

## EVALUATION OF THE LEVEL OF SATISFACTION OF THE ELDERLY REGARDING THE PRACTICE OF PHYSICAL EXERCISES

Fagner Gonçalves<sup>1</sup>  
João Rodolfo Silva Zaneti<sup>2</sup>  
Guilherme Augusto Moreira Silva<sup>3</sup>  
Iporé José dos Santos Filho<sup>4</sup>  
Bruna Almeida Pires Franco de Oliveira<sup>5</sup>  
Estela Urzêda Vitória<sup>6</sup>  
Larissa Rebeca Luz Xavier<sup>7</sup>  
Mariana Gontijo de Souza<sup>8</sup>  
Matheus André Ribeiro da Costa<sup>9</sup>  
Tamiris Mendes de Faria Sudré<sup>10</sup>  
Rodrigo Franco de Oliveira<sup>11</sup>

### ABSTRACT

According to the Brazilian Institute of Geography and Statistics (IBGE), in 2019 there were more than 32 million elderly Brazilians. With the growing increase in the elderly population and life expectancy, there is a great concern in maintaining independence. This independence largely depends on maintaining physical fitness, which is necessary for performing daily life activities. According to Pillat et al. (2019), physical exercises have an impact on the physical, mental, and social health of the elderly, serving as a source of increased quality of life and a reduction or regression of the process of worsening frailty. The objective of this study was to analyze the level of satisfaction of elderly individuals who practice physical exercises. This is an exploratory descriptive study, of a cross-sectional nature, where the sample consisted of 27 elderly individuals (9 male and 18 female), aged between 60 and 81 years. For data collection, a questionnaire on sociodemographic information and a Life Satisfaction Scale were used. Regarding the domains of current satisfaction with overall life among elderly individuals who engage in physical activity, we observed a predominance of the "very satisfied" item in relation to the domains of Physical Health, Mental Health, and Social Engagement, while in the Physical Capacity domain, there was a predominance of the "extremely satisfied" item. In this way, regarding the data obtained, we can infer that physical activity exerts a strong influence on the feelings of improvement in physical and mental health, as well as the increase in social interaction.

**Keywords:** elderly; physical exercise; satisfaction; aging.

<sup>1</sup> Graduated in Physical Education, Pitágoras Unopar Anhanguera University, fagner.goncalves@uol.com.br

<sup>2</sup> Graduated in Physical Education, Pitágoras Unopar Anhanguera University, zanetiarapongas@uol.com.br

<sup>3</sup> Master's student in Human Movement and Rehabilitation, Evangelical University of Goiás, guilherme.ams@hotmail.com

<sup>4</sup> Master's in Human Movement and Rehabilitation, Evangelical University of Goiás, iporefilho@gmail.com

<sup>5</sup> Graduated in Medicine, University of Rio Verde – UniRV, bruna.apfranco@gmail.com

<sup>6</sup> Student of the Physiotherapy course, Evangelical University of Goiás, estelaurzedavitoria@hotmail.com

<sup>7</sup> Medical student, Evangelical University of Goiás, larissa.xavier@student.unievangelica.edu.br

<sup>8</sup> Student of the Physiotherapy course, Evangelical University of Goiás, marianagontijo1997@gmail.com

<sup>9</sup> Student of the Physiotherapy course, Evangelical University of Goiás, matheus1401ribeiro@gmail.com

<sup>10</sup> Student of the Physiotherapy course, Evangelical University of Goiás, tamyresmendesf@hotmail.com

<sup>11</sup> Doctor, Evangelical University of Goiás, rodrigofranco65@gmail.com

## **INTRODUCTION**

According to Alexandrino et al. (2019), population aging constitutes a global phenomenon, which requires interventions that adapt the social dynamics to this age group. This population segment shows the highest growth rate.

According to the Brazilian Institute of Geography and Statistics (IBGE), in 2019 there were more than 32 million elderly Brazilians. Such a scenario is related to the decrease in mortality and fertility.

With the increasing rise in the elderly population and life expectancy, there is a growing concern about maintaining independence. This independence largely comes from maintaining physical fitness, which is necessary for carrying out daily life activities.

Physical activity (PA) and exercise are effective in promoting healthy aging and treating common geriatric syndromes, such as sarcopenia and frailty. Physical activity (PA) is any bodily movement that expends energy, while exercise is a structured and repetitive form of PA aimed at improving physical fitness (MEREDITH, SJ., et al, 2023).

According to Pillat et al. (2019), physical exercises have an impact on the physical, mental, and social health of the elderly, serving as a source of increased quality of life and a decrease or regression in the process of worsening frailty. In addition to the well-being resulting from increased balance and strength, independence also constitutes one of the most important benefits for the elderly. Therefore, the objective of this study is to analyze the level of satisfaction of elderly individuals who practice physical exercises.

## **METHODOLOGY**

This is an exploratory descriptive study of a cross-sectional nature. The inclusion criteria were: 1) being 60 years old or older; 2) both sexes; 3) having practiced physical exercise for 6 months or more; 4) being available to participate; 5) wanting to participate in the research. Thus, the sample was composed of 27 elderly individuals (9 males and 18 females), aged 60 to 81 years; 6) Having signed the Free and Informed Consent Form (FICF).

A questionnaire was used to gather sociodemographic information: information about age, gender, marital status, education, profession, occupation, whether retired or not, degenerative pathologies, and physical activity practice. A Life Satisfaction Scale (Neri, 1998; Freire, 2001; Nogueira, 2001; Neri, 2002; Leão Júnior, 2003) was also used: it assesses subjective well-being, indicated by satisfaction referenced to three domains - health and physical capacity; health and mental capacity; and social involvement, of the subject and themselves compared to people of their age. The evaluation is done on a five-point scale ("very little satisfied" to "extremely satisfied").

Initially, a first contact was made with the participants of the Vila Nova Neighborhood Community Center and the Romeu Milani Health Post in the Central Area, city of Apucarana PR, to clarify the purposes of the research, as well as to invite the elderly to participate, explain the voluntary nature of participation, and guarantee the confidentiality of individual data. Dates and times were soon scheduled for signing the Informed Consent Form (ICF) and for data collection.

The application of the questionnaires was done individually, in a single interview session. The data were initially analyzed using descriptive statistics.

## **RESULTS**

Of the 27 elderly individuals, 9 (33.3%) were male, and 18 (67.7%) were female. Of these, 66.6% were aged 60-69 years, 51.9% were married, 19 had an incomplete elementary education corresponding to 60.4%, 20 (74.1%) were retired, 19 (70.4%) elderly individuals had chronic diseases, and all practiced physical activity at least twice a week for at least one year.

In Table 1, the level of life satisfaction of the subjects is observed according to each aspect studied. With this, we can determine that the majority of aspects characterize a higher percentage of subjects as "very satisfied," and regarding the aspect of physical capacity, it presents the index "extremely satisfied."

**Table 1:** Descriptive analysis related to the domains of current life satisfaction of elderly individuals who engage in physical exercise.

Satisfaction Level (%)					
	1	2	3	4	5
Physical health	0	0	22,2	51,9	25,8
Physical capacity	0	3,7	7,4	40,8	48,1
Mental health	0	3,7	29,6	59,2	7,4
Social involvement	0	0	11,1	51,9	37,0

**Source:** table produced by the authors.

## CONCLUSION

According to the results of the present study, it is evident that the practice of physical exercises, in addition to directly contributing to the control of chronic-degenerative diseases, promotes an improvement in life satisfaction levels related to the practice of physical exercises, providing greater socialization, improved self-esteem for the elderly, and a longer life expectancy (longevity).

## BIBLIOGRAPHIC REFERENCES

- BORGES, L. J.; PELEGRINI, A.; SILVA, J. M. F. L.; COSTA, G. A. Satisfação com a vida de idosos praticantes de atividade física em projetos sociais de Uberlândia. Revista digital – Buenos Aires, 2008.
- BRASIL. Instituto Brasileiro de Geografia e Estatística. Brasil: uma visão geográfica e ambiental no início do século XXI. Rio de Janeiro: IBGE; 2016
- BRASIL. Instituto Brasileiro de Geografia e Estatística. IBGE divulga as estimativas da população dos municípios para 2019 [Internet]. Rio de Janeiro: IBGE; 2019
- FREIRE RMH.; CARNEIRO JUNIOR N. Scientific production on housing for autonomous elderly persons: an integrative literature review. Rev Bras Geriatr Gerontol [Internet]. 2017
- FREIRE, S. A. Bem-Estar Subjetivo e Metas de Vida: comparação entre três grupos etários. Tese. (Doutorado em Educação) - Faculdade de Educação, UNICAMP, Campinas-SP, 2001.
- LEÃO JÚNIOR, R. Participação em hidroginástica, crenças de auto-eficácia e satisfação com a vida em mulheres de 50 a 70 anos. Dissertação. (Mestrado em Gerontologia) - Faculdade de Educação, UNICAMP, Campinas-SP, 2003.

MIRANDA GMD.; MENDES ACG.; SILVA ALA. Population aging in Brazil: current and future social challenges and consequences. Rev Bras Geriatr Gerontol [Internet]. 2016

MOURA MMD, VERAS RP. Acompanhamento do envelhecimento humano em centro de convivência. Physis [Internet]. 2017

NÉRI, A. L; CACHIONI, M; RESENDE, M. C. Atitudes em relação a velhice. Tratado de geriatria e gerontologia. Guanabara – RJ, 2002.

NERI, A. L. Escala para Avaliação de satisfação na vida referenciada a domínios. Universidade Estadual de Campinas, (texto de circulação interna - pós-graduação em Gerontologia), 1998.

NOGUEIRA, E. J. Rede de relações sociais: um estudo transversal com homens e mulheres pertencentes a três grupos etários. Tese (Doutorado em Educação)- Faculdade de Educação, UNICAMP, Campinas, SP, 2001.

PILLATT, A. P.; NIELSSON, J.; SCHNEIDER, R. H. Efeitos do exercício físico em idosos fragilizados: uma revisão sistemática. Fisioterapia e Pesquisa. v. 26, n. 2, p. 210–217, jun. 2019.