160 - GETTING OLD IN THE CITY: A STUDY ON GROUPS OF PHYSICAL ACTIVITIES FOR ELDERLY PEOPLE IN SANTA MARIA/RS

MARCO AURELIO ACOSTA
UFSM - Santa Maria/RS - Brasil
marco.acosta@bol.com.br

INTRODUCTION:

This study appeared because of the necessity of an interpretation of the 'groups of physical activities for senior citizens' of Santa Maria (GAFTI), which can transpose levels of district and can show meanings of a city which strongly works with issues of getting old, together with the preoccupation to understand the totality of this situation in order to performance better our functions with the elderly people in each specific group. It aims to understand Santa Maria City/RS, as a place of building of human getting old through groups of physical activities for the old age, which are at NIEATI (Integrated Center of Studies and Support for old age) of the Federal University of Santa Maria (UFSM), a Center that works for 22 years with issues of oldness in Santa Maria, in the inner of Rio Grande do Sul State, a city with approximately 300 thousand inhabitants. This research was supported by CNPq and it is registered at the Gabinete de Projetos (Projects Department) of UFSM under n. 017828.

The idea of this research intends to be in accord with two contemporary discussions. In one hand, it is in accord with the propositions of responsibility and obligation of everybody, and not just of the professionals of the area. For that, it is necessary to think to the places, the public policies, the legislation, anyway, the whole organization of life in society through the educative point of view, in which it is obviously included education for getting old.

On the other hand, this project is also based on the proposing of Sports Department that, in discussing the ways of the public policies and of the financial supporting of its area, have proposed the concept of 'Sport and Leisure in the City', in which is evidently supposed a group of reflections of those issues, but fundamentally, it places and contextualize these discussions and actions in a public place.

We begin from DAMATT's (1987) statement in order to understand the getting old in the city, considering that getting old is a social enterprise:

The construction of a social identity, then, as the building of a society, is done of affirmatives and negatives in front of those questions. Take a list of everything you consider important: laws, ideas related to family, marriage, and sexuality; money, politic power; religion and morality; arts; food and leisure in general - and with it you can know how is your identity.

MATERIAL AND METHODS:

By considering these factors and also the high number of groups presently seen by the Federal University Santa Maria - 65 - it is necessary to propose some delimitation to guarantee the exequibility of the research and begin from some criteria: quantity of members, time of existence and social visibility, when 20 groups were chosen.

The activities effected I this study of the data collection were an interview with the presidents / coordinators of the groups, which is related to general data of the group, the handing in and signature of the free and clarified consent term, the initial observation of groups where the group is placed, the study of the physical place, the list of the available materials to the classes, the entrance conditions to the place (sidewalks, ramps, buses, etc), interview with the monitors who work in the groups, searching personal information and data about job condition, and an outline to the interview with all the elderly of the group.

The initial observation was done as the following way: we booked a day with the president, when it was possible, to observe the work and its space during gymnastic / physical activity class. We arrived a little before the very beginning of the class in order to explain our presence and the objectives of our research. During the class, the place was observed where those ones were done and then it was done the description of the place (the building structure, the material of the ground, the ceiling, the quantity of doors and windows). It were also observed the distance from any bus stop, the didactic and non-didactic instruments in the environment; the physical appearance of the integrant subjects of the group (clothes, corporal aspects, etc.); the participation of the elderly in class and the relationship with the teacher and the elderly, beyond other particularities with occurred during the class.

At the same day when the observation were done, it was also done and interview with the largest number of people, since many of them get out of the class quickly as the class finished. In this interview, it was in general asked aspects to get more information about the group, with questions as the use of the bus to go to the group, whether someone had returned to study, whether they took part of other projects of UFSM and other groups of living. It was also effected a study of religious options, the opinion about the work with the old age, about getting old, and many others.

ANALYSIS AND DISCUSSION OF THE RESULTS

For the amplitude which is proposed by the research and for the quantity of information which are possible to take, it was possible to effect the first collections in nineteen out of twenty participant groups of the sample. The groups are:

N.	GROUP	DISTRICT	PRESIDENT	MONITOR
01	Primavera	Camobi	Helena	Rosana
02	Sempre Unidas	Rosário	Helena	Luciane
03	Grisalhas da Primavera	Perpétuo Socorro	Dalvina	Maralúcia
04	Reviver Hipertensão	Passo da Areia	Iná	Oni
05	Tempo de Ouro	Itararé	Helenice	Michele
06	Viver e Conviver	N. S. de Lurdes	Irene	Marilúcia
07	Bem Viver	Fátima	Dora	Adriane
08	GIHEFSanta Marta	Santa Marta	Jorge	Sarita
09	Association Cabelos de Prata	Downtown	Plínio	Inês
10	Reviver	Fernando Ferrari	Oldaiza	Jarbas
11	Amigos Para Sempre	Nonoai	Zélia	Maralúcia
12	Sempre Jovem	Leste	Lair	Filomena
13	Despertar	Camobi		Carla
14	Mexe Coração	Downtown	Teresinha	Marivana
15	Corpo Sadio, Mente Sã		Maria Elaine	Caroline
16	Alegria de Viver	Tancredo Neves	Antonia	Alexandra Nepomuceno
17	Anos Dourados	Camobi	Lenis	Jarbas
18	Amor e Esperança	São José	Maria	Rosana
19	Espírito Jovem	Dores	Júlia	Marlúcia

We have found just one male monitor, Jarbas, who is student at UFSM, and works in two groups: Reviver (Fernando Ferrari) and Anos Dourados; however, he was not interviewed. Five out of the female monitors are graduated, three at the Federal University of Santa Maria (UFSM), one at UNISC of Santa Cruz, and one at the Federal Rural University of Rio de Janeiro; it is still important to highlight that monitor Marilúcia works in four of those groups, as was as monitor Rosana Jung works in two groups. Thus, 10 monitors were interviewed: Rosana, Filomena, Sarita, Carla, Inês, Mara, Lúcia, Michele, Adriane, Marivana, and Oni. Five monitors are still undergraduate students, considering that one studies physical education at ULBRA in Santa Maria, nine of them receive economical support from the groups of senior citizens where they work, and one monitor (of the group Reviver Hipertensão) is a trainee of the Sports and Leisure Municipal Department of Santa Maria City, who does not receive any help of the group.

Among the difficulties faced by the monitors to give their classes, the most relevant are the lack of materials, insecurity o the methodology used, and lack of time to draw plans class up, which could correspond to the different necessities of the groups. In a general way, all of them take part in festivities of their groups as much as they can and also in some walks. None of the monitors receives or have received preparations by the university to work with the elderly; the most have learned by accompanying somebody else job and by reading.

Among the contents taught, the most usual are adaptated and localized gymnastics, which use weighs or chains, dances, entertainment, extending, and relaxing. Four out of five graduated monitors have already studied post graduation, three at Gerontology, advised by Prof. Ph. D Marco Aurélio Acosta, who also advises monitor Michele Filipetto (of group 'Tempo de Ouro'), who has begun the post graduation course this year.

The group with major number of members at the very day we did the first observation and the interview with all the elderly was the group Mexe Coração, with elderly, in 2nd was the group Reviver Hipertensão, of the Centro Social Urbano Passo da Areia (Social Urban Center Passo da Areia), with 39 elderly. The minor number of members at the visiting day was found in the groups Bem Viver and Reviver.

Many of them went back to studying after to begin to participate at the senior citizens, two from the group Reviver Hipertensão, one elderly from the group GIHEFSanta Marta, one elderly of the group Corpo Sadio, Mente Sã and of the group Espírito Jovem, two elderly from the group Despertar and from the group Ass. Cabelos de Prata, three elderly from the group Amigos Para Sempre, and four elderly from the group Mexe Coração, in a sum of 16 elderly, out of 354 elderly interviewed. 14 out of 19 groups which were visited have integrants who need to take bus to arrive to the group, mainly from the group Mexe Coração.

Besides the living group, the projects which the eldelry most visit are 'Idoso, natação e saúde' (Ederly, Swimming and Healty), wich occurs at the thermal swimming pool of UFSM, the 'Projeto Aluno Especial II', and 'Caminhando no SHOPPING' (Walking in the MALL); in a minor proportion at the groups of 'dance', 'theatre', 'working out', and 'canoeing'. 13 out of 19 groups have integrants which participate in other groups. Most of the elderly from those groups are catholic, in second the espiritual religions and in a less proportion gospel and umbanda religion. In general, the groups have didactic materials such as chairs (all groups have, except the group Alegria de Viver, so they are very used by the monitors in their activities), radios (17 groups have), air-mattresses (9 groups have), weighs (12 groups have), 'bambolets' (only 2 groups have) and 'step' of adapted size for senior citizens (just the group Sempre jovem has). Some groups also use alternative material such as ballons, rubbers, elastics, and newspapers.

In relation to the place, this is the situation which was researched in this study in Santa Maria:
- 11 groups do their activitiess in churches living rooms, some of them are given, other are rented;
- 01 group uses a comunitary living room given;
- 01 group uses a party room of a gymnasium, which is rented;
- 01 a stadium of a school;
- 01 a stadium given by the City Hall;
- 01 living room of the social urban center / lended;
- 01 living room of the CTG 'Os Nativos';
- The Association 'Cabelos de Prata' has its own living room given by the City Hall.

In relation to the male participation, we have noticed that only 5 out of 19 groups have men associated, in a total of 15 out og 354 elderly interviewed; the major male participation is in the group Reviver Hipertensão, in which we constate 7 men at the very day of the visit. This proportion follows the representativity of the demography of these samples, and suggests that this kind of studies must be stimulated, analysing where are the old men, how they spend their time, etc.

The elderly of all visited groups believe that nowadays it is much easier to get old than at their parents' age, because of many factors, such as:

1. Benefits offered by modernity, with the invention of many electronic equipaments that facilitate their lives and the emergence of the electric light;
2. The increase of the numbers of opportunities of personalized activities to that age;
3. Major liberty and personal independency to travel and to do new plans;
4. The changing of the concept of 'elderly'; and
5. Mainly the rights acquired by elderly and their and other people's consciousness, what, according to them (the subjects) facilitate a getting old with dignity and respect.

In general, the elderly keep consciousness of the importance of physical activity, both for them and for the collective getting old process, considering it with more quality, because it allows them to do their activities with more efficiency, and because of the benefits verified in different aspects related to the old age, that is to say, physical, emotional, and social.

According to the answer, those elderly know that nowadays they cannot help to practice physical activity, because that would mean returning to worse health conditions, to the discouragement, to the lack of interest and wish to have occupation, as well as return to take certain medicines left by them, returning to slowliness and difficulty of doing their tasks, and so on.

Besides the existence of those characteristics of age, the groups have fundamentally helped to build or a "re-signification" of the own 'post modern' reality, instigates a renewing of concepts, and the ephemeris of the identities is real. It means saying that the very concepts of 'old age' or 'elderly' must be constructed.

CONCLUSION:

In front of the objective of this research of understanding Santa Maria City as place - the time of construction of a new way of getting old, it is understood that we see that possibility. The presented signs in this study are added to those ones more empirical, collected every day with elderly people and projects kept by UFSM.

For the amplitude of the research, it was unfold in projects of post graduation courses, which are developed by students who have begun their contributions as they have done their training in Physical Education and today are at post

graduation course in 'Physical Activity, Motor Performance and Health'. That form of building knowledge allows a certain coherence and view in depth of the phenomenon, although the amplitude which represent studying the whole city.

Collected data point out to a strong search of building new identifications, considering, according to Elias (1994) that the present identities are in a crisis, and we notice a direction towards a new estructuration of human possibilities, in which is evidently included the act of getting old. Old stereotypes on getting old are in a crisis, 'to stay home taking care of the grandchildren', 'to knit', etc are not already easily accepted anymore by elderly, occurring support their anxieties, or according to Elias, the construction of 'new identification, which is exactly the objective of this research.

We can sum up that the existence of that program for 22 years to the old age in Santa Maria has build gradually a situation of getting old which is interpreted by the elderly as better, if compared to the situation of their parents and grandparents. More possibilities, rights, social visibility, anyway, some significative signs of a new social situation, where the protagonism is in their hands.

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Marco Aurelio Acosta - UFSM
Endereço: Rua Venâncio Aires, 2166 / 06 - Santa Maria - RS CEP 97010-004
Fone: (55) 99569492 / 30277084 e-mail: marco.acosta@bol.com.br

GETTING OLD IN THE CITY: A STUDY ON GROUPS OF PHYSICAL ACTIVITIES FOR ELDERLY PEOPLE IN SANTA MARIA/RS

ABSTRACT:

In Santa Maria City - RS, the Integrated Center of Study and Support to the Old Age works for more than 20 years with "groups of physical activities" in project which keeps elderly people in their districts and more than 65 groups, both urban and rural, from which 20 groups were selected to this research, considering criteria such as antiquity, number of participants and social visibility. This study aims to approach Santa Maria city as a place of construction of human getting old. Among the results obtained until this moment, it is highlighted the profile of the groups of the coordinators of living: they are around 55 to 72 years old, 55% of them studied only elementary school, 90% of these coordinators considered themselves catholic, and 20 % of them are already coordinators for more than 6 years. In relation to the places, the groups have adequate places, which are ample and illuminated and with facilitated entrance, being almost always in saloons of the churches. The contents taught are predominantly the gymnastic, in their different ways, besides the recreative activities and dance in a less proportion. It is possible to conclude that it is important to invest in the gerontologic education of the university students in order to promote critical readings of the processes of getting old. We could also conclude that, according to the collective reports, that old people of the groups are aware of the importance of the project, reinforcing that, since it creation, it has been gradually built a new possibility to get old in Santa Maria.

Key-words: Getting Old, Physical Activities groups, city.

VEILLANT DANS LA VILLE: UN ÉTUDE SUR LES GROUPS DES ACTIVITÉS PHYSIQUES POUR LES VEILLARDS À SANTA MARIA/RS

RÉSUMÉE:

Dans la ville de Santa Maria, le Centre Intégrée des Études et Appui à la Vieilless travaille plus de 20 ans avec des "Groupes d'activités phisiques" en un projet qui soutient des veillards dans leurs banlieus et, avec plus de 65 groupes, urbains et ruraux, des lequels il a été seleccioné 20 por cette recherche, à partir des critérium d'age, numéro de participants et visibilité social. Cette recherche a pour but comprendre la ville de Santa Maria comme un lieu de construction du vieillissement humaine. D'entre les résultats obtenus jusque ce moment-là, les plus importants sont le profil des coordenateurs des groupes de convivence: ils ont entre 55 à 72 ans. 55% ont étudié seulement l'école primaire, de ces coordenateurs, 90% se declarent catholiques et 20% sont déjà coordenateurs plus de six ans. En relation aux espaces, des groupes disposent de lieux adequats, amples et illumines et avec l'access facilité; il fonctionent Presque tous dans les saloons des églises. Des contenus travaillés sont en general la gymnastique, en ses formes diverses, d'ailleurs des activités récréactives et la dance en une proportion inférieure. On condlut qu'il y a une importance d'investir à la formation gerontologique des étudiants pour possibilités des lectures critiques des processes de vieillessement. On conclut aussi, selons les récits colletives que les veillards des groupes savent de l'importance du projet et ils affirment que dès son implantation un nouvelle possibilité des veillir à Santa Maria a été construit gradactivement.

Mots clés : Vieillissant, Groupes physiques d'activités, ville.

ENVEJECIENDO EN LA CIUDAD: UN ESTUDIO SOBRE LOS GRUPOS DE ACTIVIDADES FÍSICAS PARA IDOSOS EN SANTA MARIA/RS

RESUMEN:

En la ciudad de Santa Maria, RS, el centro integrado del estudio y de la ayuda a la vejez trabaja por más de 20 años con los "grupos de actividades físicas" en el proyecto que mantiene a los viejos en sus districtos y a más de 65 grupos, rurales e urbanos, de cuáles agrupa 20 fueron seleccionados a esta investigación, considerando criterios tales como antigüedad, número de participantes y de la visibilidad social. Este estudio busca ver la ciudad de Santa Maria como un lugar de la construcción del envejecer. Entre los resultados obtenidos hasta este momento, se destaca el perfil de los grupos de los coordinadores de vivir: son alrededor 55 a 72 años, el 55% de ellos estudiaron solamente la escuela primaria, el 90% de estos coordinadores se consideraban católico, y 20% de ellos es ya coordinadores por más de 6 años. En relatión a los lugares, los grupos tienen lugares adecuados, cuáles son amplios e iluminados y con la entrada facilitada, estando casi siempre en los salones de las iglesias. El contenido enseñado es predominante el gimnástico, de sus diversas maneras, además de las actividades y de la danza recreativas en una menor proporción. Es posible concluir que es importante invertir en la educación gerontologic de los estudiantes de la universidad para promover las lecturas críticas de los procesos de envejecer. Podríamos también concluir eso, según los informes colectivos, esa vieja gente de los grupos está enterada de la importancia del proyecto, reforzando eso, desde él creación, gradualmente se ha construido una nueva posibilidad a conseguir vieja en Santa María.

Palabras claves: Viejeza, Grupos físicos de las actividades, ciudad.

O ENVELHECER NA CIDADE: UM ESTUDO SOBRE OS GRUPOS DE ATIVIDADES FÍSICAS PARA A TERCEIRA IDADE EM SANTA MARIA-RS

RESUMO

Na cidade de Santa Maria-RS, o Núcleo Integrado de Estudos e apoio à Terceira Idade trabalha a mais de 20 anos com os "grupos de atividades físicas" em um projeto que mantém os idosos em seus bairros e, somando mais de 65 grupos, urbanos e rurais dos quais para esta pesquisa, foram selecionados 20, a partir dos critérios de antiguidade, número de participantes e visibilidade social. Esta pesquisa tem como objetivo compreender a cidade de Santa Maria como espaço de construção do envelhecimento humano. Entre os resultados obtidos até o momento, destacam-se o perfil dos coordenadores dos grupos de convivência: situam-se na faixa etária dos 55 aos 72 anos, 55% estudaram apenas nas séries iniciais, destes coordenadores 90% se declararam católicos, sendo que 20% já são coordenadores do grupo a mais de seis anos. Com relação aos espaços, os grupos dispõem de lugares adequados, amplos e iluminados e com acesso fácil, ocorrendo quase que totalmente em salões de Igrejas. Os conteúdos trabalhados são predominantemente a ginástica, em suas diversas formas, além de atividades recreativas e dança em menor proporção. Conclui-se da importância de investir na formação gerontológica dos acadêmicos para possibilitar leituras críticas dos processos de envelhecimento. Conclui-se também, de acordo com os relatos coletivos, que os idosos dos grupos sabem da importância do projeto, afirmando que desde a sua implantação, tem sido construída gradativamente, nova possibilidade para se envelhecer em Santa Maria.