

62 - LIFESTYLE PROFILE, LEISURE AND RISK CONTROL FACTORS OF YOUNG AND ADULT EDUCATION STUDENTS - VENÂNCIO AIRES - RS

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1 JUSTIFICATION, DEFINITION OF THE PROBLEM AND OBJECTIVES

Over the past years, the search for a healthy lifestyle has become a priority in human life, as it is considered to be a fundamental factor in the promotion of health, whilst reducing the causes of illnesses resulting from the hustle and bustle of modern life. However, there are several factors that interfere with and determine the quality of life of the people and the communities. The combination of these facts that mold and make the difference in everyday life, result into a network of phenomena and situations which, in abstract manner, could be called quality of life, associated with such factors as health status, longevity, workplace satisfaction, salary, leisure, family relationships, willingness, pleasure and spirituality, after all, with the lifestyle, which is a risk to health, whether through stress, or improper food, sedentary habits, which make people's life pattern different (NAHAS, 2003).

The lifestyle, according to Nahas (2005) and Burgos and Gaya (2001) consists of actions that reflect attitudes, values and opportunities in life, in which the opting conditions are determined by the life conditions within their social, cultural and environmental dimensions, and the promotion of healthy behaviors should include information on risks and benefits derived from the behavior, even alterations to the environment and social standards, which lead to adhering to proper and desirable behaviors, where the school comes in as the most appropriate place for this awareness process. Daminieli (2000) takes it that it is possible to improve the lifestyle and become happier, despite comparative shortages in the material conditions of the existence, seeking rewards in the organized contents themselves of their conscience. To this end, one must be open to a series of experiences, challenges and learning that involve the relations of the individual with themselves, the commitment to other people and to the objects and other living beings, which circle their everyday life space. To Moreira (2001), human development is a process that aims at expanding the possibilities offered to people. In principle, these possibilities could be infinite and progress as time goes by. Nevertheless, at any development level, the three main ones, from the point of view of people, are as follows: to lead a long, healthy life, acquire knowledge and have access to the necessary resources for a decent life. In the absence of these fundamental possibilities, many other possibilities will remain inaccessible.

According to Gadotti (2002), young and adult workers fight with the aim to overcome their precarious life conditions (housing, health, food, transport, job, etc.) which lie at the root of illiteracy; an adult education program, for this reason, cannot be assessed solely for its methodological rigor, but by the impact generated over the quality of life of the population in question. This type of education leads to an understanding of modern life in its different aspects and the critical positioning of the individual in the face of their reality. It should also provide access to knowledge, socially produced, which is an asset of humanity.

One of the decisive aspects that makes it possible to participate in this reality, is the understanding of its multiple nature, which goes widely beyond a physical-behavioral dimension, also involving a social, cognitive and affective dimension. In the range of the promotion of healthy lifestyles, Matos, Carvalhosa and Diniz (2001) strengthen the importance of the social contexts, in which people have direct or indirect contacts; therefore, the family, school involvement, the establishment of friendship links with the counterparts stand as potentially protecting factors. Young and Adult Education is a modality of Basic Education, during the steps of the fundamental and high school, in compliance with the Law of Directives and Bases of National Education (Brazil), for those who did not have access to school at their appropriate age (BRASIL, 2000). Within this context, the **objective** of this study is to characterize the lifestyle profile, leisure and risk control factors of Young and Adult Education (EJA) of a state school in Venâncio Aires-RS.

2 METHODOLOGICAL PROCEDURES

The volunteers of this investigation include 138 subjects, 65 males and 73 females, aged 16 to 55, Young and Adult Education students in the country of Venâncio Aires, Rio Grande do Sul, Brazil. With regard to personal data (TABLE 1), one can observe that most of the male subjects (64.62%) and female subjects (61.64%) belong to the age range 16 to 25 years.

TABLE 1 Age of the subjects

Age Range	Males	%	Females	%
16 - 25 years	42	64.2	45	61.64
26 - 35 years	15	23.8	14	19.18
36 - 45 years	8	12.0	9	12.33
46 - 55 years	-	0	5	6.85
TOTAL	65	100	73	100

Of a descriptive-exploratory approach, this type of investigation demarcates characteristics of a certain group (GAYA, 2008). As data collecting instrument, the questionnaire *Life Habits* by Torres, Cardoso e Gaya (1997) was utilized, which characterizes the subjects, identifying them as to personal data, their life habits and the physical activities they practice. Additional data regarding health concerns and health risk prevention factors were also collected. The data were treated through descriptive statistics.

3 PRESENTATION, ANALYSIS AND DISCUSSION OF RESULTS

By analyzing the results, we ascertained the characterization of the group, in accordance with the following indicators: life habits and health concerns.

As to the life habits of the interviewees (TABLE 2), we perceived that, at home, for both genders, the main habits are *television* (94.52% for the women and 87.69% for men, *listening to music* (91.78% for the women and 78.46% for the men) and

talking with friends (84.93% for the women and 73.84% for the men); in addition, the women also help with domestic chores (94.52%). A study carried out in Paraná, with adult workers, showed that the most frequent activities include domestic chores, family administration and activities related to rest. Thus, it was observed that these subjects prefer routine activities, little pleasurable, regarding typical leisure activities (RUGISKI E PILATTI, 2005). As to the activities they usually do when they leave home, we observed that, both for the men and women, a high percentage of individuals normally talk with their friends (78.08% and 89.23%, respectively), and go for a walk (65.75% and 61.53%). With regard to the males, other habits of note include: cycling and football (football adjusted to the different available spaces). Other noteworthy habits, regarding outdoor activities, include the high percentage of male individuals that like riding a bike and playing football (61.53% and 66.15%, respectively), outstripping the females by far, whose percentages are 38.35% and 17.80%, respectively, for the same activities. According to Santos et al. (2005), the most prevalent activities among young Portuguese people are as follows: listening to music, watching TV, talking with friends, playing videogame/computer games and helping with domestic chores, which is greatly in line with the present study.

TABLE 2 Life habits: usual activities

At home (multiple choice)	Gender Male	%	Gender Female	%	Ny	% total
Watch television	57	87.69	69	94.52	126	91.30
Listen to music	51	78.46	67	91.78	118	85.50
Talk with friends	48	73.84	62	84.93	110	79.71
Help with home chores	40	61.53	69	94.52	109	78.98
Study	39	60.00	60	82.19	99	71.73
Look after children who live at home	18	27.69	39	53.42	57	41.30
Leisurely readings	21	32.30	27	36.98	48	34.78
Play videogame	14	21.53	06	8.21	20	14.49
Outside the home						
Talk with friends	58	89.23	57	78.08	115	83.33
Go for a walk	40	61.53	48	65.75	88	63.76
Play soccer	43	66.15	13	17.80	56	40.57
Dance	33	50.76	33	45.20	66	47.82
Go for a bicycle ride	40	61.53	28	38.35	68	49.27
Go for a ride in the car	32	49.23	26	35.61	58	42.02
Others	23	35.38	26	35.61	49	35.50

As far as health is concerned, 30 minutes of physical exercises, three times a week, the answer of both male (63.17%) and female (52.04%) interviewees was frequently, along with sometimes, attesting to the fact that men are more devoted to physical activities than women, corroborating the studies with adults in Rio de Janeiro, where men outstripped women, as far as leisure oriented physical activities are concerned (SALLES-COSTA et al., 2003). On the other hand, regarding health, 53.84% of the male subjects admitted not knowing their blood pressure and 56.16% of the women know their blood pressure. We therefore ascertained that lots of men do physical activities but are not concerned about their blood pressure, a fact that could lead to harmful consequences to the body. According to Gomes, Nascimento e Araújo (2007), several factors make men less concerned with health services, as the feeling that care has to do with female tasks, matters related to work, difficult access to these services, and the lack of locations focused on male health. Furthermore, men consider themselves invulnerable, a fact that makes them less caring, whilst exposing themselves to risk situations. With regard to controlling the ingestion of fatty foods and sweets, the answers were only rarely and sometimes positive, for males it was 87.69%, and for females, 82.19%.

TABLE 3 Health concern physical activities, blood pressure and food control

Do 30 minutes of physical activities at least 3 times a week	Gender Male	%	Gender Female	%	Ny	% total
Frequently	22	33.84	13	17.80	35	25.36
Sometimes	19	29.23	25	34.24	44	31.88
Rarely	24	36.92	35	47.94	59	42.75
Total	65	100	73	100	138	100
Know their blood pressure						
Yes	22	33.84	41	56.16	63	45.65
No	35	53.84	30	41.09	65	47.10
Did not inform	08	12.30	02	2.73	10	7.25
Total	65	100	73	100	138	100
Food control						
Frequently	08	12.31	13	17.81	21	15.21
Sometimes	28	43.07	36	49.32	64	46.38
Rarely	29	44.62	24	32.87	53	38.41
Total	65	100	73	100	138	100

With regard to item cherish friends and satisfaction in relationships (TABLE 4), of all interviewees, 58.46% of the males and 68.50% of the females answered frequently, and few (12.31% of the males and 8.22% of the females), chose the option rarely. In item balance the personal and professional life, the word rarely sometimes predominates (52.30% + 15.40% of the men and 46.57% + 13.70% of the women, respectively), admitted having difficulty in achieving this balance in the everyday life, and it is known that it might generate harmful consequences to health. According to Silva (2006), women's dedication to work, sometimes causes imbalance to other areas of their lives, like reduced dedication to family and leisure.

TABLE 4 Satisfaction from relationships and balance between personal and professional life

Cherishes friends and is happy with their relationships	Gender Male	%	Gender Female	%	Ny	% total
Frequently	38	58.46	50	68.50	88	63.76
Sometimes	19	29.23	17	23.28	36	26.10
Rarely	8	12.31	6	8.22	14	10.14
Total	65	100	73	100	138	100
Balances personal and professional life						
Frequently	21	32.30	29	39.72	50	36.23
Sometimes	34	52.30	34	46.57	68	49.27
Rarely	10	15.40	10	13.70	20	14.50
Total	65	100	73	100	138	100

FINAL CONSIDERATIONS

Our conclusion was that the E.J.A. students' lifestyle was little active, particularly for the women. In both genders, there is difficulty in promoting health and avoiding health risk factors, with regard to food control (ingestion of fatty foods and sweets); balance between personal and professional life; ignorance of their own blood pressure is more common in men. By and large, we concluded that the subjects of this study do not have healthy lifestyle habits, and with regard to the women, of note is the trend for a sedentary lifestyle, whilst in men it is the lack of concern with their health (food control and blood pressure); a great

number of the subjects cherish friendships and are happy about their relationships, and the majority, in both genders, have difficulty balancing their personal and professional life. It is recommended to make these students aware of the need to revise their daily habits and, consequently, lead a better quality of life.

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LIFESTYLE PROFILE, LEISURE AND RISK CONTROL FACTORS OF YOUNG AND ADULT EDUCATION STUDENTS - VENÂNCIO AIRES - RS

ABSTRACT

The study, of a descriptive-exploratory approach, conducted with 138 students, of both genders, aged 16 to 55, had the aim to characterize the lifestyle profile, leisure and control of risk factors of the Young and Adult Education (EJA) students, of a state school in the county of Venâncio Aires, RS. Through the results (obtained through the Lifestyle inventory), we ascertained that: at home, both genders are fond of watching *television*, *listening to music and talking with friends*, common to boys and girls; the girls, in particular, *help with house chores*. Outside the home, in both genders, a preferred activity is *talking with friends, going for a walk*. Boys, in particular, have other habits of note, like cycling and playing soccer (of course, soccer adjusted to the available spaces). With regard to health concerns, *thirty minutes of physical activity, three times a week*, is more common with the males. Regarding health risks, the women know their *blood pressure* more than the men; in both genders, there are high rates of carelessness towards the *ingestion of fatty foods and sweets*. More men than women *cherish friends* and are happy with their relationships and most of them admit having difficulty achieving a balance between the personal and professional life. Our conclusion was the E.J.A. students' lifestyle is little active, and sedentary habits are particularly common with the women. In both genders, there is difficulty promoting health and avoiding health risk factors (high blood pressure, particularly in males, and obesity). It is recommended to make these students aware of the need to revise their daily habits and, consequently, achieve a better quality of life.

Key words: lifestyle, leisure, risk control factors.

PROFIL ET STYLE DE VIE, LOISIR ET CONTRÔLE DES FACTEURS DE RISQUE DES ÉTUDIANTS DE L'ÉDUCATION DES JEUNES ET ADULTES - VENÂNCIO AIRES - RS

RÉSUMÉ

Cet étude d'abordage descriptif-exploratoire, réalisé avec 138 étudiants, des deux sexes, dans la moyenne d'âge entre 16 à 55 ans, a eu comme objectif caractériser le profil du style de vie, loisir et contrôle des facteurs de risque des étudiants de l'Éducation des Jeunes et Adultes (EJA), d'une école de l'état de la ville de Venâncio Aires, RS. Comme résultats (obtenus par l'inventaire Style de Vie), nous avons vérifié que: à la maison, pour le deux sexes, ressort *regarder la télévision, écouter de la musique et bavarder avec les amis*, pour les garçons et filles; chez les filles ressort *aider les tâches ménagères*. Quand ils sortent de la maison, dans les deux sexes, ressortent les activités comme *bavardage avec des amis et les promenades à pied*. Chez les garçons, aussi d'autres habitudes ressortent, comme faire du vélo et jouer au ballon (lire football adapté à tous les espaces). Par rapport au soucis avec la santé, la réalisation de *trente minutes d'activités, dans une fréquence hebdomadaire de trois fois*, la majorité est du sexe masculin. Par rapport aux risques à la santé, les femmes connaissent *leur tension artérielle*, plus que les hommes; sont hauts les indices dans les deux sexes, par rapport au manque de *contrôle vis à vis à l'ingestion d'aliments gras et sucrés*. Plus des femmes que des hommes *cultivent des amis* et sont heureuses avec leur relationnement et la majorité admet une difficulté à établir un équilibre la vie personnelle et professionnelle. Nous avons conclu que le style de vie des

étudiants de l'EJA est peu actif, mis en relief le sédentarisme, surtout chez les femmes. Il y a une difficulté dans les deux sexes pour promouvoir la santé et d'éviter les facteurs de risque à la santé (hypertension artérielle, surtout le sexe masculin et l'obésité). On recommande qu'il aie une prise de conscience des ces étudiants, pour que eux mêmes puissent revoir leurs habitudes de vie et, en conséquence, et qu'ils aboutissent dans une qualité de vie.

Mots-clefs: style de vie, loisir, contrôle des facteurs de risque

PERFIL DEL ESTILO DE VIDA, OCIO Y CONTROL DE FACTORES DE RIESGO DE LOS ESTUDIANTES DE LA EDUCACION DE JÓVENES Y ADULTOS - VENANCIO AIRES-RS

RESUMEN

El estudio de abordaje descriptivo exploratorio realizado con 138 estudiantes de ambos los sexos con edad entre 16 y 55 años, tuvo como objetivo caracterizar el perfil del estilo de vida, ocio y control de los factores de riesgo de los estudiantes de la Educación de Jóvenes y Adultos (EJA), de una escuela estadual de la municipalidad de Venâncio Aires, RS. Por los resultados que fueron obtenidos por el inventario Estilo de Vida, verificamos que en casa, para ambos los sexos, se destacó mirar la tele, escuchar música y charlar con los amigos, y en las mujeres aún se constató la ayuda en las tareas del hogar. Cuando salen de casa, (hombres y mujeres) les gusta la charla con los amigos y los paseos a pie. Los hombres suelen jugar al fútbol (en distintos espacios) y andar en bici. Todavía en relación a la preocupación con la salud, la realización de treinta minutos de actividad física con una frecuencia de tres veces a la semana, es una rutina priorizada por los hombres. Cuanto a los riesgos a la salud, verificamos que las mujeres tienen conocimiento de su presión arterial, eso ya no pasa tanto entre los varones; los riesgos cuanto la falta de control con respeto a la ingestión de alimentos grasos y dulces. Más mujeres que hombres cultivan sus amistades y están satisfechas con sus relacionamientos, la mayoría admite tener dificultad para establecer un equilibrio entre la vida profesional y personal. Así que el estilo de vida de los estudiantes (E.J.A) es poco activo, siendo las mujeres muy sedentarias. En los entrevistados hay dificultad en promover salud y evitar factores de riesgo a la salud (hipertensión arterial, principalmente en el sexo masculino y obesidad). Se recomienda que haya una concientización de esos estudiantes, para que los mismos revisen sus hábitos de vida y, consecuentemente tengan una mejora en la calidad de vida.

Palabras Clave: Estilo de vida, ocio, factores de riesgo.

PERFIL DO ESTILO DE VIDA, LAZER E CONTROLE DE FATORES DE RISCO DOS ESTUDANTES DA EDUCAÇÃO DE JOVENS E ADULTOS - VENÂNCIO AIRES - RS

RESUMO

O estudo, de abordagem descritivo-exploratória, realizado com 138 estudantes, de ambos os sexos, na faixa etária entre 16 e 55 anos, teve como objetivo caracterizar o perfil do estilo de vida, lazer e controle dos fatores de risco dos estudantes da Educação de Jovens e Adultos (EJA), de uma escola estadual do município de Venâncio Aires, RS. Pelos resultados (obtidos pelo inventário Estilo de Vida), verificamos que: em casa, para ambos os sexos, destacam-se ver *televisão*, *escutar música* e *conversar com amigos*, para as meninas e meninos; nas meninas destaca-se *ajudar nas tarefas domésticas*. Quando saem de casa, em ambos os sexos, sobressaem atividades de *conversar com os amigos*, *passear a pé*. Nos meninos, também outros hábitos se destacam, como andar de bicicleta e o jogar bola (leia-se futebol adaptado aos diversos espaços). Com relação à preocupação com a saúde, a *realização de trinta minutos de atividade física, numa frequência semanal de três vezes*, existe maior número no sexo masculino. Com relação aos riscos à saúde, as mulheres conhecem *sua pressão arterial*, mais que os homens; são altos os índices, em ambos os sexos, com relação à falta de *controle quanto à ingestão de alimentos gordurosos e doces*. Mais mulheres do que homens *cultivam amigos* e estão satisfeitas com seus relacionamentos e a maioria admite ter dificuldade de estabelecer equilíbrio entre a vida pessoal e profissional. Concluímos que o estilo de vida dos estudantes da E.J.A. é pouco ativo, acentuando-se o sedentarismo, principalmente nas mulheres. Em ambos os sexos há dificuldade em promover saúde e evitar fatores de risco à saúde (hipertensão arterial, principalmente no sexo masculino e obesidade). Recomenda-se que haja uma conscientização desses estudantes, para que os mesmos revisem seus hábitos de vida e, consequentemente, atinjam uma melhoria na qualidade de vida.

Palavras Chave: estilo de vida, lazer, fatores de risco.