

Actitud hacia el ejercicio y capacidad física para la vida cotidiana en el sureste

Attitude towards exercise and fitness for daily life in the Southeast

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Resumen

La autovaloración de la actitud hacia el ejercicio y la capacidad física en la vida cotidiana son factores esenciales para combatir el sedentarismo que tanto nos afecta. En el presente estudio se valoraron los criterios de 175 personas de 5 estados de la región sureste del país mediante la aplicación de dos cuestionarios, uno sobre su actitud hacia el ejercicio y el otro acerca del nivel de desarrollo de la capacidad física en la vida cotidiana. Estos cuestionarios ya habían sido utilizados por el Programa de Ejercicios para el Cuidado de la Salud (PROESA) de la Secretaría de Salud. Los objetivos del estudio fueron conocer las opiniones individuales de los participantes sobre estos dos temas y comparar su comportamiento en los 5 estados de la región sureste del país. La investigación analizó el comportamiento de ambas variables con ayuda de los cuestionarios realizados tomando en cuenta un enfoque descriptivo y transversal. Las respuestas de los participantes sobre su actitud hacia el ejercicio y su capacidad física en la vida cotidiana no fueron homogéneas, siendo esto más marcado entre los estados.

Palabras clave: tiempo libre, salud, personas adultas, cuestionario, actividad física.

Abstract

Self-assessment of attitudes towards exercise and physical ability in everyday life are essential to combat the sedentary lifestyle that affects us so much. In the present study were evaluated criteria of 175 people in 5 States in the Southeast region of the country through

the application of two questionnaires, one about his attitude towards exercise and the other about the level of development of physical capacity in daily life. These questionnaires had already been used by the Exercise Program for the Health Care (PROESA) of the Ministry of Health. The objectives of the study were to know the individual opinions of participants on these two topics and compare their behavior in the 5 States of the Southeast region of the country. The research analyzed the behavior of both variables with the help of the questionnaires carried out taking into account a descriptive, transversal approach. The responses from the participants about their attitude towards exercise and physical ability in daily life were not homogeneous, this being most marked among the States.

Key words: leisure, health, adult, questionnaire, physical activity.

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Introduction

Sedentary lifestyle causes disorders and diseases that can be prevented through the proper practice of physical activity. The majority of countries pound to battle against sedentary lifestyle, by constantly seeking encourage the practice of physical activity in the population, trying to make it a habit that benefits their health.

The model of consumer society has influenced our peoples as a result of urbanization and the growing social welfare (Tuero et al., 2000). These two conditions, and others related to the health of the individual, have contributed to the acceptance of more healthy lifestyles that include the systematic practice of physical activity in leisure of people.

Therefore, so that the person can enjoy the advantages and benefits of leading a healthy lifestyle, first is due to value your fitness and willingness to exercise.

This research aims to know the criteria and ratings on the attitude towards exercise and the individual assessment of the fitness for daily life in groups of people from different States of our region, establishing comparisons among them. In research, two questionnaires were applied to people of Chiapas, Tabasco, Oaxaca, Quintana Roo and Campeche, and then

compared. These questionnaires were those included in the Exercise Program for the Health Care (PROESA) created in 1995 by the Ministry of health of the Federal Government.

The research is based on the fact that the practice of physical activities has become a necessity of the human being, in particular due to its relationship with the health. Today, nationwide movement takes place so that people change their habits and styles of life towards modes of behavior that will eliminate the sedentary lifestyle and the emergence of so-called diseases of the 21st century, that is, towards the achievement of healthy lifestyles that prevent the onset of diseases and disabilities (Mendoza et al., 1998).

The regular and systematic practice of physical activity improves the quality of life and reduces the risk of cardiovascular disease, alterations in metabolism and reduction in mobility and functional independence (Mora et al., 2007). For that reason, the World Health Organization (WHO) issued a Global Strategy on diet, physical activity and health in 2004, which states that the systematic physical activity protects against the advancement of different chronic diseases such as obesity, hypertension, type 2 diabetes, etc, which are disorders that can start at an early age and evolve with the passing of time to cause serious problems to the health of the people. The overall goal of the strategy was "to promote and protect health through healthy eating and physical activity" (Global Strategy on Diet, Physical Activity and Health, OMS, 2004) which corresponds to the movement for health that is carried out in our country.

MATERIALS AND METHODS

It designs descriptive, cross-sectional research based on the study of the behavior of the two main variables of the sample that were the attitude towards exercise and physical ability for everyday life, which are being measured through the "Questionnaire was used attitude towards exercise "and the" Questionnaire on physical ability to everyday life "; two instruments Exercise Program for Health Care (PROESA) created in 1995 by the Ministry of Health within the Health Reform Program 1995-2000 Sector. These questionnaires were applied in areas where the daily practice of physical activity were made.

To prepare the PROESA, the Ministry of Health took the first questionnaire of the document "A single method to exercise ASSESS Behaviour in the community; Papila Canadian Journal of Sports Sciences "Godin and Sheppard (1985) and the second was taken

from Devis in "Physical activity, sport and health" of the INDE (2000) publisher. The PROESA was summoned by the Ministry of Health to integrate institutions of Health, Education and Sports Sector, as well as companies and social organizations to join forces to improve styles and quality of life by reducing related disorders with lack of physical activity.

The study objectives were to determine the individual opinions of the participants on these two issues and compare their performance in the 5 states of the southeast region.

The first variable, the attitude towards exercise, also seen through the lens of social motivation, it is the state of mind of a person who prepares mentally to agitate for performing exercises, while the second, physical ability for daily life, is the internal condition of the body of each person to perform movement actions. The first concept refers to what people think about your mindset to practice physical activities, while the second is about how they believe are from the physical point of view.

Other variables studied were age, sex, occupation and most recent studies, which served to analyze the general characteristics of the sample.

We surveyed 175 people from five states in the region. All respondents were older, enrolled in systematic physical activity groups in their localities and agreed to participate in the study; 35 of them belonged to the state of Chiapas and the same amount to Tabasco, Oaxaca, Quintana Roo and Campeche. In Chiapas the sample was taken in the town of Comalapa, while in Oaxaca was taken from the town of Union Hidalgo. In Tabasco was taken from the municipalities of Villahermosa and Tenosique (20 and 15 respectively), in Quintana Roo was taken in the city of Chetumal and Campeche sample was taken from Ciudad del Carmen.

The questionnaires allowed to know the attitude of the participants towards physical activity as well as their views on the level of development of their own physical abilities to cope with daily activities. The inclusion criterion was that they were enrolled in a group of systematic practice and accept the questionnaire. The exclusion criterion adopted was not accepted by the study showed.

For processing the results frequencies, means, standard deviation and percentages were calculated. Nonparametric test dependency Pearson Chi Square 0.5 of significance was also applied.

RESULTS AND DISCUSSION

The sample showed variations in gender and state of residence, given the preponderance of women in the states of Tabasco (62.8%) and Oaxaca (60%), and men in Quintana Roo (60%). In the other states large variations were not presented in the ratio of women to men (Table 1).

Among females, the highest age range (25-59) was presented in Campeche with the highest average of all (33.6 years), which is higher than the overall average, and standard deviation of 6.5 years is found below the overall standard deviation. The greater dispersion in the age of the participants was observed in the state of Chiapas with standard deviation of 8.6 years. In men also in Campeche the senior (30-57) was observed with the highest average (35.8 years) and a standard deviation of 6.7 years while the bulk sample dispersion was in Oaxaca with a standard deviation of 8.7 years.

The older participants (more than 33 years in both sexes) was found in the state of Campeche, which may result in the level of urbanization and development achieved in the municipality of Carmen that was where the sample was taken. The youngest participants were in Oaxaca in females with average 28.8 years and Chiapas in males (29.7 years).

With respect to the last grade completed studies (Table 2), in women it was observed that the majority of respondents with completed primary school (38.1%) was in Oaxaca while in Quintana Roo (35.7%) most women found finished high school. In Chiapas was the most he had completed high school (47.1%). As for completed university studies, the majority of women was in Campeche (42.1%).

In men, most studies completed primary was in Oaxaca (57.1%) and Chiapas (38.9%), while in Quintana Roo was mostly with middle and high respectively. In Campeche most men with university studies completed (37.5%), similar to that found in women was reflected.

For states, Campeche had the highest percentage of college-educated respondents (40%) and Oaxaca with finished primary (45.6%). Tabasco (37.1%) was the biggest percentage who had completed high school and high school in Chiapas (40%) (Table 2).

As for the occupation of respondents it found that in Tabasco (81.8%) and Campeche (84.2%) was most women working, while the minority was of Oaxaca (57.1%). As for

female participants who do not study or work it found that the highest percentage was reflected in Oaxaca, where 33.4% of respondents were housewives (Table 3).

Other results of the study are related to the responses to the questionnaires during the investigation. These results were as follows:

Results of the questionnaire attitude towards exercise

The first question reflected the way each person sees herself in relation to whether it is active and to what extent. For this consideration there were 6 different response.

Option A, related to the response "is not active and do not want to be" had preference in Quintana Roo (17.2%) and Oaxaca (14.2%) with response rates higher than the overall (9.7%), the rest of states this preference below (Figure 1). This option, along with the F, were less popular among respondents, meaning that no preference, in general, the practice of physical activity.

The B response (not active, but think so) had an increase of almost double the general preference (18.3%) relative to the A (9.7%), but kept a low level of responses. Option B was the preferred by the participants of the state of Tabasco with 40% of the total. It is noteworthy that in the answers of the participants of Tabasco this option, most of the acceptance was in females (Table 4).

Option C (sometimes active and sometimes not) had the greatest behavioral responses in the states of Chiapas (37.4%), Quintana Roo (31.6%) and Oaxaca (25.8%), the favorite of the participants of these three states. The higher overall response rate to the questionnaire was in this option with 25.8% of respondents (Table 4.1).

Option D (that is active for 6 months) had most acceptance in Chiapas (28.5%) and Campeche (22.8%) and Oaxaca (17.2%), while in Tabasco and Quintana Roo had low preference. The E response (is active more than 6 months) was the most accepted by the state of Campeche participants (37.3%). The overall percentage of this response (18.8%) is higher than that achieved by other states. The F response (was active a year ago, but it is not already) had greater acceptance in Oaxaca (17.2%), but was a response to low overall acceptance (table 4.1).

From the responses of respondents in Chiapas it is known that among the respondents in that state, the largest preferences responses were in the C and D related options "is

sometimes active and sometimes not" and "is active for 6 months "with 65.9% of respondents that can mean intermittent practice of physical activity, but with room for improvement from a process of individual conviction and the response rate was lower in Option A" it is not active and not You want to be "with 5.7% that may mean that most want to be active.

In Oaxaca the C option (sometimes active and sometimes not) was the most accepted with 25.8% by the D "is active for 6 months" and F "was active a year ago, but it is no longer" with 17.2% each. The response was less accepted B "is not active but thought to be" (11.4%). The combination of these responses may mean that respondents in this state are not clear, mainly, the benefits of physical activity.

The answer B "is not active but thought be," was the favorite in the state of Tabasco with 40% which was also the highest percentage obtained in the study in general. By joining this response with the option given that it is sometimes active and sometimes not (22.8%) and 5.7% response to that is not active can mean not want to be participants of this state without interest the practice of physical activity.

In Quintana Roo there was majority of responses to the C option (it is sometimes active and sometimes not) with 31.6%, while the minority was in the options D and E with 11.4%. In the state of Campeche was most accepted by the option E (is active more than 6 months) with 37.3% and the D (that is active for 6 months) with 22.8% which means that more than half of respondents practitioners are systematic physical activity. The answer of not being active or want to be held 5.7% of acceptance. In the study it was found that the highest preferences for physical activity were among the respondents of the state of Campeche.

In general terms the answer C (sometimes active and sometimes not) was the most accepted with 25.8% of the total and were less preferred A and F both with 9.7%.

The second question questionnaire recalled physical activity in a typical week in the life of the participants and asked them to write down how many days had made. The results on this question taking into account gender and total responses and their respective percentages are as follows:

Option A is meant to do any physical activity had the highest proportions of responses in the states of Oaxaca (31.4%), Quintana Roo (25.7%) and Tabasco (25.7%), while in Chiapas was 22.8% of Campeche was surveyed and the minimum this option to 11.4%

(Table 5). This situation coincides with the response to the first question of the questionnaire in which participants of Quintana Roo (17.2%) and Oaxaca (14.2%) had preference for option A related response "is not active and do not want to be ". In this sense, the states of Oaxaca and Quintana Roo were the highest proportion of respondents who did not prefer physical activity.

The answer to Option B on the realization of moderate physical activity (Table 5) was most in Quintana Roo (68.6%), Chiapas (62.9%), Campeche (57.2%) and Tabasco (42.9%) and minority in Oaxaca (28.6 %).

Option C defining the preference for vigorous physical activity was majority in the states of Oaxaca (40%), Campeche (31.4%) and Tabasco (31.4%). It is noteworthy that 5.7% of the participants of Quintana Roo have made vigorous physical activity in the past week.

By states the results of the first question that Campeche was the highest preference for physical activity with over 80% of respondents who had done business in the past week are repeated, while Oaxaca and Quintana Roo were preferably lower (Table 5).

As for how many days a week they perform the type of physical activity, each person must define the total weekly days that were in the group where they were registered. This data provides information about the frequency of practice by respondents.

Among females, the highest proportions of responses were in the 2 and 3 days (43.1% and 26.8%) (Table 5.1). The smaller the practice 5 days a week. For states, Campeche is the highest values among those who spend 2 to 3 days a week for physical activity while in Quintana Roo are those who spend 1, 5 and 4 days together in the latter figure to Oaxaca (Table 5.1).

In the male, the female situation differs as to the state had more practitioners with 2 or 3 days a week, Quintana Roo being the higher percentages followed by Campeche. Tabasco is that it has higher preference for practice one day a week (15.4%) and Oaxaca (14.3%) for 5 days (Table 5.2).

The third question in the questionnaire required that each respondent autocalificara in terms of physical activity performed.

Among the results of the respondents' answers to this question is found in females were similar percentages among the total of responses to (indolent) (35.5%) and B (irregularly

active) (32.3%) (Table 6). The lowest percentage was found in the (very active) D response.

The state of Campeche was the highest percentage in the C (moderately active) (very active) and D responses, while Oaxaca had the lowest response rate in these categories.

The situation in males (Table 6.1) was similar to that of women with most answers in A (52.4%) and B (28.6%). The state of Oaxaca was the one who got the most responses in C variants (moderately active) and D (very active), totally different from the female situation.

Results of the questionnaire on physical ability to everyday life.

The second questionnaire containing 10 questions, reflecting the valuation of each respondent about his own physical ability to everyday life.

Among females, the first question on whether they felt weakness in the legs when climbing stairs several floors, there were many positive responses among respondents of Oaxaca, while in other states the majority of responses were negative (Table 7). On this question, but in males, a similar situation with mostly positive for the state of Oaxaca (Table 7.1) occurred, causing the same result in the summary of both sexes (Table 7.2). This means that respondents in Oaxaca have difficulty climbing stairs, reflecting low fitness in force, an aspect that should be improved in daily classes.

The second question related to the fact that they could gasp when they ran a short distance to take a bus, was mostly answered as "Yes" in the states of Oaxaca and Tabasco in females (Table 7), while the male most positive response was found in Oaxaca (Table 7.1). In this regard it is noted that the criterion of the respondents about their level of resistance is not adequate enough to face such a simple physical task. The third question on whether they could bend over to tie his shoes or socks without sitting had most positive responses in Chiapas and Oaxaca in females (Table 7) and in men in all states except Campeche (Table 7.1) . Bowing to this activity reflects acceptable flexibility.

The fourth question has to do with the difficulty out of the tub or up from a low chair. It was a question that mixed with the flexibility and strength had negative responses in both sexes of all states, which means that most of the respondents no problems out of the tub or up from a low chair.

The fifth question had to do with the habit of avoiding physical strain and females of all states responded negatively (Table 7), meaning that respondents not avoid physical

exertion. In males (Table 7.1) only in Oaxaca most responses to this question were positive but low range between them.

The sixth question inquired about exhaustion, meaning more than once in recent weeks at the end of the workday. In this sense, in females only in Tabasco were most other responses (Table 7) and in men occurred in Chiapas and Tabasco (Table 7.1). In general, the respondents of both sexes there was only most positive responses in the state of Tabasco (Table 7.2).

The seventh question inquiring about whether they felt more tense and relax struggled in recent weeks. Among females there were most of Yes answers in Tabasco, Quintana Roo and Campeche (Table 7) and in men in Chiapas, Tabasco and Quintana Roo (Table 7.2). In the overall outcome of both sexes in Tabasco, Quintana Roo and Campeche most positive answers to this question it is presented.

Question 8 concerned the possible completion of 10 repetitions in an exercise of crunches with legs bent and the majority of respondents in each state replied that he could do it. Only in Quintana Roo absolute majority of negative to this question (Table 7.2) responses was found.

Question 9 was about touching the wall sitting on the floor looking at it with outstretched and legs apart; in Quintana Roo and Tabasco were most negative responses, while other states were positive (Table 7.2). The last question we wanted to know if they performed moderate or vigorous exercise at least three times a week and the result was that in females all states, except Chiapas, do not realize while in the men do respondents Chiapas, Tabasco and Campeche. In Chiapas it is where men and women perform more moderate or vigorous three times a week (Table 7.2) years.

CONCLUSIONS

Due to the high levels of urbanization in the regions of the different states, it is clear that their populations living similar to that of cities in developed countries so.

It is also clear that respondents implemented a way of life based on an international model of consumer society that determines how occupy their free time.

Physical activities, therefore, enrich and develop, necessitating the establishment of methods for measurement and analysis.

There are not homogeneous valuations of respondents about their attitude towards exercise and physical capacity for everyday life, same as are most marked among states. Similarly, respondents implemented a way of life based on an international model of consumer society that determines their ways to spend their free time.

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