

## 125 - PROFILE ANALYSIS OF PRACTITIONERS OF PHYSICAL ACTIVITY IN THE MUNICIPALITY OF ORLA MACAPÁ

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### INTRODUCTION

The importance of exercise and enjoy a long, active and healthy life meant that in recent years there was a significant increase in the number of fitness enthusiasts, however, the interaction of health and physical activity is related to motivation, goals and desired these profiles practitioners. According to Thomas et al (. 2010, p 895), "physical activity is a complex behavior influenced by several factors, such as age, socioeconomic status, education and gender."

However, environmental aspects influence the level of activity, such as proximity to the place of practice, accessibility, sense of security and landscaping are presented as important allies to encourage regular physical activity.

Thus, the study aimed to analyze the profile of practicing physical activities performed in the city of Macapa Orla-AP, and from, the profile of these individuals, enabling management strategies and public policy planning for sport and recreation through more effective for the promotion of health and prevention. physical activities.

### METHODOLOGY

The study presented is characterized as a search for quantitative-descriptive nature. The sample consisted of 170 individuals of both sexes, with 73 females and 97 males with a mean age of 37.77 years, adult, fitness enthusiasts in the city of Macapa Orla-AP. Were approached at random and evaluated in the same location before and after performing physical activity.

Upon learning about the purpose of the study participants signed a Term of Free and Informed Consent and then answered the questionnaire with closed questions of character sociodemographic (age, sex, marital status, race, income and education) and others that allow assessing the physical activity performed by these participants (activity practice, practice time, days per week, lasting a minute, the main objectives) and the socioeconomic profile.

### RESULTS AND DISCUSSION

This study was conducted with fitness enthusiasts in the city of Macapa Orla-AP. 170 practitioners were evaluated with age between 18-68 years. Of these, 73 were females and 97 males with a mean age of 37.61 and 37.89 years of age, respectively.

Analyzing the sex of the respondents noted that 43% are female and the vast majority 57% male (Table 1), which differs from many studies, such as Levandoski Junior et al (2003); Ferreira, Sousa and Araújo (2012); Balbinotti and Barbosa (2008); Andreotti and Okuma (2003) where they observed low participation of men, a factor that might be associated with site selection and physical activity.

It was noted that the perception of race or color is brown individuals (51%) (Table 1). In contrast, the study of physical activity and socio-demographic profile of users of public environments in physical activities in the city of João Pessoa, Paraíba, performed by Junior Moura et al (2011) involving 324 adults of both sexes, with age above 18 years, there was a predominance of white between these individuals.

As mentioned the marital status of the participants, 61% were single (Table 1). The results corroborate the study by Silva et al (2010) about the type of physical activity and quality of life of 863 participants including students, faculty and staff at the Catholic University of Pelotas (UCPel), we identified a large number of people single women who do regular physical activity. Similarly, Junior Moura et al (2010) in a study on the level of physical activity and socio-demographic profile of users of public spaces for physical activities in the city of João Pessoa, Paraíba, concluded that the vast majority of the individuals are single. Therefore, unmarried individuals compared to married and divorced, are more involved in physical activity, regardless of location.

In relation to work, 76% said they were employed (Table 1). In contrast, Baretta, Baretta and Peres (2007) in a study on the level of physical activity and associated factors, a significant number noted in adults who were not working.

Among the individuals who compose the sample, 57% has workweek from 20 to 40 hours (Table 1). Unlike this finding, Monteiro et al (1998) in a study of military police in Bauru, São Paulo, on socioeconomic and occupational factors and the practice of regular physical activity, found that individuals who had a higher workday presented higher level of physical inactivity when compared with those who had lower workweek.

On family income, the percentages are equal to those with 1-3 and more than 6 times the minimum wage (36%) (Table 1). In different result Baretta, Baretta and Peres (2007) in a study with adults Municipality Joaçaba, Santa Catarina, on the level of physical activity and associated factors, it was found that the majority were insufficiently active who had income exceeding 2 wages. However, low-income groups may be physically inactive by having relatively more likely to be misinformed about the benefits of regular physical activity.

Regarding the education of practitioners, 46% have completed higher education (Table 1). Confirming these data, the study by Duran et al (2004) conducted with 150 students, practicing physical exercises in a fitness Cotia, São Paulo found that the level of education is more evident among those with tertiary education. That these results can be linked there is a positive correlation between the level of education with physical activity.

As economic class, 52% belong to class B and 32% C (Table 1). In different result, Dumith, Domingues and Giant (2009) to verify the types of physical activities in leisure time for adults in Pelotas, Rio Grande do Sul, remarked a senior to those of A/ B percentage. Similarly, a study on the factors associated with physical activity in adults, Brasília, DF, made by Thomas et al (2010) noticed a high number to which economic class A/ B belong.

Table 1. Socioeconomic characteristics of fitness enthusiasts

Variable	N	%
<b>Sex</b>		
Female	73	43%
Male	97	57%
<b>Race</b>		
Yellow	5	3%
White	30	18%
Indigenous	2	1%
Brown	87	51%
Black	40	24%
No statement	6	3%

<b>Marital Status</b>		
Married	38	32%
Divorced	7	6%
Singles	73	61%
Stable Union	2	1%
<b>Scholarity</b>		
Incomplete primary education	11	6%
Complete primary education	6	4%
Incomplete average education	11	6%
Complete average education	39	23%
Incomplete higher education	25	15%
Complete higher education	78	46%
<b>Work</b>		
Employees	129	76%
Not employed	41	24%
<b>Workday</b>		
Up to 20 hours per week	7	5%
20-40 hours per week	73	57%
Over 40 hours per week	41	32%
Possible	6	6%
<b>Family Income</b>		
1 to 3 minimum wages	61	36%
Of 4-6 minimum wages	48	48%
Above 6 minimum wages	61	36%
<b>Economy Class</b>		
A	21	15%
B	72	52%
C	45	32%
D	2	1%

Analyzing the practice time, 42% carry of zero to six months (Table 2). In separate study on the practice of walking in squares and parks with or without guidance from a professional physical education held by Santos and Gomes (2013) with 40 people of both sexes was noted with a significant percentage of those who practice two to six months. In a study of adherence to physical activity practitioners: discussion on the experience of students of an academy, made by Oliveira (2011), we found that the subjects performed three to six months.

According to the responses, it was found that a major goal of health practitioners was 42% (Table 2). Also, Rodrigues (2012) in his study on the motivation to physical activity in a health club in Porto Velho, Rondônia, ascertained that 36.4% of adults were aimed at improving health. A similar result was obtained by Thomas et al (2010) in a study on factors associated with physical activity in adults, Brasília, DF, conducted with a sample of 469 individuals, were primarily motivated health.

Okuma (1994) states that the main factors leading to the initial adhesion are related to achieving better health, reduced stress levels and control body weight.

How often you practice physical activity was 3.79 days per week. In contrast, Tahara, Schwartz and Smith (2003) on the adherence and maintenance of exercise in gyms, ascertained that such students attend four to five times a week. Also this result, adherence to physical activity practitioners: discussion on the experience of students at an academy run by Oliveira (2011) found that the highest frequency is four days weekly. The difference in frequency of physical activity may be related to the place or the type of activity they engage.

The held length that was 84.85 minutes (Table 2). Corroborating this finding Dumith, Domingues and Giant (2009) to make sure about the types of physical activities in leisure time for adults in Pelotas, Rio Grande do Sul, with 3,353 people, it was noted that the duration was around 60-140 minutes. In another study, Santos and Gomes (2013) on the practice of walking in squares and parks with or without guidance from a professional physical education, analyzed that people practice at least 20 minutes per session. These results vary greatly as it depends on the activity that is performed and intensity.

When asked with whom they practice, 45% with friends (them) alone and 39% (a) (Table 2). Confirming these results, Lavandosk Junior et al (2003) on a study of hikers from Marechal Cândido Rondon, it was found that most of these perform their activities with friends or alone. It is noteworthy that the ideal company is one where the pace and the proposed goal will meet the needs of both, because each human being has a biological individuality.

Table 2. Characteristics of physical activity

Variable	N	%
<b>How long (months)</b>		
0 – 6	71	42%
7 -12	14	8%
13 – 18	3	2%
19 – 24	13	8%
>25	69	40%
<b>Objectives</b>		
Physical fitness	47	15%
Emaciation	55	18%
Aesthetics	32	10%
Leisure	46	15%
Health	129	42%
<b>Frequency (per week)</b>	170	3,79 (average)
<b>Duration (minutes)</b>	170	84,85 (average)
<b>With those who practice</b>		
Friends	76	45%
Spouse	21	12%
Mother / Father	3	2%
Boyfriend	3	2%
Alone	67	39%

When asked why they engage in physical activity in the city of Macapa Orla - AP, 39% for space / environment. This result we can associate this to anyone looking for a suitable place to perform a well ventilated physical activity in an open environment, arrejado, with landscaping and movement of people, besides being a dot is also a great environment to exercise. The choice of a safe and suitable for the practice of physical activity space is a primary factor for those who wish to preserve their lives. Places like plaza, parks, clubs are key to exercising with tranquility and contact with nature.

### CONCLUSION

Based on the results obtained in this study, whose main objective was to analyze the profile of practicing physical activities in the Municipality of Orla Macapá- AP. It was noted that most practitioners are male and Amapá. The main purpose of the sample is health. Regarding practice time, perform zero to six months, with a frequency of 3.79 days per week and average duration of 84.85 minutes. Individuals are mostly brown, unmarried (as) and have completed higher education, meet workday between 20-40 hours per week, with family income 1-3 and 6 above minimum wage and Economy Class B belong.

However, through the profile of these individuals, it is possible to suggest strategies for public policy to practice regular physical activity through the construction / renovation of parks, bike paths, and implementation of projects that encourage and provide constant conducting quality activities and monitoring of professionals. In addition, environmental aspects influence the level of activity, such as proximity to the place of practice, accessibility, sense of security and landscaping are presented as important allies to encourage regular physical activity.

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### PROFILE ANALYSIS OF PRACTITIONERS OF PHYSICAL ACTIVITY IN THE MUNICIPALITY OF ORLA MACAPÁ ABSTRACT

The aim of this study was to analyze the profile of fitness enthusiasts in the city of Macapa Orla-AP. 170 individuals of both sexes, with 73 females and 97 males with a mean age of 37.77 years were evaluated. The main goal of fitness enthusiasts is health (42%). Regarding practice time, perform zero to six months (42%) with a frequency of 3.79 days per week and duration of 84.85 minutes. Activities are held 45% friend (them), and 39% chose the Orla space / environment. Individuals are mostly browns (51%), unmarried (61%), university graduates (46%), meet workday between 20-40 hours per week (57%) and the Economic Class B belong (52%). From, the profile of these individuals, it is possible to suggest management strategies and planning policies for sport and leisure, through more effective for health promotion and prevention of physical activities.

**KEYWORDS:** Physical activity. Profile. Health

### PROFIL ANALYSE DES PRATICIENS DE L'ACTIVITÉ PHYSIQUE DANS LA MUNICIPALITÉ DE ORLA MACAPÁ RÉSUMÉ

Le but de cette étude était d'analyser le profil des amateurs de remise en forme dans la ville de Macapa Orla-AP. 170 personnes des deux sexes, avec 73 femmes et 97 hommes avec un âge moyen de 37,77 années ont été évalués. L'objectif principal de les amateurs de fitness est la santé (42%). En ce qui concerne le temps de pratique, effectuer de zéro à six mois (42%) Souvent 3,79 jours par semaine, pendant environ 84,85 minutes. Les activités se déroulent de 45% ami (eux), et 39% ont

choisi la Orla espace / environnement. Les individus sont le plus souvent bruns (51%), célibataires (61%), les diplômés universitaires (46%), répondre journée entre 20-40 heures par semaine (57%) et la catégorie B économique appartenir (52%). De, le profil de ces personnes, il est possible de proposer des stratégies et politiques de gestion de la planification pour le sport et les loisirs, à travers plus efficace pour la promotion de la santé et de la prévention des activités physiques.

**MOTS-CLÉS:** L'activité physique. Profil. Santé.

#### **PERFIL DE ANÁLISIS DE LOS PROFESIONALES DE LA ACTIVIDAD FÍSICA EN EL MUNICIPIO DE ORLA**

##### **MACAPÁ**

###### **RESUMEN**

El objetivo de este estudio fue analizar el perfil de los entusiastas del fitness en la ciudad de Macapá Orla-AP. Se evaluaron 170 individuos de ambos sexos, con 73 hembras y 97 varones con una edad media de 37,77 años. El objetivo principal de los entusiastas del fitness es la salud (42%). En cuanto a tiempo de práctica, realice cero a seis meses (42%) con una frecuencia de 3,79 días por semana y la duración de 84,85 minutos. Las actividades se llevaron a cabo 45% amigo (a), y el 39% eligieron la Orla espacio / entorno. Las personas son en su mayoría marrones (51%), solteros (61%), los graduados universitarios (46%), conocer a jornada laboral entre las 20 a 40 horas por semana (57%) y la Clase B pertenecer Económico (52%). Desde, el perfil de estas personas, es posible sugerir estrategias de gestión y las políticas de planificación para el deporte y el ocio, a través de más efectivo para la promoción de la salud y prevención de las actividades físicas.

**PALABRAS CLAVE:** Actividad física. Perfil. Salud.

#### **ANÁLISE DO PERFIL DOS PRATICANTES DE ATIVIDADES FÍSICAS NA ORLA DO MUNICÍPIO DE MACAPÁ**

##### **RESUMO**

O objetivo desse estudo foi analisar o perfil dos praticantes de atividades físicas na Orla do Município de Macapá-AP. Foram avaliados 170 indivíduos de ambos os sexos, sendo 73 do sexo feminino e 97 do sexo masculino, com faixa etária média de 37,77 anos. O principal objetivo dos praticantes de atividades físicas é a saúde (42%). Em relação ao tempo da prática, realizam de zero a seis meses (42%) com frequência de 3,79 dias por semana e duração de 84,85 minutos. As atividades são realizadas 45% amigo(os) e 39% escolheram a Orla pelo espaço/ambiente. Os indivíduos em sua maioria são pardos (51%), solteiros (61%), com ensino superior completo (46%), cumprem jornada de trabalho entre 20 a 40 horas semanais (57%) e pertencem a Classe Econômica B (52%). A partir, do perfil desses indivíduos, é possível sugerir estratégias de gerenciamento e planejamento de políticas públicas de esporte e lazer, através de atividades físicas, mais efetivas para a promoção e prevenção da saúde.

**PALAVRAS-CHAVE:** Atividade física. Perfil. Saúde.