderly was the weight. Related to fear of falling was found that dance and weight training showed positive results, and may provide less elderly fear of falling, but the strength was the kind of exercise that provided the lowest index of fear of falls for the elderly.

This study is not a definitive result, but other studies were to be carried out for comparison and discussion of results.

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**STUDY OF THE INFLUENCE OF DIFFERENT TYPES OF PHYSICAL EXERCISE ON QUALITY OF LIFE AND THE INDEX OF FEAR FALLS SENIORS.**

**ABSTRACT**

The present study aimed to evaluate which of the groups of physical exercise practiced by elderly offered better life quality. Considering which of these activities also accommodates smaller index of fear of falling, providing greater confidence to the elderly, since fall is one of the factors that interfere in their life quality. The quest for a better life quality in the old age require habits of healthy lives, what include the regular practice of physical activity, that assist the elderly during the aging process that their make suffer a lot of changes by several physical and physiological changes. The study had a comparative character, where 77 elderly were interviewed, with an average age between 60 and 80 years old, being divided into two groups, the “control group” who are the elderly not practitioners (inactive) of physical exercise and the “active group” who are practitioners of some sort of physical exercise. Into the active group, the elderly were subdivided according to the exercise practiced, group (A) dance practitioner, group (B) bodybuilder and group (C) water aerobics practitioner. The groups answered to three questionnaires: questionnaire of inactivity (IPAQ-6 version), fear of falls questionnaire (modification of Falls Eficacy Scale by Prevent of Falls Network Europe / Profane) and life quality questionnaire (WHOQOL-100), which were answered in the form of interview. The statistic used was descriptive using the program of Microsoft Office Excel 2007, noting the percentage, mean values and standard deviation and using t student to compare variables worked. It was found that the group that obtained the best results in the analysis of the life quality was the bodybuilders group, getting 3.8 points to items assessed in the questionnaire (L.Q physical, L.Q psychological and L.Q environment) of life quality, being under other groups only on an item (social relations) with 3.7 points, while the other groups have achieved 4 points. Regarding to the fear of falls, the dance (23.1) and bodybuilding (21.6) showed positive results, but the bodybuilding presented the best result. In the analysis of the percentage of falls and fear of falling, the bodybuilding presented the best result (62%) while the dance (80%) and water aerobics (94%) and the inactive group (90%) had higher results, especially the water aerobics. It was concluded that the group of exercise can provide better life quality for the elderly and less fear of falling was the bodybuilding.

**KEYWORD:** life quality; fear of falling; elderly and physical exercise.

**ETUDE DE L'INFLUENCE DES DIFFÉRENTS TYPES D'EXERCICE PHYSIQUE SUR LA QUALITÉ DE VIE ET DE L'INDICE DE LA PEUR FALLS PERSONNES ÂGÉES**

**RÉSUMÉ**

Cett étude visait à évaluer quel groupe d'exercice pratiqué par les personnes âgées a fourni une meilleure qualité de vie. Considérant également que ces activités accueille plus petit indice de la peur de tomber, ce qui est rassurant pour les personnes âgées, depuis la chute est l'un des facteurs qui interfèrent avec leur qualité de vie. La recherche d'une meilleure qualité de vie dans la vieillesse nécessite une bonne hygiène de vie, ce qui inclut la pratique régulière de l'activité physique qui aide les personnes âgées durant le processus de vieillissement leur faisant subir divers changements dans divers changements physiques et physiologiques. L'étude était une base comparative, où 77 personnes âgées ont été interrogés, avec une moyenne d'âge entre 60 et 80 ans, divisés en deux groupes, le groupe de contrôle sont les personnes âgées ne pratique pas (inactif) pour l'exercice et le groupe actif que les praticiens une sorte d'exercice physique. Dans le groupe des personnes âgées actives ont été subdivisée selon le groupe d'exercice pratiqué (A) à pratiquer la danse groupe (B) praticien et remise en forme groupe (C) de la gymnastique. Groupes répondu à trois questionnaires, le questionnaire d'inactivité (IPAQ - Version 6), la peur de tomber questionnaire (modification de la prévention des chutes eficacy échelle des chutes Network Europe / profane) et la qualité de vie questionnaire (QOL-100 ), qui ont reçu une réponse sous la forme d'une interview. La statistique utilisée était descriptive en utilisant le programme Microsoft Office Excel 2007, en notant le pourcentage, la moyenne et l'écart type et l'utilisation de t Student pour comparer les variables employées. Il a été constaté que le groupe qui a obtenu les meilleurs résultats dans l'analyse de la qualité de vie a été la remise en forme du groupe de praticien reçoit 3,8 points des éléments évalués dans le questionnaire (de qualité de vie physique, la QV psychologique et QV environnementale) qualité de vie, étant ci-dessous les autres groupes d'un seul article (relations sociales) avec 3,7 points, tandis que les autres groupes 4points atteint. En ce qui concerne la peur de tomber danse (23,1) et le poids (21,6) a eu des résultats positifs, mais le poids a montré le meilleur résultat. Dans l'analyse du pourcentage de chutes et de la peur des chutes musculation montré le meilleur résultat (62%), tandis que la danse (80%) et d'aérobic (94%) et le groupe inactif (90%) avaient des résultats plus élevés, en particulier l'aquagym . Il a été conclu que le groupe d'exercice qui peut fournir une meilleure qualité de vie pour l'indice personnes âgées et moins de peur de tomber était musculation.

**MOTS-CLÉS:** qualité de la vie; peur de tomber; personnes âgées et de l'exercice.

**ESTUDIO DE LA INFLUENCIA DE DIFERENTES TIPOS DE EJERCICIO FÍSICO EN LA CALIDAD DE VIDA Y EL ÍNDICE DE MIEDO SE CAE LA TERCERA EDAD.**

**RESUMEN**

Este estudio tuvo como objetivo evaluar qué grupo de ejercicio practicado por las personas mayores proporcionan una mejor calidad de vida. Teniendo en cuenta también que estas actividades acomoda más pequeño índice del miedo a caer, proporcionando una mayor confianza para los ancianos, ya que la caída es uno de los factores que interfieren con su calidad de vida. La búsqueda de una mejor calidad de vida en la vejez requiere un estilo de vida saludable, que incluye la práctica regular de la actividad física que ayuda a las personas de edad durante el proceso de envejecimiento haciendo que se someten a diversos cambios en diversos cambios físicos y fisiológicos. El estudio fue una base comparativa, donde se entrevistó a 77 adultos mayores, con una media de edad entre 60 y 80 años, divididos en dos grupos, el grupo de control no son los ancianos practicando (inactivo) para el ejercicio y grupo activo que los practicantes algún tipo de ejercicio físico. Dentro del grupo de personas de edad activa se subdivide de acuerdo con el grupo de ejercicio practicado (A) la práctica de la danza del grupo (B) grupo practicante y fitness (C) la práctica de la gimnasia. Grupos respondieron tres cuestionarios, el cuestionario de inactividad (IPAQ - versión 6), el miedo a caer cuestionario (modificación de la Prevent Falls Eficacy Escala de Falls Red Europa / profano) y el cuestionario de calidad de vida (WHOQOL-100 ), las cuales fueron contestadas en forma de una entrevista. La estadística utilizada fue descriptiva utilizando el programa Microsoft Office Excel 2007, señalando el porcentaje, la media y la desviación estándar y el uso de la t de Student para comparar las variables empleadas. Se encontró que el grupo que obtiene los mejores resultados en el análisis de la calidad de vida fue el gimnasio grupo practicante consiguiendo 3,8 puntos de los ítems evaluados en el cuestionario de calidad de vida (física, calidad de vida psicológica y de calidad de vida del medio ambiente) la calidad de vida, siendo por debajo de los otros grupos de un solo artículo (relaciones sociales) con 3,7 puntos, mientras que los otros grupos de 4 puntos alcanzados. En cuanto al temor de caer baile (23.1) y el peso (21.6) tuvieron resultados positivos, pero el peso mostró el mejor resultado. En el análisis del porcentaje de caídas y el miedo a las caídas culturismo mostró el mejor resultado (62%) mientras que el baile (80%) y aeróbic (94%) y el grupo de inactivos (90%) tuvieron resultados más altos, especialmente los aeróbicos de agua . Se concluyó que el grupo de ejercicio que puede proporcionar una mejor calidad de vida para el índice de personas mayores y menos de miedo a caer era el culturismo.

**PALABRAS CLAVE:** calidad de vida; miedo a caer; ancianos y el ejercicio.

**ESTUDO DA INFLUÊNCIA DE DIFERENTES TIPOS DE EXERCÍCIOS FÍSICOS NA QUALIDADE DE VIDA E NO ÍNDICE DE MEDO DE QUEDAS DE IDOSOS.**

**RESUMO**

O presente trabalho teve por objetivo avaliar qual dos grupos de exercício físico praticados pelos idosos ofereceu melhor qualidade de vida. Considerando também, qual dessas atividades acomoda menor índice de medo de quedas, proporcionando maior autoconfiança ao idoso, uma vez que a queda é um dos fatores que interfere na qualidade de vida deles. A busca por uma melhor qualidade de vida na terceira idade requer hábitos de vida saudáveis, o que inclui a pratica regular de atividade física, que auxiliam o idoso durante o processo de envelhecimento que os fazem sofrer várias mudanças por diversas alterações físicas e fisiológicas. O estudo teve caráter comparativo, onde foram entrevistados 77 idosos, com idade media entre 60 e 80 anos, sendo dividido em dois grupos, o grupo controle que são os idosos não praticantes (inativos) de exercício físico e o grupo ativo que são os praticantes de algum tipo de exercício físico. Dentro do grupo ativo os idosos foram subdivididos de acordo com o exercício praticado, grupo (A) praticante de dança, grupo (B) praticante de musculação e grupo (C) praticante de hidroginástica. Os grupos responderam a três questionários, o questionário de inatividade (IPAQ - versão 6), o questionário de medo de quedas(modificação do Falls Eficacy Scale pelo Prevent of Falls Network Europe /Profane) e o questionário de qualidade de vida (WHOQOL-100), que foram respondidos em forma de entrevista. A estatística utilizada foi descritiva utilizando o programa da Microsoft Office Excel 2007, observando o percentual, média e desvio padrão e utilizando t student para comparar as variáveis trabalhadas. Verificou-se que o grupo que obteve melhores resultados na analise da qualidade de vida foi o grupo praticante de musculação ficando com 3,8 pontos nos itens avaliados no questionário (Q.V físico, Q.V psicológico e Q.V meio ambiente) de qualidade de vida, estando abaixo dos outros grupos apenas em um item (relações sociais) com 3,7 pontos, enquanto os outros grupos alcançaram 4pontos. Em relação ao medo de quedas a dança (23,1) e a musculação (21,6) apresentaram resultados positivos, porém a musculação apresentou o melhor resultado. Na analise do percentual de quedas e medo de quedas a musculação apresentou o melhor resultado (62%) enquanto a dança (80%) e a hidroginástica (94%) e o grupo inativo (90%) apresentaram resultados mais elevados, principalmente a hidroginástica. Concluiu-se que o grupo de exercício que pode proporcionar melhor qualidade de vida ao idoso e menor índice de medo de quedas foi a musculação.

**PALAVRAS CHAVE:** qualidade de vida; medo de quedas; idoso e exercício físico.