85 - PHYSIOLOGICAL EFFECTS OF QUICK CHECK AND PSYCHOLOGICAL MASSAGE AND MASSAGE PODAL VOLUNTEERS IN SPONTANEOUS SERVED BY BEAUTICIANS

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INTRODUCTION

The skin is responsible for the sense of touch, namely a bridge between the human and the external environment. In this sense it is emphasized that with the touch of massage can be reduced anxiety through emotional awareness (MUNFORD, 2010). The skin is the most sensitive and old of our bodies, the first means of communication with the world. It is the way the body learns its environment, that is the perception of the external environment is the protection for the inner tissues of the body, is the basis of our sensory receptors, it is the most delicate of our senses, touch (Montagu, 1988).

NeSSI (2015) defines massage as a set of maneuvers and manipulations rich in movements through the hands applied on the body with objectives: preventive, hygienic, therapeutic, psychological, clinical and aesthetic.

The word massage comes from the Greek "masso" which means "knead" (CASSAR, 2001) The massage has been practiced for thousands of years;.. Its effects are well documented, and exhibit many benefits Its regular practice makes us more calm, healthy and happy (KAVANAGH, 2006) According FRITZ (2002). "The roots of this word mean to touch, handle, squeezing, kneading and pressing gently; therefore define massage as therapeutic touch, professional, structured".

Currently, massage therapy has been recognized among health professionals as a resource for prevention of pain, physical fatigue, mental and can also be considered an effective therapy for the treatment of stress (ABREU, 2012 cited SEUBERT, 2008). Stress can be defined as: the understanding of a body's response both in the physical area as in the psychological area caused by psychophysiological changes acting on the individual as he is faced with situations of fear, confusion, anger, excitement or sadness. Those with hypersensitivity of the limbic system are more likely to suffer from stress because they can not face adversity (PINTO, 2014 cited MONTE NERO, 2009).

Currently, expressions such as quality of life and happiness are understood as well be synonymous, but such expressions are based on assessments of people according to what they do in their lives in general and not just in the state it is in certain moments (AUGUSTO, et al, 2008).

Prevent disease and prolong life is a means to increase the quality of life and standard of well being of the individual providing health (KAHLOW et al, 2012). Well-being and quality of life range from areas such as prevention of physical illness and activities to holistic activities such as meditation, therapies and massages (PEREIRA, 2013). The smooth sliding massage stimulate the parasympathetic system to induce a generalized relaxation response, improving the circulation of liquids and relaxation of muscles which gives feeling of well being (Davis, 2006).

In cosmetic clinics, the search for massage has an important role in meeting the emotional needs. We find the massage a useful tool for good communication between the body and massaged his mind. During its history, was present in different social groups, among kings, queens, philosophers, athletes, sauna goers and etc. making today part of everyday life (PEREIRA, 2013).

OBJECTIVE

The objective of this study is to test the physiological and psychological effects of combined techniques of Quick Massage and Massage Podal in spontaneous volunteers at the University Anhembi Morumbi, in a single session.

Unpleasant physiological effects of our body are closely linked with stress. Daily problems and factors present in the lives of all individuals such as financial problems, traffic, violence, family problems, political and social aggressions, deaths, problems in the workplace, low self-esteem, anxiety, social phobia, etc., are considered agents stressors, so it's important to know how to deal with stress, as it may cause serious harm to the physical and mental health. It is intended to achieve satisfactory results that prove the physiological and psychological improvement of volunteers through the joint implementation of the Quick Massage and foot massage as a means of relaxation and well being.

The Quick Massage, also known as "anma" or "an-ma", which means "calm with the hands", "push-pull-push", is a traditional Japanese massage technique that combines the principles of traditional Chinese medicine with the pursuit of bioenergetic balance. This massage technique has more than 5000 years, has been adopted and developed by its important soothing and healing action, namely reducing pain and contractures (Posser, 2011).

According NeSSI (2013) Quick Massage chair was created by David Palmer, an American of the United States in 1984 asked a joiner the making of a model of chair for seated massage. The first models were heavy, weighed about twelve kilos a few years later the chair was replaced by a much lighter metal model.

The following Quick Massage won the business world, due to short treatment time - on average 10 to 20 minutes and efficacy of treatment as a means of relaxation, prevention of back pain and wellbeing.

The areas massaged by Quick Massage are: neck, back and upper limbs (arm, forearm, shoulders, hands and fingers) and other points of tension that are hardest hit during the day. The movements are denting, landslides, compression, pressure and percussion (Tosi, 2009 cited BARTHOLO, 2008).

Cassar (2006), the compression maneuver can affect both the deeper tissues such as surface because it generates a pressure which is transmitted to the underlying tissues. The percussion is a technique used to increase local circulation, stimulate the nerve endings and tone the soft tissue regions (KAVANAGH, 2006).

Foot massage is a unique massage technique for the feet, which promotes general relaxation and deep, both physical and mental. In the sole of the foot is the representation of the whole body by massage all internal and external structures are significantly affected, which makes the foot massage a technique of immediate and profound results for relaxation and well-being (NeSSI, 2013).

The foot massage works the association organs, stimulating, balancing and toning the energy meridians. For individuals who like messing in your feet, it's a very relaxing technique (Posser, 2011).

The foot massage has the following benefits: it improves the circulation, reduces swelling, edema, decreased

stiffness, aids in flexibility of the ankles, joints, relieves and prevents cramps (Brown, 2001).

Complementing the benefits of foot massage NeSSI (2013) cites:

Relaxation of massaged structures.

indirect Relaxation of the whole body.

Promotion of the metabolic balance of the body.

Increased volume of eliminations bladder and intestines.

Induction of restful sleep.

Favoring the natural production of substances such as melatonin and endorphins.

Improvement of body perception.

Increased feeling of lightness in the feet and leg.

Currently, studies of stress include the effects on the body and the human mind and its implications for the quality of life of society. Stress can affect the health, quality of life and sense of well being (SADIR, 2010 cited LIPP, 2001).

Stress is defined as a response of the body both in physical space and psychological caused by psycho-physiological changes, which acts on the individual when it comes across situations that give you fear, excitement, confusion, anger or even causing you grief (PINTO, 2014 cited MONTE NERO, 2009).

According FRANCISCO (2005) stress is defined as an organism adapts effort to confront threatening situations your life and your inner balance.

A level of stress is necessary and healthy for us to perform our activities, but requires our attention because in excess become detrimental (ROSSI, 2004).

The events which occur between the beginning of a beat and the beginning of another is called the cardiac cycle. This cardiac cycle consists of two processes diastole, which is the period of relaxation, during which the heart fills with blood and systole which is where contraction occurs (GUYTON, 2011).

Blood pressure is when the blood exerts a force on the wall of the arteries that is determined by the resistance of the blood vessels and also by the strength and frequency of the heartbeat (Cassar 2001).

The left ventricular contraction will increase the pressure within its cavity taking the blood into the aorta causing the walls to distend and the pressure rises to the maximum systolic pressure of calling this event. When the left ventricle for sending blood into the aorta, the aortida valve closes and the accumulated blood is being distributed to the capillaries, then the pressure will slowly falling until it reaches a minimum value - diastolic pressure, before starting a new cycle (DRAGER, 2009)

The cardiac output is pulsed causing the blood pressure switch in systolic pressure about 120 mmHg and the diastolic pressure is about 80 mmHg (Guyton 2011).

The cardiac cycle duration is the reciprocal of the heart rate. The heart rate is approximately 72 beats / min, i.e., the cardiac cycle lasts 1/72 beats / min approximately 0.833 seconds / beats states (Guyton 2011).

When there is an increase in heart rate duration of each heart cycle both reduces the relaxation phase as the contraction phase. The heart when it is at a very high frequency can not relax. So, do not fill the heart chambers before the next contraction (GUYTON, 2011).

METHODOLOGY

Thirty people of both sexes were included, aged between 18 years old to 59 years and 11 months, and these, any spontaneous volunteers, that is, who performed in the days and times of the study, which did not have any pathological picture, chronic or acute described in the exclusion criteria.

The study was conducted within the University Anhembi Morumbi, in the center of the unit, located in Dr. Almeida Lima Street, 1134 - Mooca, São Paulo / SP. In a placeholder for events where a tent with a similar adornment to a SPA was assembled.



MATERIALS USED

Pressure device

For pressure measurement, used the pressure monitor OMRON. It is a compact monitor, size: 72 mm x 56 mm x 44 mm. Easy to use at home, at work and on the road. The blood pressure monitor uses the oscillometric method of blood pressure measurement. This means that the monitor detects the movement of blood through the artery and converts the movement into a digital reading.



QUICK MASSAGE CHAIR Solid structure, safe and easy assembly: Quick Massage chair with the following description was used. Ideal for small and rapid interventions. With reduced weight and size, favors transportation and practicality. Technical features: static capacity: 140 kg; mass 12 kg; Three padding densities, foldable, portable structure in carbon steel, breast support and seat adjustment points



SUN LOUNGER OR Deckchair Curve is a model with modern design, made with chrome frame and upholstered finished couríssimo in black. Ideal format for rest and relaxation. This is one of the most beautiful furniture in the domestic market. It would not be for less. Besides being very warm, it is also decorative. Technical data: Dimensions: 1.65 mx 0.60 mx 0.70 m (W x L x H); weight 22 kg



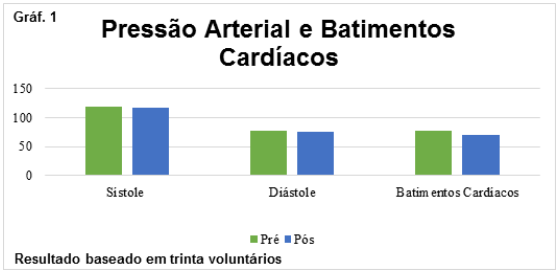
PROCEDURE

Initially the volunteers were instructed to fill in the history of chips where all subjects were assessed for inclusion and exclusion criteria, so as to participate in the study. Then those who had no exclusion criteria signed the ICF - Informed Consent and Informed Consent and the participation as a volunteer. Later they were measured blood pressure and heart rate of the same. After this gathering initial information, the beautician held throughout the Quick Massage Chair cleaning and sanitizing procedure with 70% alcohol and a disposable cap was placed on the headrest, sequentially positioned the volunteer the same to carry out the Quick Massage according to SOP - Standard Operating Procedure number 20 of the SPA & Wellness Center Anhembi Morumbi. Upon completion of Quick Massage, the volunteer was instructed by beautician to lie supine on the lounger curve of WWL, a damp disposable towel with lavender essential oil on the eyes of voluntary and was carried out the cleaning procedure was put the feet with alcohol gel 70% in gauze. For holding the foot massage was used a neutral massage cream. The sequence of Massage Podal was removed from the POP number 19 of the SPA & Wellness Center Anhembi Morumbi.

At the end of the foot massage was measured again blood pressure and heartbeat. Then to evaluate the effectiveness of well being and relaxation massages in question, the form was applied to the massage Sitting effects (NEUMAN, 2012).

Results and discussion

Prior to the Quick Massage and Massage Podal, 7% of volunteers were considered too stressed and 53% were considered stressed.



Upon completion of the Quick Massage and Massage Podal, 37% of volunteers reported by questionnaire adapted from Neuman (2012), who felt relaxed and 60% reported that they felt very relaxed





This study aimed to evaluate the physiological and psychological effects of Quick Massage and foot massage, the main findings were: a significant decrease in blood pressure, heart rate, hence relaxation.

The significant reduction in both systolic and diastolic blood pressure, can be justified because, according CASSAR (2001) caused by the relaxation massage reduces the synthesis of adrenaline. With this, it was found that these massage techniques help in the reduction of sympathetic activity contributes to reduce vasoconstriction of the arterial walls, therefore, reduces the resistance to blood flow and vasoconstriction of the arterioles.

According Abreu (2012), when massage is properly applied, rhythmic and the pressure on the skin, it produces a physiological response of the body gives satisfactory results, brings the relief of pain, nervous tension, soothes the individual, and downtown the level of stress, because the massage has beneficial effects on the body and combat stress.

The creep relieves stress promoting the reduction of headache and arterial pressure. The kneading has action: increase the circulation of a region, help increase the demand for oxygen and blood, relax the muscles, eliminate substances that harm the muscles and thereby body eliminate tension, toxins and fatigue (KAVANAGH , 2006).

According NeSSI et al (2015) cited Drust (2003) the reduction of heart rate in this study can be seen, therefore, the massage stimulates the parasympathetic nervous system, therefore, is to decrease heart rate. Corroborates the authors, BRAZ et al (2014) cited DELANEY et al (2002); MCNAMARA et al (2003); Cambron et al (2006) citing that stimulation of the physiological effects of massage are originated by manual maneuvers and when applied with moderate pressure, leads to increased parasympathetic activity as such, there is a decrease heart rate, blood pressure and cortisol levels which is the hormone considered as a physiological stress marker.

It was observed that 60% of the volunteers, ie, the majority considered too stressed or stressed. This could be explained because according MORAES (2000) it is believed that changes in the lifestyle of people are leaving them weak and

thus vulnerable to stress, which has taken on the disease status.

LIPP (2005) says that the most common effects of stress in the body are: increased heart rate, vasoconstriction, muscle contraction, sweating, reduction of the body's defenses, irritability, mood changes, anxiety, restlessness.

After applying the Quick Massage and Massage Podal, a significant improvement was observed in the levels of stress previously shown in humans, individuals submitted to the study, 97% showed improvement in stress levels while 3% of them there was no positive or negative influence as can be seen in the graph 3. This is because the massage acts as a sedative.

CONCLUSION

As the results of this study, it was concluded that 97% of the volunteers had positive results regarding the improvement of the framework stress and increase well-being in accordance with the physiological results after receiving joint techniques Quick Massage and Massage Podal.

Studies on the physiological and psychological effects of the presented techniques should be studied constantly, because the stressors are subject to fluctuations over time.

Due to lack of scientific research on these techniques together, it is concluded that the need for further study and a larger number of volunteers as well as surveys with a control group to further the benefits of this technique.

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PHYSIOLOGICAL EFFECTS OF QUICK CHECK AND PSYCHOLOGICAL MASSAGE AND MASSAGE PODAL VOLUNTEERS IN SPONTANEOUS SERVED BY BEAUTICIANS

ABSTRACT:

The physical and psychological stress of modern life has become a public health problem. It is observed that most people complain of muscle pain and physical exhaustion. We note also that the people are looking for methods such as massage therapy esto improve the quality of life and sense of well-being. Duet lack of time of modern life, techniques that promote physical and psychological well-being and can be performed in a short time as the Quick Massage and Massage Podal are having more and more followers. Thus, this study investigates the improvement of well-being and decreased of stress base don't he results of physiological and psychological effects of Quick Massage and Massage Podal done together. In this study were measured blood pressure and heart rate before and after performing the massages by beauticians in 30 spontaneous volunteers. It was found that there was a reduction in blood pressure and heart rate, because the touch massage and maneuvers such as slip, promoted widespread relaxation. The volunteers also completed a questionnaire indicating their stress levels before and after the massage and it was found that 97% of these had the feeling of relaxation or much relaxation.

KEYWORDS: Physiological effects; Quick Massage; Podal Massage.

EFFETS PHYSIOLOGIQUES ET PSYCHOLOGIQUE DE QUICK MASSAGE E MASSAGE PODAL PAR ESTHÉTIENNES SPONTANÉE

RÉSUMÉ:

Le stress physique et psychologique de la vie moderne est devenu un problème de santé publique. Il est observé que la plupart des gens ont des plaintes de douleurs musculaires et de l'épuisement physique. On constate que les gens sont à la recherche de méthodes telles que le massage thérapeutique pour améliorer la qualité de vie et le sentiment de bien-être. En raison du manque de temps de la vie moderne, les techniques qui favorisent le bien-être physique et psychologique et peuvent être effectuées dans un court laps de temps que le massage rapide et massage sont Podal avoir de plus en plus recherchés.

Ainsi, cette étude examine l'amélioration du bien-être et le stress a diminué sur la base des résultats des effets physiologiques et psychologiques de massage et massage rapide Podal maintenus ensemble. Dans cette étude, on a mesuré la pression artérielle et le rythme cardiaque avant et après avoir effectué les massages par des esthéticiennes dans 30 bénévoles spontanés. Il a été constaté qu'il y avait une réduction de la pression artérielle et le rythme cardiaque, par conséquent, toucher massage et des manœuvres telles que, par exemple, de glissement de détente généralisée promu. Les volontaires ont également rempli un questionnaire indiquant leur niveau de stress avant et après le massage et il a été constaté que 97% d'entre eux avaient le sentiment ou la relaxation beaucoup de détente.

MOTS-CLÉS: Effets physiologiques; Massage rapide; Massage Podal.

EFECTOS FISIOLÓGIOS Y PSICOLÓGICO DA QUICK MASAJE E MASAJE PODAL EN ESTETICISTAS

RESUMEN:

El estrés físico y psicológico de la vida moderna se ha convertido en un problema de salud pública. Se observa que la mayoría de la gente tiene quejas de dolor muscular y agotamiento físico. Se observa que la gente está buscando métodos como el masaje terapéutico para mejorar la calidad de vida y la sensación de bienestar. Debido a la falta de tiempo de la vida moderna, las técnicas que promueven el bienestar físico y psicológico y se pueden realizar en un corto tiempo como son haber buscado cada vez más el masaje rápido y Masaje Podal después. Por lo tanto, este estudio investiga la mejora del bienestar y la disminución de la tensión en base a los resultados de los efectos fisiológicos y psicológicos del masaje rápido y Masaje Podal unidas. En este estudio se midieron la presión arterial y la frecuencia cardíaca antes y después de realizar los masajes de belleza en 30 voluntarios espontáneos. Se encontró que hubo una reducción en la presión arterial y la frecuencia cardíaca, por lo tanto, el tacto de masaje y maniobras tales como, por ejemplo, deslizando la relajación generalizada promovido. Los voluntarios también completaron un cuestionario indicando sus niveles de estrés antes y después del masaje y se encontró que 97% de ellos tenía la sensación o la relajación mucha relajación.

PALABRAS CLAVE: Efectos fisiológicos; Masaje rápida; Masaje Podal.

VERIFICAR EFEITOS FISIOLÓGICOS E PSICOLÓGICOS DA QUICK MASSAGE E MASSAGEM PODAL EM VOLUNTÁRIOS ESPONTÂNEOS ATENDIDOS POR ESTETICISTAS

RESUMO

O estresse físico e psicológico da vida moderna tem se tornado um problema de saúde pública. Observa-se que a maioria das pessoas apresentam queixas de dores musculares e cansaço físico. Observa-se que a população está à procura de métodos, tais como, as massagens terapêuticas para a melhora da qualidade de vida e sensação de bem estar. Devido à falta de tempo da vida moderna, técnicas que promovem o bem estar físico e psicológico e que possam ser executadas em um curto espaço de tempo como a Quick Massage e a Massagem Podal estão tendo cada vez mais procuradas. Sendo assim, este estudo procura investigar a melhora do bem estar e diminuição do estresse com base nos resultados dos efeitos fisiológicos e psicológicos da Quick Massage e da Massagem Podal realizadas em conjunto. Nesta investigação foram aferidas a pressão arterial e batimentos cardíacos antes e após a realização das massagens por esteticistas em 30 voluntários espontâneos. Verificou-se que houve redução tanto da pressão arterial como da frequência cardíaca, pois, o toque da massagem e as manobras como, por exemplo, o deslizamento, promoveu relaxamento generalizado. Os voluntários também preencheram um questionário que indicava seus níveis de estresse antes e após as massagens e verificou-se que 97% desses tiveram a sensação relaxamento ou muito relaxamento.

PALAVRAS-CHAVE: Efeitos Fisiológicos; Quick Massage; Massagem Podal.