



RESEARCH ARTICLE

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MOTIVATIONAL FACTORS THAT LEAD TO PRACTICE THE WEIGHT IN THE ELDERLY: A CASE STUDY IN ACADEMIES

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ARTICLE INFO

Article History:

Received 18th September, 2019

Received in revised form

10th October, 2019

Accepted 29th November, 2019

Published online 30th December, 2019

Key Words:

Elderly. Bodybuilding. Cheers.

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ABSTRACT

This paper has as main objective analyze the motivational factors that influence the strength of practice in the elderly. And as specific objectives: identify the socioeconomic and clinical characteristics of the elderly; identify aspects that may influence the elderly in adhering and maintaining an active and healthy lifestyle; to verify the order of importance of the motivational factors for physical activity practice according to the study participants. This is a descriptive, exploratory study of quantitative approach conducted with a sample of 30 (thirty) elderly bodybuilding practitioners in gyms in the city of Vitória da Conquista / BA. The Motivation Questionnaire for the Systematized Physical Activity Practice was applied. The main motivation for the practice of bodybuilding in the elderly of the city of Vitória da Conquista / BA was the health dimension, while the least motivating dimension for this practice was the competitiveness. There was no significant difference between the motivations of older men and women, the health dimension being the most motivating and the aesthetic dimension being the least motivating. However, there are few studies that assess the motivation to practice bodybuilding specifically for the elderly, most speak of physical exercise generically, so it is suggested that other studies be conducted with elderly people from different regions and specifically observing the motivation to exercise. bodybuilding practice.

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Citation: Marla Vieira Nascimento, Victória Silva Midlej Ribeiro, Carlos Alberto de Oliveira Borges et al., 2019. "Motivational factors that lead to practice the weight in the elderly: a case study in academies", *International Journal of Development Research*, 09, (12), 32278-32280.

INTRODUCTION

Human aging is inherent in its very nature. Regardless of his social status, man from the moment he is born begins an irreversible process of aging, a countdown to the end of a life cycle that, depending on how this man interacts with his environment, can be lived with more or less health and quality of life (MATSUDO, 2012). Much is said today about gyms, exercise, strength training, defined and healthy bodies. However, this relationship is made directly with young people and adults, not including in this relationship older people. However, it is not only young people and athletes who are able to use their training and strength equipment, and indeed many people say they believe it (Leite, et al., 2012).

In this context, muscle activities have shown that it can indeed transform with comfort and safety the daily life of this population that grows increasingly and in the future will be the largest in our country (MEIRELLES, 2010). Research shows that older people can and should do bodybuilding exercises, because in addition to improving fitness, avoids other types of suffering such as falls, dizziness and other diseases that will help in a considered way to a healthy lifestyle. In physical exercise, bodybuilding in the elderly is a modality that has been a myth discussed in gyms, for bringing better possibilities and providing greater independence and more dynamic and firm movements (MACHADO, 2013). Many studies, such as Lima-Costa and Veras (2013), have been dedicated to proving that one of the most beneficial physical activities for the

elderly is the practice of bodybuilding, because the gain of muscle strength and mass increase are also observed. Therefore, blood pressure and biochemical risk markers are also observed. According to the ideas of Codonato *et al.* (2017), increased strength, bone mass and prevention of diseases such as osteoporosis. These are good reasons for the elderly to practice bodybuilding activities. It is very important for seniors to show that we need to change this idea that aging necessarily makes people limited in their movements and dependent on others even to do simpler tasks (FRANK, *et al.*, 2012). In the long run, activities and exercises that require weightlifting play a fundamental role, increasing the basal metabolic rate of the human organism (PEREIRA, *et al.*, 2014). For Silveira Junior (2013) bodybuilding is of great importance for the prevention of some pathologies, besides that bodybuilding is closely linked with the improvement in people's quality of life. Thus, based on the ideas of the aforementioned author, it is observed that there is increasing scientific evidence pointing to the beneficial effect of an active lifestyle in maintaining functional capacity and physical autonomy during the aging process. This article proposes to answer the following problem question: what are the motivational factors that influence the practice of bodybuilding in the elderly? In this sense, the objective was to evaluate the motivational factors that influence the practice of bodybuilding in the elderly in the city of Vitória da Conquista / BA. The choice of this work came from realizing that the population of the Conquest over the decades has been aging, and most of the elderly when they reach this age settle down only to the use of television, harming their quality of life and thus forming a range of harms to your health, changing your leisure, your psychological and even eating habits. Many even exclude their integration with society and family, thus making them lonely. Therefore, it is necessary to identify what are the reasons that lead the elderly to practice bodybuilding.

METHODS

This is an exploratory, descriptive and analytical research, with cross-sectional design. The research is characterized as the type as descriptive and exploratory. Descriptive, as it aims to describe the characteristics of a given population or event. According to Gil (2012), descriptive research aims to describe the characteristics of a population, phenomenon or an experience. Exploratory because it tries to provide more familiarity to the problem, since one does not have the precision with the researched area. According to Gil (2012), exploratory research is significant in any situation in which the researcher does not have sufficient understanding to proceed with the research project. In Gil's ideas (2012, p. 36), "A cross-sectional study is one in which exposure to the factor or cause is present at the same moment or time interval analyzed". Already in analytical research, there is the formulation of new results and hypotheses from the descriptive studies exposed. In the development of this work, the questionnaire with closed questions was used. In this case, research is quantitative, that is, everything can be quantifiable; which means translating opinions and information into numbers to classify and analyze them. (MARCONI; LAKATOS, 2012). This study was conducted in gyms in the city of Vitória da Conquista / BA. The research was developed with 30 (thirty) elderly people configured in a non-probabilistic convenience sample. In this type of sample, the researcher does not address the representative part of the population, as he is more interested in the opinion and intention of certain elements of the

population, and the function, position held by the respondents (GIL, 2012). Excluded elderly who have moderate or severe heart disease, severe arthritis or osteoarthritis in the spine, neurodegenerative diseases and amputation of limbs or other diseases that may affect the outcome of the surveyed. To achieve the objectives proposed throughout the work, a questionnaire proposed by Meneguzzi and Voser (2011) called "Motivation Questionnaire for the Practice of Systematized Physical Activity" was applied, which has five motivational factors in its structure: (1) Conditioning Physical / Performance Improvement; (2) aesthetics; (3) Health / Physical Rehabilitation / Disease Prevention / Quality of Life; (4) Social Integration; (5) Anxiety Reduction, Stress (Psychological Issues) plus the possibility of a sixth factor entitled "Other." Using five-point Likert items, the individual responds with the following ratings: 1 (NI = Nothing Important); 2 (PI = Not Important); 3 (I = Important); 4 (MI = Very Important); and 5 (EI = Extremely Important). After the study sample was selected, as well as the research instrument, data collection began in September and October 2019 at the aforementioned location, scheduled and agreed with the institution in charge. The study was conducted in accordance with the ethical precepts of Resolution 466/2012 of the National Health Council on research involving human subjects, in accordance with the Ethics and Research Committee of the Faculty of Technology and Sciences - FTC. All respondents received and signed an informed consent form. Finally, the data was analyzed in Microsoft Excel software, using the following descriptive statistics (mean, standard deviation and confidence interval level of significance set for all analyzes is $p < 0.05$).

RESULTS

Sample the present study consisted of 30 (thirty) elderly men and women, most of them male (56.66%), married (40%), completed high school (43.33%), and family income. from 2 to 04 minimum wages (56.66%), and most of these carriers of chronic diseases such as hypertension (56.66%), as can be seen in table 01 below:

Table 1. Socioeconomic characteristics and clinics of the elderly in the study

Categorical variables	n	%
Sex		
Male	17	56.66%
Female	13	43.33%
Marital status		
Married	12	40%
Single	03	10%
Divorced	05	16.66%
Widowed	03	10%
Stable union	01	23.33%
School		
Complete Elementary	08	26.66%
Complete High	13	43.33%
Superior complete	07	23.33%
Other	02	06.66%
Monthly family income		
Up to 01 minimum wage	01	03.33%
From 02 to 04 minimum wages	17	56.66%
From 04 to 06 minimum wages	10	33.33%
Above 06 minimum wages	02	06.66%
Associated diseases		
Dyslipidemia	03	10%
Diabetes	09	30%
Hypertension	17	56.66%
Other	01	03.33%

Source: Own preparation, 2019.

Table 02 below shows the average values, standard deviation of the scores according to the motivational dimensions for the practice of bodybuilding by the study elderly

Table 2. Motivational dimensions for the practice of bodybuilding by the study elderly

DOMAINS	Mean	Standard Deviation
Health	40.1	3.06
Competitiveness	8.1	2.97
Aesthetics	33.47	4.99
Sociability	31.00	9.72
Stress Control	33.59	5.13
Pleasure	31.01	3.77

Source : Own elaboration, 2019.

From the data analysis evidenced in the table above, it is observed that the dimension that most motivates the elderly for the practice of the bodybuilding is the health, in detriment of the competitiveness dimension that was less mentioned by the evaluated ones.

DISCUSSION

The results of this study are similar to those of Cavalli *et al.* (2014), in which they showed that health was considered the main motivational factor for the practice of general physical activities among Brazilian and Portuguese elderly, emphasizing that in both studies, the sample was predominantly female. In the study by Meurer (2010) with a sample of 140 elderly people who practiced physical activity in the city of Florianópolis, it can be evidenced that health, pleasure and sociability were the most important motivational factors that influenced this population group to attend some type of physical activity. Physical activity. On the other hand, competitiveness and aesthetics were the aspects that had the lowest score. A study similar to our research is related to the work of Cardoso (2014), which using an instrument called IMPRAF54, showed that the order of motivational aspects was very similar to the present study, considering that the "health" factor was considered the main motivational factor and therefore competitiveness was the lowest. A study also with results similar to our research was presented by Ferreira *et al.*, (2012) in which it was shown that competitiveness is the factor that has no relevance to the elderly attending gyms. Another research with similar objectives is that of Varela (2018), in which it can be noted that the main reason for the elderly to attend gyms in the practice of bodybuilding is the health factor, followed by pleasure, aesthetics, stress control, sociability and competitiveness.

Final Considerations

This study aimed to evaluate the motivational factors that influence the practice of bodybuilding in the elderly in the city of Vitória da Conquista / BA. Thus, given the studies performed and applied field research, it can be evidenced that the health dimension was considered the main motivational factor for this practice, while competitiveness was the one that obtained the least importance. Further research in this area is also recommended to investigate and correlate the socioeconomic level of the elderly with inclusion in a bodybuilding program, justified by the impression obtained during this research that even in economically distinct groups the level of physical activity was the same.

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