19 - CONSISTENCY OF INTERNAL QUESTIONNAIRE QVS 80: EVALUATION OF QUALITY OF LIFE AT WORK

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INTRODUCTION

The term Quality of Life (QOF), currently, is one of the most cited in the daily, the population is in search it in different ways, each one trying to meet their needs and aspirations. Next to it are many definitions of quality of life because each person thinks what is best for you, conceiting this term in different ways.

Quality of life, according to World Health Organization is the "perception that the individual has to their position in life within the context of their culture and value system in which you live and in relation to its objectives, expectations, standards and concerns." This is a very broad concept that incorporates a way of complex physical health of a person, his psychological state, their level of dependence, their social relationships, their beliefs and their relationship with outstanding features in the environment. (World Health Organization, 1995)

The QOL of a population is dependent on several factors concerning their conditions of existence, access to certain goods and economic services and social: employment and income, education, adequate food, access to good health services, sanitation, housing, transportation, among other things, it emphasized that the concept of welfare, of QOL varies for each company and its culture as follows. (ADRIANO *et al*., 2000).

According Demo apud Rocha (2000), quality is "a cultural style, rather than technological, artistic, rather than productive, playful, more than efficient, wise, more than science. It relates to the world as subtle as vital to happiness. One cannot be happy without possessing, but mainly a question of being. It is not the conquest of a gold mine that would make rich, but especially the conquest of our own potential, our capacity for self-determination, the creation of space. It is the exercise of political Power".

Every day grows even more the issue of quality of life at work because the demand for greater production and accelerating the pace of work daily in search of higher yields eventually causing problems in employee health.

According Fernandes (1996), it is understood quality of life in the corporate environment as "dynamic management and contingencial of physical factors, technological and social- psychological that affect the culture and renew the organizational climate, reflecting on the welfare of the worker and productivity of businesses".

The questionnaire for assessing Quality of Life and Health (QVS-80), allows measuring the quality of life in individuals taking into account the subjectivity and the multidisciplinary term coined by the World Health Organization, but has objective questions concerning the existence of disease, level of physical activity, alcohol consumption and smoking. (VILELA JUNIOR *et al*., 2007).

In this context using the term Global Quality of Life, where a subjective and multidisciplinary aspects that characterizes at QOL objectivity, besides the perception of the individual, and that if only she did not look cohesive bring results, because the individual may well assess their quality of life but have some disease, which does not know.

So it is understandable that, to have a more precise measurement of QOL, it is necessary to a questionnaire that provides a proper diagnosis in lifestyle questionnaire and this should present a good internal consistency, because it estimates the reliability of the test.

MATSUDO e MATSUDO (2002), argue that the main benefits to health resulting from physical activity, refer to aspects anthropometric, neuromuscular, metabolic and psychological. Noting the importance of the habit of physical activity with a healthy lifestyle, consequently, will provide significant improvements in standards of QOL.

For most people, the lifestyle is the most important element in the health and welfare and any action that provides the best individual display for the recognition of the need for changes in behavior, should be suggested and encouraged (NAHAS, 2001).

According CARVALHO (2003), reduce the health problems in the worker is synonymous with increased productivity in the company.

Guedes and Guedes (1995), argue that physical activity is performed periodically offers advantages in improving the quality of life.

METHODOLOGY

This work was a search for empirical and quantitative approach, describes a descriptive cross-sectional study.

The questionnaire QVS-80 was applied on 30 officials, both the sexes, from a company, located in the municipality of Ponta Grossa - Parana, Brazil; such application being made in test-retest, with the time interval of 15 (fifteen) days from the evaluations.

The instrument consists of eighty questions, of which 67 were structured in Lickert Scale. They identified the following areas: Field of Health (D1), field of physical activity (D2), environmental occupational Domain (D3) and Field's perception QOL (D4). The thirteen original issues (anamnesis), due to their nature, present the possibility of underestimating the occurrence of disease as the subject can ignore its existence as a result of not conducting regular of specific examinations. (Leite e Barros, 2008)

It was drawn up a database with the responses obtained in two tests, from this they were analyzed and determined the internal consistency by Cronbach's alpha, to analyze the reliability of the instrument used.

The scores of each item is made and the overall classification, called the scale is defined as the sum of all scores. Then calculate the coefficient of reliability (by Cronbach's alpha) that is defined by the square of the correlation between the scores of scale and the underlying factor that the scale is proposed to measure.

The higher the correlation between the items of an instrument, the greater the value of Cronbach's alpha, however, he is also known as the internal consistency test.

RESULTS

The results concerning the quality of life are divided in 4 (four) areas of QVS-80 as follows, field of Health (D1), field of physical activity (D2), environmental occupational Domain (D3) and Field's perception QOL (D4), obtained through a syntax and are shown in Table 1.

Table 1 - Final values QVS-80

FINAL RESULT				
	1ª Application		2ª Application	X
D1 (Health)	59,51		53,6	56,55588
D2 (Physical activity)	169,73		176,28	173,0067
D3 (Occupational Environment)	56,04		52,99	54,51318
D4 (Perception QOL)	61,04		61,42	61,23222

It can be observed that there was not a significant variation in the percentage of results between applications of the test. It stayed an average of not interfering in the result, which shows that the area most unsatisfactory is the D2 (physical activity), and the more positive is the D3 (occupational environment), but the other two domains (D1 and D4), also obtained satisfactory results.

The internal consistency of QVS-80 was measured by Cronbach's Alpha, which showed in an excellent reliability in both applications, resulting 0,808 and 0,859 respectively.

DISCUSSION

The results of impacts obtained through syntax has noted that the area of physical activity accounted for 50.1% on average of two applications in QOL of workers, as the field of perception of QOL was 17.73%, followed by the health sector with 16.37% and the environment occupational 15.78%, and the last three results were very close, emphasizing the importance of physical activity on the QOL of this population.

Physical activity is directly linked to other factors that interfere with the quality of life, because it is related to health and welfare of the individual.

For better understanding of this relationship, it can be define health as a state of welfare, both the physical, mental and social, covering the greatest personal satisfaction, not only the absence of diseases and disorders, which are not always aware of the individual.

By analyzing the anamnesis of the questionnaire, it appears that much of the population presents discomfort / pain somewhere in the body, one of the key factors that may involve these symptoms is the lack of physical activity.

The regular practice of exercises provides an improvement in their quality of life, because bring benefits to the entire body. From a muscle-skeletal system, helps to improve the strength and muscle tone and flexibility, strengthening of bones and joints. It contributes to the physical health, disease control, regulation of substances related to the nervous system, improvement in vascularization and control of anxiety and stress. In addition affects the social interaction, positively interfering in its corporate space.

CONCLUSION

Considering the results, this showed that most of the population does not carry regular physical activity, and that this has a direct influence in other areas shown by QVS-80, bringing health problems, their perception of quality of life and consequently the environment of work.

Both the corporations or in any part of society, each day more the practice of regular physical activity has been shown by researchers as a "scientifically proven medicine, when prescribed properly, can provide increased functional reserve in various pathological conditions manifest, with notable benefits on the quality of life and longevity". (GALLO Jr. et al., 1995).

It is evident that the practice of physical activity prescribed correctly brings numerous health benefits, and generates a healthy individual and other benefits to the environment in which it coexists.

If treating the corporate environment, we can conclude that with investment in physical activity will have more staff with good quality of life, thereby increasing productivity by working more improved, the result of personal satisfaction and QOL higher.

The existence of programs for the Quality of Life in the enterprise is an important and common practice nowadays. As the main interest in this form of assistance has been the improvement of health and welfare officials or employees, aiming to improve the productivity of the company (Cañete, 2001).

One of the actions being taken to ensure that this occurs in the workplace QL is to invest in employees of regardless of the position exercised, with programs of gym work, and encouraging the practice, emphasizing its real importance, both inside and outside the company and the practice of physical exercise in free time, it offers benefits to the whole body, working to better perform the tasks of daily life and welfare, providing greater comfort and satisfaction in lifestyle free of disease.

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CONSISTENCY OF INTERNAL QUESTIONNAIRE QVS 80: EVALUATION OF QUALITY OF LIFE AT WORK

ABSTRACT

This study had as objective to evaluate the Quality of Life at Work in the work environment, demonstrating the impact of the factors that influence the organizational environment, as well as the welfare of the population and how this is reflected in the daily; also had as objective to determine the internal consistency of the questionnaire QVS-80, in two applications. It has participated of the study 30 individuals of both sexes, employees of a company in the city of Ponta Grossa PR. To measure the quality of life using the questionnaire Quality of Life and Health 80 (QVS-80), with two applications in a range of fifteen days between them. To analyze the reliability of the instrument used, It is calculated the internal consistency through of *Cronbach's alpha.* The questionnaire showed an excellent reliability in both applications, with Cronbach's alpha 0,808 and 0,859 respectively. On the results about Quality of Life at Work it can be observed that the Dominion Physical activity showed unsatisfactory results, since physical activity has an influence on the health and welfare of the individual, consequently in their occupational environment, because the physical activity plays an important role in QOF. Whereas much of the population does not perform regular physical activity, what influences in all other areas of their lives, including the work environment. Programs to encourage the practice of regular physical activity and targeted are increasingly needed within companies, thus wins the official, the company wins and earns the country.

KEY WORDS: Quality of Life at Work, QVS-80.

LA COHÉRENCE INTERNE DEL QUESTIONNAIRE QVS-80: ÉVALUATION DE LA QUALITÉ DE VIE AU TRAVAIL

RÉSUMÉ

Cette étude avait pour objectif d'évaluer la qualité de vie au travail (QVT), ce qui démontre l'impact des facteurs qui influent sur l'environnement organisationnel, ainsi que le bien-être de la population et de la façon dont cela se reflète dans la vie quotidienne; a également comme objectif de déterminer la cohérence interne du questionnaire QVS-80, dans deux applications. Il a participé de l'étude, 30 individus des deux sexes, les employés d'une entreprise dans la ville de Ponta Grossa - PR. Pour mesurer la qualité de vie en utilisant le questionnaire de qualité de vie et la santé - 80 (QVS-80), avec deux applications en une série de quinze jours entre eux. Pour analysent la fiabilité de l'instrument utilisé, il est calculé la cohérence interne par le biais de l'alpha Cronbach. Le questionnaire a montré une excellente fiabilité dans les deux applications, avec l'alpha Cronbach 0,808 et 0,859 respectivement. Sur les résultats sur la qualité de vie au travail, il peut être observé que le Dominion L'activité physique a montré des résultats peu satisfaisants, car l'activité physique a une influence sur la santé et le bien-être de l'individu, par conséquent, dans leur milieu de travail, parce que l'activité physique joue un rôle important rôle dans la fédération. Considérant que la plus grande partie de la population n'a pas effectuer une activité physique régulière, ce qui influence dans tous les autres domaines de leur vie, y compris l'environnement de travail. Programs pour encourager la pratique de l'activité physique régulière et ciblée sont de plus en plus nécessaires au sein des entreprises, ce qui remporte le fonctionnaire, l'entreprise gagne et gagne le pays.

MOTS-CLÉS: Qualité de vie au travail, QVS-80.

CONSISTENCIA INTERNA DEL CUESTIONARIO QVS-80: EVALUACIÓN DE LA CALIDAD DE VIDA EM EL TRABAJO

RESUMEN

Este estudio tuvo como objetivo evaluar la calidad de vida (CV) en el trabajo en el entorno de trabajo, lo que demuestra el impacto de los factores que influyen en el clima organizacional, así como el bienestar de la población y cómo esto se refleja en el diario, también tuvo como objetivo de determinar la consistencia interna del cuestionario QVS-80, en dos aplicaciones. Ha participado en el estudio 30 individuos de ambos sexos, empleados de una empresa en la ciudad de Ponta Grossa - PR. Para medir la calidad de vida mediante el cuestionario de Calidad de Vida y Salud - 80 (QVS-80), con dos aplicaciones en una variedad de quince días entre ellos. Para analizar la fiabilidad del instrumento utilizado, que se calcula la coherencia interna a través de la alfa de Cronbach. El cuestionario mostró una excelente fiabilidad en ambas solicitudes, con el alfa de Cronbach 0,808 y 0.859, respectivamente. Sobre los resultados de la calidad de vida en el trabajo se puede observar que el Dominio de actividad física mostraron resultados poco satisfactorios, ya que la actividad física tiene una influencia en la salud y el bienestar de la persona, por lo tanto en su entorno profesional, porque la actividad física desempeña un papel importante en CV. Considerando que gran parte de la población no realiza actividad física regular, lo que influye en todos los demás ámbitos de su vida, incluido el entorno de trabajo. Programas para fomentar la práctica de actividad física regular y con objetivos cada vez más necesario dentro de las empresas, con lo que gana el funcionario, la empresa y el país.

PALABRAS CLAVE: Calidad de vida en el trabajo, QVS-80.

CONSISTÊNCIA INTERNA DO QUESTIONÁRIO QVS 80: AVALIAÇÃO DE QUALIDADE DE VIDA NO TRABALHO

RESUMO

Esta pesquisa teve como objetivo avaliar a Qualidade de Vida no Trabalho (QVT) no ambiente laboral, demonstrando o impacto dos fatores que exercem influência no ambiente organizacional, assim como no bem-estar da população e como isso tem refletido no cotidiano; também objetivou a determinação da consistência interna do questionário QVS-80, em duas aplicações. Participaram do estudo 30 indivíduos de ambos os sexos, funcionários de uma empresa da cidade de Ponta Grossa - PR. Para mensurar a qualidade de vida utilizou-se o questionário Qualidade de Vida e Saúde - 80 (QVS-80), com duas aplicações em um intervalo de quinze dias entre as mesmas. Para analisar a confiabilidade do instrumento utilizado, calculou-se a consistência interna através do *Alpha de Cronbach.* O questionário apresentou uma ótima confiabilidade em ambas as aplicações, com Alpha de Crombach 0,808 e 0,859 respectivamente. Nos resultados sobre a QVT pode-se observar que o Domínio Atividade física apresentou resultados insatisfatórios, uma vez que a atividade física tem influência sobre a saúde e o bem estar do individuo, conseqüentemente em seu ambiente ocupacional, pois a prática de atividade física exerce um papel importante na QV. Considerando que boa parte da população estudada não realiza atividade física regular, o que influencia em todos os outros âmbitos da suas vidas, inclusive no ambiente de trabalho. Programas de incentivo à prática da atividade física regular e orientada são cada vez mais necessários dentro das empresas, assim ganha o funcionário, ganha a empresa e ganha o país.

PALAVRAS-CHAVE: Qualidade de Vida no Trabalho, QVS-80.