

62 - PROFILE OF THE HUMOR STATE OF WOMEN WHO REGULARLY TAKE JUMP CLASSES AT A HEALTH CLUB IN CAMPO GRANDE, WEST OF RIO DE JANEIRO

FABIO RICARDO DUTRA LAMEGO¹

MAURO MORAES MACÊDO²

Universidade Castelo Branco/Meta produções, Rio de Janeiro-RJ. Brasil
fabiolamego@gmail.com

¹Pós graduando em Treinamento Desportivo e a Fisiologia no Exercício,
Universidade Castelo Branco/Meta Produções. Rio de Janeiro-Brasil

²Prof. Dsc. Universidade Castelo Branco/ Meta produções. Rio de Janeiro-Brasil

INTRODUCTION

The practice of physical activity (A.F.) is something that follows us since our early times. The search for food and the conquering of a territory were things which required good physical conditioning, due to struggles for the ideal shape, there was an increase of the levels of physical and mental wearing, but nowadays, the highest wearing comes from the daily stress faced in big cities because of traffic jams, social worries with safety, among others. (LAMEGO, 2008).

The expression A.F. is different from physical exercising (E.F). It is true both refer to body movement, but E.F is a sub category from the A.F. The latter is considered to be any gym activity structured, planned and repetitive with the objective of improving physical aptitudes. In this case, fat and the non-fat mass are the two main components of physical aptitude which focus the control of body weight improving life quality (Q.V). As A.F. is any movement which uses more energy than in through the structure muscle-skeleton, thus all E.F. is an A.F, but not all A.F. (CASPERSEN et al. 1985)

A.F helps reduce LDL cholesterol, the fat mass and also IMC; on the other hand it elevates HDL cholesterol among other factors (MATSUDO et al, 2007)

The regular practice of E.F has been effective in controlling blood pressure, showing some variation in the cardiovascular acute answers depending on the intensity and duration of exercising (WEINECK, 2005)

The non practicing of exercising brings an increase in the body weight, giving raise to several illnesses such as overweight, high blood pressure, changing in the mechanisms of fat, resistance to insulin and diabetes I. The presence of these illnesses together can trigger the metabolic syndrome. All these changes lead to direct reduction of Q.V. (WEINECK, 2005). The social, familiar, love and environmental satisfaction factors have brought a Q.V. of individuals closer to one another. The concept of Q.V. is something very broad because there are many definitions, considering the social, cultural and environmental individual. It has been proved the main factor which influences the elevation of body weight is the environmental one, however the lack of regular exercising and also the increase of food ingestion is, partly, genetically determined. (MINAYO et al; WHOQOL apud DANTAS et al, 2005)

Personality is an important factor taken into account in the clivus of Sports Psychology as it is an interaction among psychic conditions, being constructed by the interaction of the living being with his biossociocultural environment and the experiences already lived by that person. This factor has been directly connected to our habits, which are adapted to our interaction to the environment. (PELUSO, 2003. WATSON; ALLPORT apud BARRETO, 2003)

Barreto says (2003) it has already been proved a human being, as he receives a stimulus, absorbs it and sends an answer, and between that stimulus and its feedback there is a structure named personality, as an individual is an information system biologically structured.

To make it possible for an individual to live his life in homostasis, he must consider a holistic clivus through the four basic elements which are: feelings, emotions, affection and humor. Humor is the key element in the reception and interpretation of those outer stimuli received by the individual, making it possible for their feedback to be increased or decreased. Humor and consciousness go hand in hand, one acts straight into the affective clivus and the other in the intellectual one, respectively. (GAZZANIGA et al., 2005. VIEIRA, et al. 2008)

The expectation for an answer or result is an important factor for the affective clivus, contradicting the premise that we could only notice stimuli through thoughts. Depending on the moment a student or an athlete is facing, there will be a direct modification in his humor state, being that a good or a bad one. The individual, under unfavorable conditions, having low self-esteem, will probably direct all these problems to a low performance in his daily activities, prejudicing even more his Q.V. (VIEIRA, 2008). According to Barreto (2003), our body is a stimuli selector and also an answer equalizer due to previous experiences and genetic backgrounds.

Psychophysiology, besides being a field of studies under construction, has been approaching the relationship of the internal body behavior of an individual, showing a whole bunch of mental and body events. This field of studies is directly related to behavior being expressed by the individual's activities and goals through psychic and physiologic dimensions. (MIRANDA apud COELHO et al., 2005; SAMULSKI, 2009)

It is known that physiological comprehensive analysis are not as effective as the use of psychological tests such as QER-ED, POMS and the registers of daily trainings. (SAMULSKI, 2006)

Practice of E.F. enhances Humor State significantly, in short and long-terms, as it has been proved there is a release of of Beta-endorfin and acute Dophamin, responsible for relaxing and for the analgesic effects during and after exercising. (STELLA et al. 2005. PORCU, et al. 2008, 2009)

The questionnaire of State of Humor, also known as POMS, was created with the intention of evaluating the transitory and emotional states of humor, being the most used one in psychology. In its early use, that questionnaire was just applied to psychic populations, nevertheless it was later taken to other kinds of populations. It has become an important evaluation tool, not only for investigation but also for intervention. As to sports field, POMS has been very broadly accepted as it can show emotional variations resulting from physical activity psychic comfort.. (HAYWARD et al.; SPENCE et al. Apud VIANA, 2001)

It has proved that the harder the training is, the higher the state of humor becomes, we can not forget the state of overtraining which changes the graph completely. The graph in iceberg shape, using vigour as the top, becomes upside down due to overtraining, increasing factors as depression, anger and fadigue while decreasing vigour. Successful athletes show better and higher scores of vigour and decrease of anxiety, mental confusion and fadigue, compared to the average of population. (SAMULSKI, 2009)

In his studies, Porcu et al. (2008) showed in twelve weeks of hidrogym, having fifty- minute classes twice a week, in a group of 18 women, there was an increase of 12,67 +/- 2,69 points in vigour. The other factors were also increased.

Practice of regular aerobic activities may produce anti ansiolitic and anti depression effects and it can also protect our body against detrimental effects of stress in mental as well in physical health. It may help pharmacologic and psychoterapic

treatment become healthier and cheaper. (PETRUZZELLO et. al. 1991; MELO et. al. 2005)

Studies by Coelho et. al. (2005) show physical exercising with a cargo of 55 of a maximum repetition (1RM) increase the scores of fadigue while it reduces the score of vigour. In practicing exercises with the maximum cargo of 80%, there were no changes in scores compared to the cargo mentioned before. We conclude physical activities practiced at those intensities are prejudicial to the transitory States of humor.

Stort et. al. (2006) showed in his studies using laboral gym, activity which can be considered from light to moderate, evaluated results of tension, depression, fadigue, anger and mental confusion had their scores reduced, differently from the results of vigour, which showed a significant increase.

The research is justified because it highlights the interest of the author on the theme discussed and also his real identification with that study. The research becomes relevant as it discusses important themes for professionals from different fields of study, such as; Physical Education, Psychology, Medicine and all the other areas of health. The search can enhance academic knowledge for it stimulates research, reviews and auto evaluation of the concepts discussed.

The aim of this study was to analyse the Transitory State of humor of women who practice regular JUMP classes at a health club in Campo Grande, west of Rio de Janeiro.

METHODOLOGY

2.1 Pattern of study

According to Thomas (2007), this is a descriptive field research performed with the use of questionnaires, based on known authors, scientific journals in the area and periodics.

2.2 Sample

The study sample has 15 female individuals aged between 18 and 47, all volunteers have practiced physical activities for at least 6 months. According to Dishman et. al. (1988), individuals who start practicing physical activities quit before 6 months.

2.3 Tools and procedures

The tool used in this research was the POMS questionnaire with 65 items, evaluated in a scale of 5 itens, from 0(zero) to 4 (Zero means “nothing”, 1 means “a little”, 2 means “so so”, 3 means “much” and 4 means “extremely”). (MCNAIR, et. al., 1971)

We used POMS before and after Jump class, we considered no student had practiced any kind of physical activity before class, so that there would be no change in the results. The menstrual period of the students was respected, that is why the questionnaire was applied in three different days. All the volunteers signed a document according to resolution 196/96.

ANALYSIS AND DISCUSSION OF RESULTS

Graph 1: Result of average before Jump class:

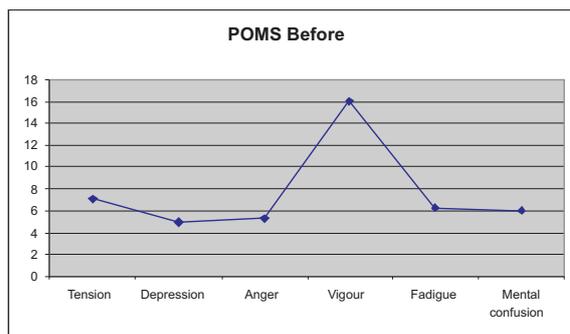


Table 1: Result of fashion before Jump class:

Tension	Depression	Anger	Vigour	Fadigue	Mental confusion
8	4	1	17	10	3

According to the results showed above, we can conclude the graph ractifies the literature: this graph showed an iceberg shape. The item tension showed a score of 7 points, depression and anger showed a score of 5 points, fadigue and mental confusion showed the same score: 6 points. Vigour was worth the most attention as it showed an average score of 16 points as well as 17 points in fashion. When we consider table 1, anger and mental confusion are reduced compared to average values; fadigue showed values above the average.

Graph 2: Result of average after practice of Jump class:

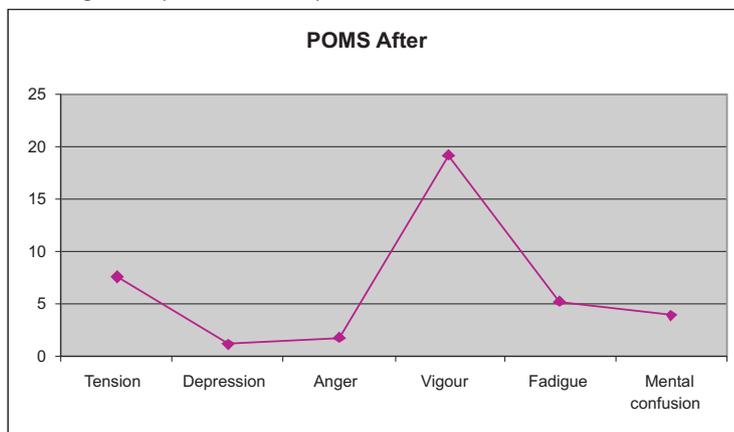


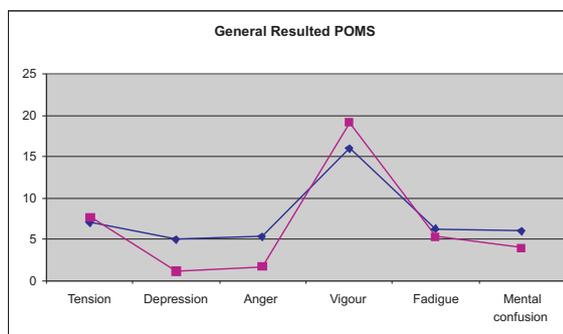
Table 2: Result of fashion after Jump class:

Tension	Depression	Anger	Vigour	Fadigue	Mental confusion
7	0	0	23	6	5

The results after the practice is satisfactory, because the items were presented as follows, the tension is presented with a score of 8 points, depression was reduced to 1 point, 2 points to anger, fatigue is a 5 point and mental confusion to 4 points. Appears with the vigour with a score of 19 points, in this case both the average, how trendy the results are presented much higher.

By observing the results in tables, we see how the practice of exercise reduced the negative factors of mood and increased the form satisfactorily.

Graph 3: Result of average before and after practice of Jump class:



The graph shows the relevance of the improvement in the scores of vigour through the reduction of scores of depression, anger, fadigue and mental confusion, emphasizing the iceberg shape of the graph. Vigour elevated itself from 16 to 19 after practice, but it became relevant as the results showed that depression and anger were reduced to 3 and 4 points in their scores, respectively. Samulski (2009) shows as higher the intensity of training was as more elevated the scores of depression, anger and fadigue became, it reduced vigour after training. This way, as this activity is considered to be a moderate one, those praticants, according to the study, show better conditioning not only physical but also psychic.

CONCLUSION

It can be inferred from this research that women who practice Jump classes improved their physical and psychic conditions through the elevation of vigour and significant reduction of depression, anger and mental confusion. The fashion values bring us a clearer view of the results in the vigour clivus, as it showed a significant, positive change in the results before and after class. The other factors which were reduced can help us notice that physical activity, if practiced in the right way, supervised by a specialized professional, can be a useful tool in reducing pressures faced in our daily life, improving our psychic resistance. It can be compared to the studies by Porcu (2008) that show E.F. liberate analgesic substances such as Betha-endorphin and Dophamin during and after physical activity.

It is recommended a longitudinal study using a bigger group of people from both genders, so that we could enrich those studies on The Profile of the State of Humor.

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RUA CELESTINO

N.600

CENTRO – MESQUITA, RIO DE JANEIRO. BRASIL.

CEP 26550-051 / TEL. 2796-1239/7820-7949/9548-2249 - fabiolamego@gmail.com

PROFILE OF THE HUMOR STATE OF WOMEN WHO REGULARLY TAKE JUMP CLASSES AT A HEALTH CLUB IN CAMPO GRANDE, WEST OF RIO DE JANEIRO

ABSTRACT

It is proved that human beings absorb and send an answer when they receive a stimulus. Between that stimulus and its feedback there is a structure called personality, as an individual is an informational system biologically structured. (BARRETO, 2003). Psychology analyses the internal relationship of an individual with a complete interaction of mental and body effects. This area of research is strictly related to behavior. (MIRANDA apud COELHO et. Al. , 2005, SAMULSKI, 2009). The objective of this study was to analyse the transitory state of humor of women who practice Jump classes in a health club in Campo Grande, west of Rio de Janeiro. The sample was of 15 women from 18 to 47 years, practicing physical activities for at least six months. The application of the POMS questionnaire happened before and after the Jump classes. We noticed exercising reduced the negative factors of humor and elevated vigour, through fashion. The average shows us the relevance of the improvement of the vigour scores through the reduction of scores of depression, anger, tiredness and mental confusion, increasing even more the iceberg form of the graph. It can be inferred through this research that the women who practice JUMP classes improved their psychological conditioning.

PROFIL DE L'ÉTAT D'HUMEUR DES PRATICIENNES DE COURS DE JUMP D'UN GYMNASÉ À CAMPO GRANDE, ZONE OUEST À RIO DE JANEIRO.

SOMMAIRE

Il est prouvé que l'être humain à recevoir un stimulus, absorbe et renvoie une réponse, et à partir de ce feed-back existe une structure nommée personnalité, car l'individu va être un système d'information biologiquement structuré. (Barreto, 2003) La psychophysiologie aborde la relation du comportement interne de l'individu, avec toute une liste d'événements mentaux et physiques. La relation de ce domaine de recherche est directement liée au comportement. (Miranda et apud COELHO. AL. 2005; SAMULSKI 2009) Le but de cette étude était d'analyser la transition d'état de l' Humeur des praticiennes des classes de Jump dans un gymnase à Campo Grande, à l'ouest de Rio de Janeiro. L'échantillon de 15 femmes de 18 à 47 ans, les praticiennes d'activités physiques pendant au moins 6 mois. L'application du questionnaire POMS a été réalisée avant et après le cours de Jump. Nous avons vu comment la pratique d'exercice physique a réduit les facteurs négatifs de l'humeur et a augmenté la force à travers Mode. La moyenne nous montre l'importance de l'amélioration dans les scores de la force par la réduction des scores de dépression, la colère, la fatigue et la confusion mentale, accentuant encore la forme de l'iceberg graphique. Peut être conclu par la recherche, que les femmes qui pratiquent des classes de Jump a obtenu des améliorations de leur état psychologique.

PERFIL DEL ESTADO DE HUMOR FRECUENTES PRACTICANTES DEL SALTO DE UNA ACADEMIA DE CAMPO GRANDE, ZONA OESTE DE RIO DE JANEIRO.

RESUMEN

Está demostrado que el ser humano a recibir un estímulo que la absorbe y envía una respuesta, y la retroalimentación entre esta estructura se llama personalidad, porque el individuo pasa a ser un sistema de información biológicamente estructurados. (Barreto, 2003) La psicofisiología se ocupa de la relación de la conducta interna de la persona, con una lista completa de eventos mentales y corporales. La relación de esta área de investigación está directamente relacionada con el comportamiento. (Miranda et apud COELHO. Al. 2005; Samulski, 2009) El objetivo de este estudio fue analizar el estado de transición del humor de los practicantes de las clases en un gimnasio Saltar Campo Grande, al oeste de Río de Janeiro. La muestra de 15 mujeres de 18 a 47 años, los practicantes de actividades físicas durante al menos 6 meses. La aplicación del cuestionario POMS se realizó antes y después de la escuela para saltar. Vemos cómo la práctica de ejercicio reduce los factores negativos del estado de ánimo y el aumento de la fuerza por parte de Moda. El promedio nos muestra la importancia de la mejora en las calificaciones de la fuerza por la reducción de las puntuaciones de depresión, enojo, fatiga, confusión mental, acentuando aún más la forma del iceberg gráfico. Puede concluirse a través de la investigación, que a menudo las mujeres profesionales de las clases Saltar obtenido mejoras en su estado psicológico.

PERFIL DO ESTADO DE HUMOR DE FREQUENTADORAS PRACTICANTES DE AULAS DE JUMP DE UMA ACADEMIA DE CAMPO GRANDE, ZONA OESTE DO RIO DE JANEIRO.

RESUMO

É comprovado que o ser humano ao receber um estímulo ele o absorve e remete uma resposta, sendo que entre este feedback existe uma estrutura chamada de personalidade, pois o indivíduo vem a ser um sistema informacional biologicamente estruturado. (BARRETO, 2003) A Psicofisiologia vem abordando a relação do comportamento interno do indivíduo, apresentando uma inteira relação de eventos mentais e corporais. A relação desta área de pesquisa esta diretamente ligada com o comportamento. (MIRANDA apud COELHO et. al., 2005; SAMULSKI, 2009) O objetivo desse estudo foi analisar o Estado transitório de Humor de frequentadoras praticantes das aulas de Jump em uma academia de Campo Grande, zona oeste do Rio de Janeiro. A amostra de 15 mulheres de 18 à 47 anos, praticantes de atividades físicas por pelo menos 6 meses. A aplicação do questionário de POMS foi realizada antes e após a aula de Jump. Percebemos como a prática de exercício reduziu os fatores negativos do humor e elevou o vigor, através da Moda. A média nos mostra a relevância da melhora dos scores do vigor através da redução dos scores da depressão, raiva, fadiga e confusão mental, acentuando ainda mais a forma de iceberg do gráfico. Pode ser concluído através da pesquisa, que as mulheres frequentadoras praticantes de aulas de Jump obtiveram melhoras em seu condicionamento psicológico.