103 - THE PERCEPTION OF WOMEN PRACTICING WATER AEROBICS REGARDING CHANGES CAUSED BY THE AGING PROCESS

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INITIAL CONSIDERATIONS
This paper presents a focus on the perception of female practitioners of water aerobics towards adulthood and the process of human aging.

Aging becomes a continuous process, from early life, being different in every human being and contrary to what many think, the process of aging is not connected to death, but the regression function and increased vulnerability (VERDERI, 2004).

JeckelNetoand Cunha (2006) consider aging in two phases. Senescence, first phase, describes the changes that occur in an organism, they directly affect their vitality and functions by increasing the mortality rate because of time. The second phase, the authors define as senility, the final stage of senescence, when the risk of death approaches.

Aging is a process that reaches some aspects of human being that can be characterized in three concepts: the biological, psychological and social ages according to Neri (2001) that specifies each process.

The biological age is related to aging of the organism, which when aging, undergoes changes that decrease the life expectancy of the individual.

The psychological age is perceived in changes of the learning and perception capacities, it is directly related to the biological, how the individual is perceived as physically, accepts himself in relation to aging.

As humans age, the body and organism undergo changes. However, an active lifestyle and good nutrition has a strong influence on quality of life, mainly in adulthood or old age.

The social age discusses about human behavior and performance of roles in society, and may be changed by social, physical, financial, intellectual conditions, and especially the autonomy of the human being.

Aging is also associated with the individual's relationship with his body.

The body is our true way to convey the meanings of the experiences of each one and the reflection and interaction with the world, as the body is the essence of life (OKUMA, 2009).

Moreira (2012) emphasizes the importance of structured bodily activity and not just automatic movements that do not help as experience for the body. Considering that physical education is critical in operations, with the population in order to explore the body possibilities offered by the world.

From this perspective, water is essential for life because, since ancient times it was used not only for drinking and hygiene, as well as curative and recreational purposes and currently it does not become different.

With the practice of physical exercise on the aquatic environment, we face the physical properties that water has. Aboarrage (2008, p. 35) says that “the properties that determine the types of benefits provided by the liquid medium”. These include the relative density fluctuation, the hydrostatic pressure, and resistance, among others.

To understand the principles and properties of water, in the completion of water activities is necessary to extract the maximum benefits of the exercises safely, effectively in a pleasurable way (NASSAR, 2004).

The same author says that the quality of life interferes with the harmonious relationship of the human being with himself, which are influenced by the way we live. Therefore, we emphasize the need to maintain the aspects that promote it, since young people in order to face the process of aging in a healthy way.

The process of aging is surrounded by complexities; however, analyze the perception of women who practice water aerobics in relation to adult stage and the aging process are the focus of the data presented below. Aiming to understand how our audience, women who practice water aerobics, face this transition from adulthood to aging and as a consequence, better understand this phase of life.

METHODOLOGY
The research site was the Universidade Federal do Pará, in the Campus of Castanhal city, more specifically on an extension Program named Núcleo Pedagógico de Atividades Aquáticas (NUPEAA).

The research instrument used a structured interview, which according to Marconi and Lakatos (2009, p. 278) "is an oral conversation between two people [...] aimed at obtaining information of the interviewed people". It is a way to widely explore the issue.

The interview was conducted in accordance with the availability of the subjects, so that they were free to answer the following question: How do you feel about the changes for the aging process?

11 female subjects participated in the study, aged between 30 and 60 years old, practitioners of water aerobics. We chose to perform the study with only women, due to be the biggest audience in the classroom.

The participants were invited to sign the Instrument of Consent Form (ICF) after presenting the objectives of the study. Based on these instruments and on the discourses of the interviewed subjects, perceptions were analyzed by the technique of content analysis, which aims to work on understanding and interpretation of the opinion of the research subjects, which after been analyzed, the perception of practitioners were identified (MOREIRA ET AL., 2005).

RESULTS AND DISCUSSION
After several readings from the speeches, we present five categories related to the question: How do you feel about the changes for the aging process?

Of the interviewees, 8 consider the bodily changes due to aging as a natural process of body change. We note that an acceptance of the subjects as the bodily changes caused by aging.

Look at the speech of subject 1: "I feel... normal as on my activity today is the same as when I was younger because I get dressed, go out... changes in my body have to change, don't they?"

We realize that even not being young; we can enjoy the good things life has to offer us, with no worries about changes.
caused in the aging process.

According to Bauer (2006), society needs to deconstruct the association of aging to diseases; the benefits or harms affecting during this phase of life are the result of wear of the body for years lived.

Sousa (2013), aiming to understand the perception of the elderly on the aging process and the changes that have occurred, conducted a survey of 22 seniors and their findings also corroborate to our research, since some subjects also face the aging process and changes caused by aging naturally.

The subject 11 says, "I'm trying to face aging with more... let's just say, courage and self esteem to grow old, because today I see that this is not rocket science, it's a good thing and we just need to know how to grow old."

According to the speech above, in this category, we believe that the understanding of aging naturally is related to involvement with yourself and the quality of life, decreasing the number of diseases.

From the categories indicated, 5 subjects noticed they feel changes in biological aging as the main result of aging.

Anthony and Rauchbach (2005) conducted a study with 23 people over fifty, highlight the same issue of this study because they found in their results elderly people think biological aging as the main factor resulting from aging.

We noticed in the subject 5 speech when he says: "[...]
I feel a bit like half soft", which is notorious the perception of individuals regarding biological changes, such as those that stand out most in the aging process.

Therefore we emphasize that this is an aspect that varies with the living habits adopted, so changes may have greater or lesser impact on the life, depending on environmental, social and genetic influences to which we are subjected.

We conclude from this study that the well-being of the participating subjects relates an active lifestyle with physical exercise, working to improve the quality of life which improves self-esteem.

FINAL CONSIDERATIONS

We conclude from this study that the well-being of the participating subjects relates an active lifestyle with physical exercise, particularly in the water aerobics.

We understand that even old, there is a possibility to enjoy the good things that life can offer human beings.
FIEP BULLETIN

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THE PERCEPTION OF WOMEN PRACTICING WATER AEROBICS REGARDING CHANGES CAUSED BY THE AGING PROCESS.

ABSTRACT

This study presents the perception that women who practice aerobics have in relation to the changes caused by the aging process. We used a sample of 11 women aged between 30 and 60 years old because they are in transition from adulthood to aging, we applied an interview with some questions and noted the major changes that lead people to perceive aging. In the results, major changes in individuals that lead them to perceive aging were identified; among them we noticed that most understand that aging is a natural process of body change.

KEYWORDS: Perception, water, Aging.

LA PERCEPTION DES FEMMES PENDANT QUE PRATIQUANTES DE THÉRAPIE AQUATIQUE PAR RAPPORT AUX CHANGEMENTS CAUSÉS PAR LE PROCESSUS DE VIEILLISSEMENT

RÉSUMÉ

L'étude présente la perception que les femmes, pratiquantes de la thérapie aquatique, ont par rapport aux changements causés par le processus de vieillissement. Nous avons utilisé une preuve composée par 11 femmes avec l'âge entre 30 et 60 ans, une fois qu'elles se trouvent sur la période de transition de la phase adulte jusqu'au vieillissement, des interviews avec quelques questions ont été appliquées et nous avons remarqué les principaux changements qui conduisent les sujets de sapercevoir sur le vieillissement. Sur les résultats ont été identifiés les principaux changements sur les sujets, ce que les conduisent à bien comprendre la période du vieillissement, d'entre eux, nous avons observé que la majorité comprend que ce vieillissement est un processus de changement naturel du corps.

MOTS–CLÉS: Perception, thérapie aquatique, vieillissement.

LA PERCEPCIÓN DE MUJERES PRACTICANTES DE HIDROGIMNÁSTICA EN RELACIÓN A LOS CAMBIOS CAUSADOS POR EL PROCESO DE ENVEJECIMIENTO

RESÚMEN

Esta investigación presenta la percepción que mujeres practicantes de hidroginástica poseen en relación a los cambios causados por el proceso de envejecimiento. Fue utilizada una muestra compuesta por 11 (once) mujeres entre 30 (treinta) y 60 (sesenta) años, pues se encuentran en transición de la fase adulta para el envejecimiento. Aplicamos una entrevista con algunas cuestiones y observamos los principales cambios que llevan los tipos a percibir el envejecimiento. En los resultados fueron identificados las principales modificaciones que llevan los tipos a percibir el envejecimiento, entre ellas percibimos que la mayoría comprende que el envejecimiento es un proceso de cambio natural del cuerpo.

PALABRAS CLAVE: Percepción, Hidroginástica y Envejecimiento.

429
A PERCEPÇÃO DE MULHERES PRATICANTES DE HIDROGINÁSTICA EM RELAÇÃO ÁS MUDANÇAS CAUSADAS PELO PROCESSO DE ENVELHECIMENTO.

RESUMO
Este estudo apresenta a sensação que as mulheres praticantes de hidroginástica têm em relação às mudanças causadas pelo processo de envelhecimento. Utilizamos uma amostra composta por 11 mulheres em fase de transição da idade adulta ao envelhecimento, onde foi aplicada a entrevista e através desta observamos as principais mudanças que levam os sujeitos a notarem o envelhecimento. Nos resultados foram identificadas as principais alterações nos sujeitos que os levam a perceber o envelhecimento.

PALAVRAS-CHAVE: Percepção, Hidroginástica e Envelhecimento.