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THE IMPORTANCE OF THE PRACTICE OF PHYSICAL ACTIVITY IN THE THIRD AGE

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ABSTRACT

The life expectancy of the Brazilian population has increased steadily in recent decades, leading to a greater number of elderly people. This population needs special attention as to their quality of life. The practice of physical activities, coupled with a good diet and the assistance of a good Physical Education professional, are predominant factors for the prevention of diseases caused by old age, besides stimulating and passing adequate confidence to the elderly in the practice of these activities. Thus, the present work has as a theme the study of the relationship between physical activity and quality of life in the elderly. The general objective is to verify the influence of physical activity on the quality of life of the elderly and the importance of the Physical Education professional in this process. It is necessary to emphasize that the present research fits within the method of the bibliographical research, carried out within the qualitative approaches, through books, journal articles, digital materials, referring to the period from 2000 to 2019, with the purpose of formulating new theories and present new findings on the subject, having as descriptors: physical activity, elderly; quality of life. It was possible to conclude that the practice of well-designed physical activities by the Physical Education professional, respecting the limits of each practitioner, besides promoting health, helps the elderly to face this stage of life with head up, in so far as it enables him to broaden his view on the body culture of movement, and thus enables autonomy for the development of a personal practice so that there is interaction, socialization, performance and quality of life.

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INTRODUCTION

The practice of physical activity is an important element in life for people of all ages and especially for the elderly, as it is extremely necessary in maintaining their health, flexibility and motor coordination, as well as acts in the reduction of muscular pain, debilitation and symptoms of physical illnesses that can be guarded by the person who acquires the habit of practicing physical activities (SABA, 2008). According to IBGE (Brazilian Institute of Geography and Statistics), in the last decades, the life expectancy of the Brazilian population has increased significantly, due to the country's economic growth (FREITAS, 2019). Thus, a larger portion of the population became elderly, requiring care specific to their age.

In the elderly population, the loss of mobility occurs due to the neurophysiological changes that occur in the aging process, causing difficulties to the individual, whose motor capacity is reduced, moving at a slower speed and with greater difficulty, losing much of his flexibility, diminishing reflexes and balance, as well as loss of muscle tone (TANI, 2008). In aging, there are a number of changes, but aging is not simply a physical process, but a state of mind, and the beginning of a revolutionary change is presently visible, and at this stage the practice of physical activities is fundamental to attenuate the signs of aging, so that the same happens in a pleasant way providing moments of well-being and joy (SCHWARTZ, 2004). In order for the elderly to practice physical activities it has to be something that comes from the inside out, it is interesting that the first strategy is to stimulate the elderly to see new paths within physical activities and gradually reveal their emotions and perceive their quality as life before so many

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changes (SABA, 2008). This practice is also very important to contribute positively to the sedentary lifestyle, so that the elderly are more disposed and happy to continue living with pleasure, having healthy habits, learning to have proper posture, healthy eating and it is important that have a good Physical Education professional to give stimuli and pass proper confidence in the practice of activities (MEIRELLES, 2000). This work falls within the method of bibliographic research, carried out within the qualitative approaches. The bibliographical research was based to better understand the subject through readings, records of theories and critical positions, demanding the search for new data. For the preparation of this study, articles, books, and Internet searches were consulted, referring to the period from 2000 to 2019. From the research data, it was observed how valuable is the practice of physical activities in the life of the human being, and in the case of the elderly, it is an ally for the elderly to have more quality of life, autonomy, and face this phase of living upright, like any other person, but with a greater life experience. For research was used as descriptors: Physical Activity, Elderly; Quality of life.

LITERATURE REVIEW

Quality of life of the elderly: Quality of life is the method used to measure the living conditions of a human being or is the set of conditions that contribute to the physical and spiritual well-being of individuals in society, with health, disposition and healthy habits (MEIRELLES, 2000). For Saba (2008), quality of life can be seen in different ways, how people live, feel, face the diversities and difficulties faced by society, based on health, housing, leisure, work, good living conditions, resulting from the interrelation of factors that form and discern the routine of individuals, under the points of perceptions, relationships and situations experienced. Healthy aging has become the goal of older people seeking a better quality of life even in the elderly; a factor that can provide individuals with independence from their families in routine tasks. Due to the benefits of regular and guided physical activities, it is possible to observe an increase in the interest of the elderly in low-impact activities, and which do not require materials or methods that demand beyond their possibilities (SILVA, 2017, p.31). When you talk about quality of life you already think of a complex and difficult question to understand, there are authors who explain what it can mean. According to the World Health Organization (BRASIL 2010), it affirms that quality of life is what each individual perceives and about their position in life, according to what they affirm in the cultural context and system of values with which they coexist and in relation to their goals, expectations, standards and concerns.

Quality of life is measured by individual, sociocultural and environmental parameters that demonstrate the conditions in which the human being lives and that are related at the same time the referential and an individual perception of the way in which we conduct our routine of life. Changing our habits of life can be the first step to having a long existence, with quality and autonomy (SABA, 2008 p.290). For Meirelles (2000), quality of life is a variable resulting from personal and collective development, dependent on multiple factors, that determine the capacity to produce results, be happy and healthy, so that the elderly have this quality of life besides activities it is important to have moments of conversation and many dialogues among professionals, about their daily lives,

life stories and even exercises with the voice. In this perspective the promotion of health and the quality of life are the most important goals in the life of the elderly. Aging is not simply a physical process, but a state of mind, and it is now possible to begin a revolutionary change in this state of mind, and it can already be seen that professionals from different areas with health, physical education and others, are developing research to be able to elaborate projects directed to the elderly to have a healthy aging (BRAZIL, 2010). "Old age is not synonymous with disease. The health of the elderly is the result of health that he has cultivated throughout his life" (SABA, 2008, p.291). Life may or may not be harmful to health. And it's not about depriving yourself of life, avoiding your marks. It is possible to live in a healthy way, acquiring brands that do well. Aging is a process that changes in the body, which arises in a variable and individual way. It consists of a physiological phenomenon, of social behavior, or chronological, that is, old age appears as a progression of time, from adulthood to the end of life (TANI, 2008). According to Schwartz (2004), the third age is the stage in which the elderly cohabit with the transformations of their body and it is necessary that the same one learns to deal with these changes and has a balance for this new phase, able to enjoy with health, disposition and fullness, seeking healthy habits, parallel physical activities to remain autonomous and active in the society in which it is inserted. The answers of researches by gerontologists on problems of old age that are due to lack of physical activity practices have been observed physiological and psychological modifications and with this they are limited by: reduced muscle vigor, reduced aerobic capacity, reduced anaerobic capacity and loss of postural reflexes among others (TANI, 2008). The incapacity causes changes after the moment that the old man starts to practice physical exercises, it is verified that the muscular force after the 20 years of age slowly decreases until the 50 years and after that age accelerates the decrease of this muscular force (GALLAHUE, OZMUN, GOODWAY, 2013).

Motor Development in elderly: Humans have the ability to interact with the environment through movements, so they change because of their own characteristics and where they live. Motor control is related to the way in which the movements are produced, mainly, in the interaction between the Nervous System and the coordination of muscles and joints. Tani (2008, p. 182) cites that.

Learning a new motor skill at more advanced ages is generally viewed as a possibility not only of academic but also of common sense; however, often the stereotype of old age, which is formed of preconceived ideas and fueled by the lack of real knowledge on the subject, leads to an underestimation of the capacity for change by the elderly themselves and also by society. Motor development is the transformations in skillful actions, in patterns of movement, that happen throughout life (CONNOLLY, 2000).

In this sense Connolly (2000, p.7), differentiates movements and actions: Motion corresponds to spatial changes in real time; it involves energy and its expenditure, control, and force production. Actions are different. Action is a behavior directed towards a goal, is specific and has a purpose, for example, put a sock, throw a ball, get a cup. All are actions we do routinely. Skill refers to a practiced ability that the expert presents in performing a series of tasks. It performs them safely and steadily, with a high probability of success.

During aging, various changes occur in the peripheral factors and central factors of the organism. Peripheral factors are particularly important for motor control, since they include features related to the sensory, visual and proprioceptive systems. The visual system, during aging, increases the slowness in the transmission of information received from the optic nerve environment (TANI, 2008). It is difficult for the elderly to clearly visual perception of the environment, especially in relation to depth and light and dark adaptations, which negatively influence the motor performance of the elderly in manual tasks and balance. According to Gallahue, Ozmun and Goodway (2013), during aging, there is also a change in how older people process information. Older people, unlike young people who process a greater amount of information in parallel, seem to process the information serially. In this context, Silva (2017) emphasizes the importance of practicing physical activities to balance information and increase self-esteem. Physical activity helps the elderly by giving them more aptitude for developing their simple functional abilities to the more complex ones, when they perceive that they are capable, they also grow in confidence and dynamism, increasing their high esteem, giving a progressive answer to the daily tasks, besides delaying the functional losses that we naturally acquire over the years, physical activity helps in the construction of a healthy being and even in a sedentary society. However, lifestyle contributes significantly to the aggravation of some chronic degenerative diseases that influence and affect the balance of the elderly (SILVA, 2017, p.17). In a study conducted by Teixeira (2006), the performance results of several age groups, from young adults to the elderly, were compared in eight motor tasks requiring different sensorimotor functions. For the study, 64 physically active individuals, university students of Physical Education or regular participants of motor activities programs, of both genders, between the ages of 19 and 73 were invited. All tests involved specific skills and were performed in a single order. The tests were divided into two sessions, performed on different days, with an average duration of 35 minutes each. In the first session, touch tests were performed between the fingers, time to complete drawings, maximum grip strength and grip strength control. In the second session, tests of simple visual reaction time, time of movement, synchronization and repeated touches with vertical rod were performed. The analysis of the results presented significant differences for reaction reaction time, maximum force, synchronization, finger touches, finger touches and difference close to significance for drawings. The only ability in which no significant age effect was found was strength control (TEIXEIRA, 2006). According to Bernard et al. (2008), although cognitive abilities are of great importance in maintaining autonomy in the elderly, they are more concerned with issues related to motor and motor independence, since they may lose the ability to perform daily motor tasks.

The elderly, the professional of physical education and the contact with the physical activity: Physical activity in the third age is an important factor and creates a relaxed atmosphere, increases muscle tone thus providing great disposition in the day to day that end up seeking these benefits: improved breathing, physical well-being, a means of healing against depression, better endurance, confidence, strengthening of the muscles, increase ability and ability (MEIRELLES, 2000). According to Meirelles (2000) and Lorda (2004), physical activity is considered to be some bodily movement made by the skeletal muscles that will produce a greater

energy expenditure than when the human body is resting and to achieve results one must practice daily and arose several benefits such as: improvement of physical, mental health, strength gain, increased flexibility, control of body weight, well-being and mood of the person and others.

According to Marquez Filho (2003 p.58): There are innumerable benefits that physical activity can have on the life of an elderly person, but the fundamental ones are physical and emotional. In the physical, it improves the capacity of locomotion, the balance, the bone density, the elasticity, it strengthens the musculature and etc. already in the emotional, reduces the depression, it increases the self-esteem, gives greater desire of social conviviality and greater self-confidence. The most convenient exercises for health are aerobics such as walking, pedaling, swimming and water aerobics. The choice for your practice depends on the physical and health conditions of each elderly person. However, in this context, the Physical Education professional has an important role to help, stimulate, analyze and investigate which strategy to use and how to improve the performance of physical activity practice, as it allows the elderly to broaden their vision of culture of movement, and thus enables autonomy for the development of a personal practice so that there is interaction, socialization, performance and quality of life (SABA, 2008).

On the other hand, physical inactivity has an increasing number mainly in the elderly (MAZO et al., 2005) and when any intercurrent illness comes, it ends up wanting to surrender and with that lowers its self-esteem. The elderly, when they get older, have several situations, such as: weakness, low functional capacity, fatigue, osteoporosis, reduction of routine activities and even depression, with the practice of adequate physical training, an immediate improvement of physical, mental, strength, flexibility, control of body weight, well-being and the person's mood and among others (SCHWARTZ, 2004). For Tani (2008), it is ideal that the elderly initiate the process of physical activities with a lower intensity, in an easy way and that has a short duration, since it does not have sufficient physical conditioning and can present limitations in his body. And the most suitable physical activities for them are aerobics and it is important for the elderly to practice them only when they feel well-being, well fed, eating carbohydrate foods, wearing appropriate clothes and respecting their limits, with each pain or discomfort is necessary to stop the activities. Physical activity interferes positively in the physical and mental health of individuals, being of great importance in all phases of life, from child to old age. When performed on a regular basis, it is one of the fundamental bases for maintaining health, together with a balanced diet and a balanced emotional state (VIANA; ANTONIASSI JUNIOR, 2017, p.92). Therefore, to do balanced activities in a systematic way, give better result than intense activities during a short time, that is, the increase of exercises should occur gradually, based on the individual lifestyle, avoiding intense fatigue and pain, gradually developing resistance and physical training. The exercises should be attractive, diversified in order to promote a social approach with the activity developed, preferably collectively, but respecting the individuality of each one, without inciting the competitiveness, which can increase the risk factors (MEIRELLES, 2000). Parallel to the practice of Physical Education, another predominant factor in the well-being of the elderly is a balanced diet with at least three servings of vegetables as part of meals and four servings or more of fruit in desserts and snacks. Determine the intake of at least two to three liters of liquid per day, which may be water,

coconut water, tea, and fruit juices. The low consumption of fluid by the elderly leads very easily to dehydration (MEIRELLES, 2000). According to Meurer (2009), the fact of stimulating the elderly population to practice physical activities will bring about the improvement of physical fitness that will be related to their own health. Their contact with physical activity will always modify their way of thinking and acting, so highlighting the best goals are they improve various social and mental aspects plus one can not help but say that it helps in blood circulation, fat loss, reduction anxiety, self-esteem, and cardiorespiratory fitness. In the last decades the physical activity has become popularized enough to clarify several benefits in the well-being of all that practice it. The well-informed teacher will balance the activities so that, at the same time, they arouse joy and interest, which contain educational qualities so that, at the end of the action, the student has acquired experience and skills, awareness and valorization of the victory in the difficulties encountered (FERREIRA, 2010 p.20). For Schwartz (2004), it is interesting that the first strategy is to stimulate the elderly to see new paths within physical activities and gradually reveal their emotions, in this way a commitment and perceive how their quality of life will be in the face of so many changes, that it is clear that it is something continuous with a long way, in family, loving, social and environmental life and of the very existence with the body. The act of practicing physical activities fights the sedentarism, collaborates significantly for the maintenance of the physical capacities of the elderly. This does not mean that the aging process is interrupted, however it reduces the damages due to age, in order to maintain the elderly's abilities longer, giving them autonomy, directly interfering with their quality of life (VIANA; ANTONIASSI JUNIOR, 2017, pp. 92). Therefore, the practice of physical activities in the elderly or better at all ages is the greatest ally in prevention and even in the treatment of diseases such as: high blood pressure, diabetes, cholesterol, helps blood circulation, avoid cardiovascular diseases, strengthens the system immune, among many other benefits. And it is up to the Physical Education professional to be a mediator in the construction of knowledge through the activities developed, helping in an efficient way, meeting the interests and needs of the elderly, because what matters most is the way in which he will use physical exercises to contribute to the quality of life.

Conclusion

In the course of this work, the importance of physical activity during the life of the individual for their development and well-being was perceived. However, in elderly individuals, given the motor decay characteristics of the age, the physical activity assumes great importance, being essential to its quality of life. Physical activity contributes to guarantee the mobility of the elderly, to maintain a good level of reflex, to cardiovascular and pulmonary health, besides being important in maintaining a good mental state. Older people who practice physical activities have a higher quality of life and a lower incidence of motor problems, stroke and less risk of myocardial infarction. The ability to maintain a good level of mobility and reflexes directly interferes with the individual's independence, which can, on a daily basis, move around with the need for companions or walking aids, such as walking sticks and walking shoes, interfering directly on their self-esteem, quality of life and mental health. Therefore, the Physical Education professional must observe the movements so that the elderly can reach new horizons, go beyond the goal

of encouraging physical performance, and encourage them to begin to appreciate the activities developed, and make the habit of practicing these activities a permanent custom in their lives, these practices are essential to health and quality of life for an old age with the disposition and joy of living.

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