

74 - THE INFLUENCE OF LABOR GYMNASTICS AS A MEANS OF PROMOTING QUALITY OF LIFE

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INTRODUCTION

Due to the great changes that companies are currently suffering, quality of life of worker has been the discussion subject as regards the physical, emotional and psychological aspects.

The high competitiveness in enterprises has increased the wear of officials, favoring the establishment of programs that involve physical activity such as labor gymnastics.

It can be observed that one way for this quest is the labor gymnastics, which has been adopted by a constant number of companies. (CÂNETE, 2001)

Thus, the labor gymnastics in the company has contributed to the regress of the worker to the practice of physical activity, even in the workplace.

LABOR GYMNASTICS

The first report occurred in 1925 in Poland and later in other countries like Holland, Russia, Bulgaria and East Germany, as pause gymnastics. In 1928 arrived in Japan called Preparatory Labor Gymnastics. In Brazil, was established in 1969 by Japanese executives Ishikavajima yards (MENDES, LEITE, 2008).

The Labor Gymnastics was adopted as a daily practice for businesses, services and schools, aimed at relaxation and the cultivation of health. After World War II, the program spread throughout the country, today, more than a third of Japanese workers, who exercise in the courtyards of the factories and sing the hymns of their companies (MENDES, LEITE, 2008).

Therefore, this activity is understood as an area in which people, by free will, to pursue various activities and exercises that encourage self-knowledge and lead to expansion of self-esteem and thus provide a better relationship with you/others and the environment (PEREIRA, 1998).

The Labor Gymnastics is planned and implemented in the workplace during working hours. It is also known as physical activity in the company, compensatory labor gymnastics, work gym or pause gymnastics. (MENDES, LEITE, 2008).

According to Mendes and Leite (2008), Labor Gymnastics seeks to create a space in which workers own free will, perform various activities and exercises, which are much more than a conditioning mechanical, repetitive and automaton. Must be well planned and varied as it is an active pause at work and serves to break the rhythm of the task that the employee play, acting as a break from the monotony.

According to Marquesini (2002), there are three types of Labor Gymnastics: Preparatory: Fitness with duration, typically 5 to 10 minutes, held before the start of the workday, the main objective is to prepare the employees for their work, heating muscle groups, which will be required in their work and awakening them, so they feel more willing to start work. Compensatory: Fitness with duration, typically 10 minutes, held during the working day, breaking the monotony and leveraging operational pauses to perform specific exercises of compensation for repetitive strain and postures, required by the operational jobs. Relax: Fitness with duration, typically 10 minutes, based on stretching exercises, performed after expedient, in order to oxygenate the muscle structures involved in the daily task, and preventing possible installation of injuries.

The primary objectives for workers are to improve posture and movements performed at work, increase resistance to peripheral and central fatigue, promote the general welfare, improve the quality of life, idleness and reduce occupational stress. For businesses, the main objectives are to reduce accidents at work, reduce absenteeism and turnover, increase productivity, improve the overall quality and prevent occupational diseases, such as tendonitis and work-related musculoskeletal disorders (WMSD). (MENDES, LEITE, 2008).

The programs promote the mental, physical and social conditions. Some of its benefits, according Pagliari (2002) are listed below:

Physiological: it results in increased blood flow level of muscle structure, improving the oxygenation of the muscles and tendons, and decreasing the accumulation of lactic acid, improves mobility and muscle joint flexibility, reduces inflammation and injuries, improves posture, reduces stress muscle unnecessary and reduces the effort in carrying out daily tasks, facilitates adaptation to the workplace, improve the condition of the general state of health.

Psychological: favors the change of routine, boosts self-esteem, shows the company's concern with the employees and improves ability to concentrate at work.

Social: awaken the emergence of new leaders, promotes personal contact, and promotes social inclusion - by fostering a sense of the group - feel part of a whole, improve the relationship (PAGLIARI, 2002).

RSI and WMSD

According to Mendes and Leite (2008), the work-related musculoskeletal disorders (WMSD) was first called Repetitive Strain Injuries (RSI), having a causal factor, related to the greater speed and repetition of the movements performed during the workday.

Mendes and Leite (2008, p.116) state that:

The term RSI is traditionally known by various social factors in the country mainly better identified by the working class. WMSD is already suggesting the current Brazilian standards, with a terminology that has been increasing gradually. Why are the names used and distributed twice in Brazil, this essay refers to the phenomenon as RSI/WMSD. In this regard, BAWA (1997) refers RSI/WMSD as a modern social phenomenon.

According to Polito and Bergamaschi (2004) RSI (Repetitive Strain Injuries) - was created to identify a set of diseases that affect muscles, tendons and joints of the upper and possibly lower limbs, and that are directly related to the tasks, environments and organization of work.

According to the World Health Organization RSI is the second leading cause of work absenteeism in Brazil. WMSD (work-related musculoskeletal disorders) - is the new terminology adopted by the NSS (National Social Security) and trying to broaden the concept of disease to inflammatory disorders and / or arising from the nerve compression, caused by activities that require the employed a physical burden or activities that require a mental overload.

Prevention: Prevention of RSI and WMSD are based on the adoption of measures related to exposure time, breaks and limitations of working time. The role of the employer is to take corrective measures, such as: introduction of rest breaks, introduction of training programs for prevention and adoption of personal protective equipment. The authors also conclude that one of the factors that contribute to prevention is: reduction of working hours in activity that generates RSI and WMSD; adequacy of furniture: machinery, devices, equipment and tools of the physiological characteristics of the worker (OLIVEIRA2002).

Treatment: Treatment of work-related musculoskeletal disorders always depends on effecting a correct diagnosis, the elimination of causative agents and an appropriate drug therapy strategy, physiotherapy, and some surgical cases, depending on the case may rest, immobilization and absence (Martins, 2001).

Mendes (2000, p.149), notes that "in cases of tendon lesion of wrist and hand, in addition to rest, it is suggested an evaluation to indicate splints and anti-inflammatory medication.

The author quoted above says that in addition to immobilization and rest can also use ice for pain relief and compression and elevation to better drain the local edema, when it is present, the ice should be used several times a day in compresses and ice packs.

CAUSES AND CONSEQUENCES

During the working day, people go through various postures. Some are kept much of the time, performing repetitive movements. In addition, inadequate jobs, do not allow good posture, even if the attitudes are appropriate (BERGAMASCHI, FERREIRA, 2002).

Inadequate postures, especially the so-called extreme, requiring static muscle contractions and lead to general and/or specific overhead of musculoskeletal system, is one of the main factors in the origin of the WMSD (BERGAMASCHI, Ferreira, 2002, p. 39).

Martins (2001) points to several factors related to the environment, which generates diagnoses of RSI or WMSD in Brazil, among them are the tension of the period, high unemployment; ethical, moral and cultural predisposition of workers, lack of organization in work environment; dissatisfaction with work, influence action of the syndicate, political action, media influence, lack of training of various professional groups; disqualified subsidiary, permissive labor system; interests for severance or retirement.

QUALITY OF LIFE

Currently the quality of life is one of the most discussed and commented. The human being started to look for the "fullness" of health, also aimed at the disease prevention. In this context, Costa (2000, apud POLETTTO, 2002) states that quality of life, from the third millennium, became a goal to be achieved by man following the guidelines of the body harmony and interrelation between professional, social, physiological, emotional and spiritual fields.

Nahas (2000) defines quality of life as a set of individual, socio-cultural and environmental parameters, which characterize the living conditions of humans. Thus, the quality of life is not only related to aspects of health such as physical well being, functional, emotional or mental well-being, but the sum of other factors inherent in the work, as people living with friends and other circumstances of life, especially his family.

QUALITY OF LIFE AT WORK

Quality of Life at Work is all the actions of a company, which involves the implementation of improvements and innovations in management and technology in the workplace. The construction of the Quality of Life at Work takes place from the moment you look at the company and the people as a whole (ALBUQUERQUE, FRANCE, 1998).

One strategy that has been widely used by companies to combat the negative effects cited technological modernization refers to the implementation of programs of quality of life, programs that seek to promote improved well-being and, consequently, productivity of employees (MARQUES; GUTIERREZ; ALMEIDA, p.27, 2006).

It has been found in practice that people who do not feel satisfied and comfortable in their working environment, and whose levels of tension and insecurity are significant, become more likely to suffer accidents and mistakes (CANETE, 1996).

One way of intervention in these problems is physical activity. Through it, employees can recover their strength and relax. Although essential, is found an obstacle to their practice: time. Most workers face long working hours and there is no time to go to a gym, a club, or even for a walk. The Labor Gymnastics aims to alleviate this problem (BERGAMASCHI et al., 2002, p.24).

It is the interest of the company check for increased productivity, happy employees in the workplace, and that well-being can come, not only in health clinic, but also in the positive social interactions between peers (MARQUES; GUTIERREZ; ALMEIDA, 2006).

Regardless of where the initiative comes from, it is important that employers and employees are aware that investment in health is directly proportional to income, whether measured in "reais" or improvements in quality of life (Martins, MICHELS, 2001).

CONCLUSION

It can be argued that the practice of physical activity and exercise have become something essential to the life of any human being, whether for personal or professional, looking for a better quality of life. Therefore so many companies today can count on a program of quality of life, implanting Labor Gymnastics.

Investing in quality of life of the worker brings a huge return for the company, the employee healthy and happy with their work environment will be more willing to do their jobs and thus increase the quality and productivity of their services.

The Labor Gymnastics is very important both for the company, and for the daily life of workers, being responsible for the decreased fatigue, body aches and stress, making the practice of Labor Gymnastics your leisure.

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THE INFLUENCE OF LABOR GYMNASTICS AS A MEANS OF PROMOTING QUALITY OF LIFE

ABSTRACT

This study aims to determine the influence of labor gymnastics, as a means of quality of life. The following research was conducted by reviewing bibliography, literature review, electronic data collection, articles and results already.

KEY WORDS: Labor Gymnastics, Quality of life.

RÉSUMÉ

Cette étude vise à déterminer l'influence des gymnastiques laborieuses, signifie que le courrier de la qualité de vie. La recherche a été effectuée la mise en jachère en passant en revue la bibliographie, revue de littérature, de la collecte de données les appareils électroniques, des articles et des résultats déjà.

MOTS CLÉS: Gymnastique laborieuse, la qualité de vie.

RESUMEN

Este estudio tiene como objetivo determinar la influencia de la gimnástica laboral, como el correo los medios de calidad de vida. La investigación se llevó a cabo el barbecho mediante la revisión de la bibliografía, revisión de la literatura, la recogida de datos electrónica, artículos y los resultados ya existentes.

PALABRAS-CLAVE: Gimnástica laboral, calidad de vida.

A INFLUÊNCIA DA GINÁSTICA LABORAL COMO MEIO DE PROMOÇÃO DE QUALIDADE DE VIDA

RESUMO

O presente trabalho tem como objetivo verificar a influência da Ginástica laboral como meio de promoção de qualidade de vida. A seguinte pesquisa foi realizada através de revisão bibliográfica, revisão de literatura, coleta de dados eletrônicos, artigos e resultados já existentes.

PALAVRA CHAVE: Ginástica laboral, Qualidade de Vida.

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