

64 - QUALITY OF LIFE OF INTELLECTUAL NEEDS PRACTICING DANCE

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INTRODUCTION

Dance is an activity that allows the expression of art through body movements, a pleasant way to acquire knowledge and practice physical activity, thus bringing many benefits for people including those with special needs (DA COSTA, MOURA, LOPES, 2018).

Every human being has the need to express himself bodily and dance is a way for man to express his emotions and feelings and can still have a relevant role in improving the quality of life of the person with special needs. (DAYS, 2019)

Dance promotes improvements to the individual's organism in a harmonious way, respecting their emotions and their physiological states, developing their motor skills, self-knowledge and acting as a preventive factor in combating the stressful situation (MARBÁ, SILVA, GUIMARÃES, 2016).

The definition of a person with a disability comes from Article 1 of the National Coordination Convention for the Integration of Persons with Disabilities. Special Secretariat for Rights, Convention on the Rights of Persons with Disabilities Brasília- 2007, "Persons with disabilities are those who have long-term physical, mental or sensory impairments, which, in interaction with various barriers, may obstruct their full participation and effective in society on equal terms with other people".

The purpose of the said convention is to promote, protect and ensure the full and equitable exercise of all human rights and fundamental freedoms by all persons with disabilities and to promote respect for their inherent dignity. (Convention on the Rights of Persons with Disabilities, 2007; DANTAS, 2020).

Body and movement are interconnected, it is perceived that the human being establishes relationships, thinks, and feels through body movements (DOCUMENTO NORTEADOR ARTE E CULTURA, 2018). Thus, the following question arises: How is the quality of life of the special needy who practice dance presented?

METHODOLOGY

It is a descriptive exploratory study, which aims to identify the main motivational dimensions that lead to regular dance practice, which will be identified through a questionnaire applied to caregivers of people with intellectual needs, analyzing the possibilities of changes in the quality of life. their lives through the practice of physical activities, in this specific case, dance. (THOMAS; NELSON; SILVERMAN, 2012).

To achieve the proposed objectives, the sample will be composed of caregivers responsible for the practitioners of the proposed research, who will answer a questionnaire with questions and alternatives established objectively by the interviewer.

Those studied by their guardians will be between any age group and of both sexes. The content of the questions will be related to the dance and their psychosocial life. They will

sign the Informed Consent Form (ICF). To this end, the participants will contribute to the research, as they will not present contraindications in partial or total terms, following protocol recommendations of the research.

People with intellectual needs of both sexes, dance practitioners, responsible companions, capable of responding and who in turn presented themselves freely and spontaneously, with the aim of enriching our knowledge about the quality of life of these patients will be included.

To individuals who submit to the questionnaire irresponsibly without taking field research seriously, and who do not demonstrate significant precision and clarification in the objectives. Also excluded are those who allegedly, by their own option, give up the continuity of volunteering.

To this end, the Quality-of-Life Questionnaire will be used with objective questions, capable of providing elements (results) that include motor and psychosocial aspects. (PEREIRA, 2009)

Project will be submitted to the Ethics Committee of Faculdades Integradas de Patos, for execution under approval. Visits will be scheduled to present the study proposal and procedures. The tests will be applied with the delivery of the questionnaires and explanation of the possible questions and upon a scheduled date they will be collected.

The statistical procedures will be performed using the Microsoft Excel for Windows 10 program, and presented in the form of tables and graphs, by means and standard deviations.

For a probable measurement of quality of life, and for the selected voluntary participants, caregivers of subjects who are adept and able to do some regular physical activity. They will be evaluated by applying a questionnaire (QUALITY OF LIFE QUESTIONNAIRE) that will be answered individually by each volunteer participant, to enrich the project and show possible positive results on the dance practiced by people with special needs.

This project will be submitted to the Ethics Committee of the Integrated Colleges of Patos, for execution under approval. Visits will be scheduled to present the study proposal and procedures. The tests will be applied with the delivery of the questionnaires and explanation of the possible questions and upon a scheduled date they will be collected. The subjects will be informed of the objectives of the study, risks, benefits, and confidentiality of the information and, agreeing to participate voluntarily, will sign the informed consent form - TCLE, thus meeting the requirements of Resolution 466/12 of the National Council of Health, ensuring total privacy of the subject in which it will be preserved and authorized by the Ethics and Research Committee CEP / FIP under a protocol number. The participants involved in this study will become aware of the research objectives, ensuring freedom of choice regarding their participation in the referred research, thus ensuring anonymity.

Research can expose care to momentary, embarrassing risks, but all responses will be preserved, which will be written and not disclosed. What is at stake is the emotional question that each one can express in their responses.

During the research, exposure of relevant information to the researched individuals may occur, it is also the inappropriate exhalation by the researcher in relation to the finding of the research.

This research has the benefits of transmitting clearly and objectively the correct explanation to the participating individuals about the quality of life and the direct connection that dance can rescue health and general development.

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QUALITY OF LIFE OF INTELLECTUAL NEEDS PRACTICING DANCE

Considering the importance of dance, it makes possible the charm and magic of feeling the movements of dominating your rhythm, feeling the emotions and feelings in the choreography and in free dance. The goal is to know the quality of life of the needy intellectuals who practice dance. The population and sample of the referred study are dance practitioners from APAE, Campina Grande - Pb, whose analysis will be performed by their caregivers, who will answer the Quality of Life questionnaire. This is a descriptive and exploratory study, which aims to identify the quality of life of the needy intellectuals who practice dance. The statistical procedures will be performed using the Microsoft Excel for Windows 10 program, and presented in the form of tables and graphs, by means and standard deviations.

KEYWORDS: Dance. Intellectual needy. Quality of life.

QUALITÉ DE VIE DES BESOINS INTELLECTUELS PRATIQUER LA DANSE

RESÚMÉN

Compte tenu de l'importance de la danse, cela rend possible le charme et la magie de ressentir les mouvements de dominer votre rythme, ressentir les émotions et les sentiments dans la chorégraphie et dans la danse libre. Le but est de connaître la qualité de vie des intellectuels nécessiteux qui pratiquent la danse. La population et l'échantillon de l'étude référée sont des praticiens de la danse de l'APAE, Campina Grande - Pb, dont l'analyse sera réalisée par leurs soignants, qui répondront au questionnaire Qualité de vie. Il s'agit d'une étude descriptive et exploratoire, qui vise à identifier la qualité de vie des intellectuels nécessiteux qui pratiquent la danse. Les procédures statistiques seront effectuées à l'aide du programme Microsoft Excel pour Windows 10, et présentées sous forme de tableaux et de graphiques, par des moyennes et des écarts types.

MOTS CLÉS: Danse. Intellectuel nécessiteux. Qualité de vie.

CALIDAD DE VIDA DE NECESIDADES INTELLECTUALES PRACTICANDO DANZA

RESUMEN

Considerando la importancia de la danza, hace posible el encanto y la magia de sentir los movimientos de dominar tu ritmo, sentir las emociones y sentimientos en la coreografía y en la danza libre. El objetivo es conocer la calidad de vida de los intelectuales necesitados que practican la danza. La población y muestra del referido estudio son los practicantes de danza de la APAE, Campina Grande - Pb, cuyo análisis será realizado por sus cuidadores, quienes

responderán el cuestionario de Calidad de Vida. Se trata de un estudio descriptivo y exploratorio, que tiene como objetivo identificar la calidad de vida de los intelectuales necesitados que practican la danza. Los procedimientos estadísticos se realizarán utilizando el programa Microsoft Excel para Windows 10, y se presentarán en forma de tablas y gráficos, mediante medias y desviaciones estándar.

PALABRAS CLAVE: Danza. Necesitado intelectual. Calidad de vida.

QUALIDADE DE VIDA DE NECESSITADOS INTELECTUAIS PRATICANTES DE DANÇA

Considerando a importância da dança, ela possibilita o encanto e a magia de sentir os movimentos de dominar seu ritmo, sentir as emoções e sentimentos nas coreografias e na dança livre. O objetivo é saber qual a qualidade de vida dos necessitados intelectuais que praticam a dança. A população e amostra do referido estudo é de praticantes da dança da APAE, Campina Grande – Pb, cuja análise será executada por seus cuidadores, que responderão ao questionário de Qualidade Vida. Trata-se de um estudo descritivo exploratório, que pretende identificar a qualidade de vida dos necessitados intelectuais que praticam da dança. Os procedimentos estatísticos serão realizados através do programa Microsoft Excel for Windows 10, e apresentados em forma de tabelas e gráficos, por média e desvio padrão.

PALAVRAS-CHAVE: Dança. Necessitados intelectuais. Qualidade de vida.