73 - ANXIETY LEVELS IN ACADEMICS OF THE COURSE OF PHYSICAL EDUCATION OF THE UNICS - PALMAS - PR.

ANDRIOLA, VERGINIA MELLO PERIN
MARTINS, SANDRA MARA CARVALHO
AUFFINGER, RUTH HILDEGART DÜRKS
UNICS - PALMAS PARANÁ BRASIL
viandriola@unics.edu.br

INTRODUDUTION

The search for a superior course is necessary in function of speed of the changes that comes occurring in the world, for example, the globalization, the technological development, as many others things.

In such a way, the professional formation, instead an option, became a condition for the insertion in the work market.

In this search were found many challenges for the students: the lack of financial resources, the difficulty to make compatible the time of study with the time of work and with the time of convivial gathering with the family. These troubles generate many case of extreme anxiety in these young, what it comes to make difficult their academic activities.

The University Center Southwestern Diocesan of Paraná - UNICS, located in the city of Palmas, state of Paraná, offers the academics of graduation, weeks of recovery of studies for those that cannot frequent its course every day, for reason of work, living far or other reasons.

Being thus, special weeks are offered throughout the semester, in which the academic can recoup, in integral way, contents and frequencies not fulfilled, thus taking care of, the made use one in the current legislation. In these weeks, the academic frequents the lessons, in the three turns of the day.

The Course of Physical Education is offered in regular regimen of lessons, the nocturnal period and also in the related weeks of recovery of studies, with extra lessons, in the matutinal and vespertine period, for the pupils who opt to this regimen.

The researches of this study had observed that at the beginning of the weeks of recovery, the students present themselves tense, probably for the farness of their relatives, its work and for the proximity of new relationships that the week of recovery demands, as in relation to the methodological factor of the course, as in relation to other factors like adaptation in housing, transport and different feeding of its usual habits and that in elapsing of the week, with the proximity of the return for home, the anxiety degree goes reducing.

When inquired on such situation, the academics mention such weeks as a period of very stress.

These evidences demonstrate the importance to realize an evaluation with validated tests, in order to have deeply knowledge of the real dimension of this live, so that of ownership of the gotten data, works they are based and developed with this specific population, aiming at to minimize situations that they can harm the learning and the health of the students.

In conformity with the displayed above, the objective of this study is to evaluate the level of anxiety of the academics of the course of Physical Education, whom they search to recoup presences and contents in some weeks of the semester, in their arrival in Palmas and the end of the week of studies, when they are ready to return for their home town, considering anxiety the displayed one for Marks (1987), as being an emotional state with psychological and physiological components, being that, the anxious symptoms are between most common, being able to be joined in any person in determined phases of its life.

Acordding to Geller and Kalinini (2000), Spielberger (1981) the anxiety is normally revealed in considered situations threatening, independently of the danger being real or imaginary. This manifestation brings about problems and hampers a proper evaluation of situations, mainly the action accomplishment of actions.

In accordance with Holmes (1997), the anxiety can cause cognitive, somatic and motor alterations. In the cognitive alterations, focalization in the property of the attention occurs, the person does not work nor studies efficiently. In the somatic alterations, the immediate symptoms are sweat, dry mouth, short breath, fast pulse, raised arterial pressure, itching, migraines and in the behind symptoms chronicle high arterial pressure, migraines, intestinal suffering occur reflecting the collapse of the physiological system. The symptoms of the motor alterations is impatience, fidget, with movement of the extremities without purpose.

Holmes (1997), affirms that the anxiety perturbations can be divided in phobians and states of anxiety, being that in the phobias upheavals the anxiety is located and focused the particular things or objects, whereas the anxiety states present diffusion, not being related something specific. The anxiety state can be characterized by panic disorder with motor and psychic alterations in brief periods that comes and goes; generalized perturbations of anxiety is the one that persistent for at least one month and not associate to a particular situation; repeated experiences of the recurrent memory an extreme event is upheaval of stress after-traumatic and obsessive-compulsory upheaval is characterized by persistent ideas and thoughts.

METHOD

The study was realized with 46 academics of the course of Physical Education, of both the sexos, chosen of random form, not intentional, in a universe of 184.

It was criterion of inclusion, that the academics were attending a course the week of recovery of contents and presences offered by the Institution, in integral period, with lessons in the matutinal, vespertine and nocturnal period and that they had remained all in the city for the period, without returning for their residences.

The chosen ones had been informed on the objectives and content of the research and had agreed to the participation to the work.

As instrument for the evaluation was applied the Beck Anxiety Inventory (Beck et al., 1988), which searchs to inquire the symptoms of anxiety in twenty-one itens which the result shows somatic, affective and cognitives problems.

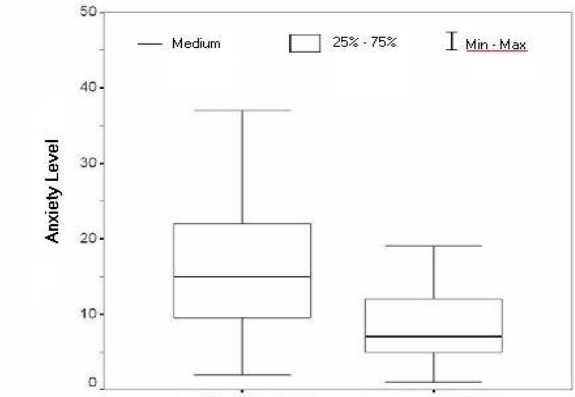
The punctuation scale varies of 0 (when the symptom is absent) the 3 (when the symptom is perceived of severe form); it props up it total enters of 0 to 63.

The questionnaire was applied in the way: tested - reteste, being applied test 1 in the first day of the week, in the arrival of the students and test 2, reteste, in the last day of the week, before the return home. It was carried through the analysis and quarrel of the data through the arithmetic mean, of medium and the shunting line the standard. For the analysis distribution free the statistical test of Wilcoxon was used, for Statistical Program SPSS8-0.

RESULTS

The first test, teste1, applied with the questionnaire of Beck et al. (1988), resulted in average punctuation of 16,83, with shunting line standard of 10,04. The retest, tested 2, presented average of 10,67, with shunting line standard of 9,42. Analyzing the difference of the results between the test and the retest can be perceived that the reduction of the pointing was statistically significant (Wilcoxon, $p < 0,009$).

Figure 1 shows the average, medium and shunting line standard of the test and retest of the academics at the beginning and in the end of one week intensive of studies.



In relation to the standardized results for Beck, test 1 confirmed that 35.5% of the academics possess minimum anxiety, 25.8% of light anxiety, 29% moderate anxiety and 9.7% with serious anxiety. In the retest, the result for minimum anxiety was of 64,5% of the interviewed academics, for light anxiety 25.8%, moderate 3.2% and the serious anxiety was computed for 6,5% of the academics.

DISCUSSION AND CONCLUSION

The involved population in this study presents as characteristic common the absence per one week of its domiciles and an intense load of lessons. The results show that at the beginning of the week, the academics present a higher state of anxiety, that was evidenced for the score gotten with the scale of Beck al.. (1988). The highest anxiety forms, called moderate and serious in the test, had corresponded 38.7% of the academics in the first inquiry and these same modalities had diminished for 9,7% in the second inquiry. The softly modality of anxiety, called in the test of minim, corresponded the 35,5 in test 1 and 64,5 in test 2. The light called anxiety in the questionnaire, that had a 25,8% index, remained the same in test 2.

Study realized by D'el Rey and Montiel (2001) with teachers of public school of the city of São Paulo, it evidenced that 13 teachers (59.5%) had been affected with moderate and serious anxiety which does not agree with the results gotten in the present study.

For the presented results, it is evident that with the proximity of the return for their homes the anxiety level diminishes significantly.

None of the interviewed students related to be making some type of treatment with professionals or same alternative treatments for anxiety.

Hillary (1996) reported that only the moderate and serious anxious needs psychological or medicament treatment.

In the study of D'el Rey and Montiel (2001), only 4 teachers (18.2%) of the affected ones with serious or moderate symptoms were receiving treatment.

With the information that even the academics who had detected serious anxiety are not being submitted the treatment, we suggest that the Department of Support to the Academic of the UNICS develops a work of psychopedagogical support with the affected.

Based in the results acquired in this research the following conclusions can be related: reduction in the symptoms of level of anxiety in elapsing of the week between the interviewed academics; the perspective of the return for their residences after one week of absence brightens up the anxiety symptoms.

REFERENCES

ANDRADE, L. H. S. G.; Gorenstein, C. Aspectos gerais das escalas de avaliação de ansiedade**. Revista de Psiquiatria Clínica**: São Paulo, USP. v. 25, n. 6. 285-296, nov./ dez. 1988.

COSTA, A. M. e DUARTE, E. Atividade Física e a ansiedade em pessoas com seqüelas de acidente vascular cerebral isquêmico (AVCI). **Revista da Sobama,** v. 16, n.1, dez. 2001

D'EL REY, G. J. F. E MONTIEL, J. M. Níveis de ansiedade em professoras de uma escola pública estadual**. Revista Integração**: São Paulo, v.10, n.36, mar.2004.

GELLER, C. A. E KALININI, I. A relação das peculiaridades tipológicas do sistema nervoso com o nível de ansiedade-traço em estudantes de segundo grau. **Revista Kinesis**: Santa Maria, v.22 p.125-138, 2000.

HOLMES, D. S. **Psicologia dos transtornos mentais.** 2 ed. Artmed: Porto Alegre, 1997.

MARKS, J. W. **Psychological and biological treatments of anxiety disorders.** Londres: Mc Hilling, 1996.

OLIVEIRA, C. M. et al. Traços de ansiedade em estudantes de medicina no estado de Minas Gerais. **Revista Integração**: São Paulo, v. 7, n.25, maio 2001.

Av. Marechal Deodoro, 1473
CEP 85555-000
Palmas, Paraná
Fone: (46) 3262-1648
viandriola@unics.edu.br
ANDRIOLA, VERGINIA MELLO PERIN

ANXIETY LEVELS IN ACADEMICS OF THE COURSE OF PHYSICAL EDUCATION OF THE UNICS - PALMAS - PR.

SUMMARY

This study has as objective, to evaluate the anxiety's level of the volunteer students currently enrolled in the course of Physical Education. Anxiety can be understood as being an emotional state with psychological and physiological, components, being that, the anxious symptoms are between most common, being able to be found in any person in determined phases of its life (MARKS, 1987). The study was carried through with 46 volunteer students from the course of Physical Education, chosen randomly, not intentionally, out of 184 students. As instrument for the evaluation was applied the Beck Anxiety Inventory (Beck et al., 1988). The questionnaire was tested and retested, test 1 was being applied in the first day of the week, in the arrival of the students and test 2, retest, in the last day of the week, before the students returned home. In relation to the standardized results for Beck, test 1 confirmed that 35.5% of the subjects possess minimum anxiety, 25.8% a light anxiety, 29% a moderate anxiety and 9.7% had serious anxiety. In the retest, the results for minimum anxiety was of 64,5% for the interviewed students, for light anxiety 25.8%, moderate 3.2% and the serious anxiety had a result of 6,5%.

Key words: anxiety, test, academics

NIVEAU D'ANXIETE DES ACADEMICIENS DU COURS D'ÉDUCATION PHYSIQUE DU UNICS - PALMAS - PR.

RÉSUMÉ

Cette étude a comme objectif évaluer le niveau d'anxiété des académiciens du cours d'Éducation Physique. Anxiété peut être considérée comme en être un état émotionnel avec des composantes psychologiques et physiologiques, étant que, les symptômes soucieux sont entre les plus communs, pouvant être trouvés dans quelconque personne dans certaines phases de leur vie (MARKS, 1987). L'étude a été réalisés avec 46 académiciens du cours d'Éducation Physique, des tous les deux sexes, choisis d'une forme aléatoire, non intentionnelle, dans un univers de 184. Comme instrument pour l'évaluation est ppliqué le Beck Anxiety Inventory (Beck et al., 1988). Le questionnaire a été appliqué dans la manière expérimentelle - et refait, étant le premier essai appliqué le premier jour de la semaine, dans l'arrivée des étudiants et le deuxième essai, refait, le dernier jour de la semaine, avant le retour pour maison. Concernant les résultats standardisés par Beck, le premier essai a confirmé que 35,5% des académiciens possède de l'anxiété minime, 25,8% d'anxiété a pris, 29% anxiété modérée et 9,7% avec anxiété grave. Dans reteste, le résultat pour anxiété minime est de 64.5% des académiciens interviewés, anxiété a pris 25,8%, modéré 3,2% et l'anxiété grave a été calculée pour 6.5% des académiciens.

Mots clés: anxiété, questionnaire , académiciens.

NIVEL DE LA ANSIEDAD DEL ACADÉMICOS DEL CURSO DE EDUCACIÓN FÍSICA DEL UNICS - PALMAS - PR.

RESUMEN

Este estudio tiene como objetivo evaluar el nivel de la ansiedad del académicos del curso de educación física. La ansiedad puede ser entendida como siendo un estado emocional com componentes fisiológicos y psicológicos siendo ése, los síntomas ansiosos están entre la más común, pudiendo ser encontrado en cualquier persona en fases resueltas de su vida (MARKS, 1987). El estudio fue llevada a través con 46 académico del curso de la educación física, elegido de forma al azar, no intencional, en un universo de 184. El instrumento aolicado para la evaluación fue el Beck Anxiety Inventory (Beck y otros, 1988). El cuestionario fue aplicado de la manera prueba - contra-prueba, siendo la prueba 1 aplicada del primer día de la semana, en la llegada de los estudiantes y de la prueba 2, contra-prueba, en el día pasado de la semana, antes de la vuelta para la casa. En lo referente a los resultados estandardizados para el inventário, la prueba 1 confirmó que 35.5% de los académicos poseen ansiedad mínima, 25.8% de ansiedad ligera, ansiedad moderada con 29% y 9.7% con ansiedad seria. En la contra-prueba, el resultado para la ansiedad mínima estaba de el 64.5% de los académicos entrevistado, para la ansiedad ligera 25.8%, modera con 3.2% y la ansiedad seria era computada para el 6.5% de los académicos.

Palabras claves: ansiedad, prueba, acadêmicos.

NÍVEIS DE ANSIEDADE EM ACADÊMICOS DO CURSO DE EDUCAÇÃO FÍSICA DO UNICS - PALMAS - PR.

RESUMO

Este estudo tem como objetivo, avaliar o nível de ansiedade dos acadêmicos do curso de Educação Física. Ansiedade pode ser entendida como sendo um estado emocional com componentes psicológicos e fisiológicos, sendo que, os sintomas ansiosos estão entre os mais comuns, podendo ser encontrados em qualquer pessoa em determinadas fases da sua vida (MARKS,1987).O estudo foi realizado com 46 acadêmicos do curso de Educação Física, de ambos os sexos, escolhidos de forma aleatória, não intencional, em um universo de 184. Como instrumento para a avaliação foi aplicado o Beck Anxiety Inventory (Beck *et al.*, 1988). O questionário foi aplicado na maneira teste - reteste, sendo o teste 1 aplicado no primeiro dia da semana, na chegada dos estudantes e o teste 2, reteste, no último dia da semana, antes do retorno para casa. Em relação aos resultados padronizados por Beck, o teste 1 confirmou que 35,5% dos acadêmicos possuem ansiedade mínima, 25,8% de ansiedade leve, 29% ansiedade moderada e 9,7% com ansiedade grave. No reteste, o resultado para ansiedade mínima foi de 64,5% dos acadêmicos entrevistados, para ansiedade leve 25,8%, moderada 3,2% e a ansiedade grave foi computada para 6,5% dos acadêmicos.

Palavras-chave: ansiedade, teste, acadêmicos.