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**PROPÓSITO DE VIDA ANTES E DURANTE A PANDEMIA POR COVID19 EM
IDOSOS PRATICANTES DE ATIVIDADE FÍSICA NO INTERIOR DO AMAZONAS:
UM ESTUDO LONGITUDINAL**

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Orientador: Prof. Israelly Kethém Moura dos Santos

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Propósito de vida antes e durante a pandemia por covid19 em idosos praticantes de atividade física no interior do Amazonas: um estudo longitudinal

Purpose of life before and during the covid19 pandemic in elderly people practicing physical activity in the interior of Amazonas: a longitudinal study

Propósito de vida antes y durante la pandemia de covid19 en ancianos practicantes de actividad física en el interior de Amazonas: un estudio longitudinal

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RESUMO

Descreveu-se a presença do propósito de vida em um grupo de idosos praticantes de atividade física antes e durante a pandemia por Covid-19 no interior do Amazonas. Estudo longitudinal realizado com 63 idosos que residem no município de Coari/AM. Avaliou-se as características sociodemográficas e de saúde e o bem-estar e direcionamento de vida por meio do questionário de propósito de vida. Durante a pandemia por Covid-19 os idosos diminuíram a percepção do propósito de vida ainda assim, ao avaliar a saúde e propósito de vida, de maneira geral os idosos relataram alegria e satisfação com a vida.

Palavras chaves: Idosos; Metas organizacionais; Bem-estar; COVID-19; Atividade Física.

ABSTRACT

The presence of the purpose of life was described in a group of elderly practitioners of physical activity before and during the Covid-19 pandemic in the interior of Amazonas. Longitudinal study carried out with 63 elderly people residing in the city of Coari/AM. Sociodemographic and health characteristics and well-being and direction of life were evaluated through the purpose of life questionnaire. During the Covid-19 pandemic, the elderly reduced their perception of life purpose, yet, when evaluating health and life purpose, in general, the elderly reported joy and satisfaction with life.

Keywords: Elderly; Organizational goals; Welfare; COVID-19; Physical activity.

RESUMEN

Se describió la presencia del propósito de vida en un grupo de ancianos practicantes de actividad física antes y durante la pandemia de la Covid-19 en el interior de Amazonas. Estudio longitudinal realizado con 63 ancianos residentes en la ciudad de Coari/AM. Se evaluaron características sociodemográficas, de salud y bienestar y dirección de vida a través del cuestionario de propósito de vida. Durante la pandemia de Covid-19, los ancianos redujeron su percepción del propósito de vida, sin embargo, al evaluar la salud y el propósito de vida, en general, los ancianos relataron alegría y satisfacción con la vida.

Palabras llave: Anciano; Metas organizacionales; Bienestar; COVID-19; Actividad física.

1. Introdução

Estima-se que a população idosa mundial até 2050 será composta por 2 bilhões de indivíduos, o que representa 22% da população com 60 anos ou mais. (UNITED NATIONS, 2019) No Brasil, segundo o Censo Populacional de 2019 os idosos representam 13,5% da população, e projeções indicam que essa quantia vai saltar para 24,5% em duas décadas e meia. (IBGE, 2019) Assim, em um panorama geral, a população brasileira no ano de 2060 chegará a mais de 58 milhões de pessoas, e 32 milhões desses indivíduos serão idosos. (Alexandrino et al., 2020)

No Estado do Amazonas o número de idosos de 2005 para 2015 aumentou, de 9,8% para 14,3%. (IBGE, 2016) Em Coari, município localizado a 363km da capital de Manaus, os idosos são compostos por 5,3% da população total (IBGE, 2010) onde tal cenário fez-se atentar a cuidados voltados e conduzidos a este público, fim de promover envelhecimento saudável com uma melhor qualidade de vida e longevidade. (da Costa et al., 2020)

Tendo em vista a longevidade, é importante entender que os idosos passam por modificações dinâmicas e progressivas tanto fisiológica quanto funcionais. (Simeão et al., 2018) Assim, para envelhecer de forma saudável é necessário conquistar com um conjunto de hábitos.

A prática de atividades físicas é o principal hábito adotado como forma de promoção a saúde, prevenção de doenças e reabilitação, proporcionando o resgate da autonomia, da saúde mental e funcional, maior senso de propósito de vida e aumento da longevidade em idosos. (Crochemore-Silva et al., 2020)

O senso de propósito de vida pode ser entendido como a capacidade de percepção sobre o direcionamento da própria vida. Um estudo mostrou que idosos com forte senso de propósito de vida são capazes de estabelecer metas para si, tem desejos e vontades para viver a cada dia, sentem que sua vida passada e atual é significativa, e são ativas na execução de planos de estabelecem para si mesmo. (Ribeiro et al., 2018a)

A pandemia causada pelo Coronavírus-19, com início no Brasil em 2020, pode ter impactado o propósito de vida dos idosos, a partir das medidas adotadas pelas autoridades sanitárias com objetivo de barrar a disseminação do SARS-Cov-2. (Nunes et al., 2020) Uma das medidas consideradas mais impactantes na vida dos

idosos foi o distanciamento social, conduzido como um isolamento social para grupos de alto risco, como os idosos. Este isolamento modificou diretamente a qualidade de vida, bem-estar, saúde mental, número de comorbidades, e sedentarismo dos idosos. (Mills et al., 2020)

A partir deste contexto, o presente estudo teve como objetivo analisar o propósito de vida em um grupo de idosos praticantes de atividade física antes e durante a pandemia por Covid-19 no interior do Amazonas.

2. Método

Estudo longitudinal, observacional, com análise de dois momentos de coleta: momento 1 (M1) e momento 2 (M2). O M1 foi realizado no segundo semestre de 2019 até fevereiro de 2020; e o M2 no segundo semestre de 2021 (após a vacinação – Covid19) até fevereiro de 2022.

A população do estudo consiste em idosos que residem no município de Coari no interior do Estado do Amazonas e que praticam atividade física em grupo. A amostra foi composta por 66 idosos, indivíduos com idade igual ou superior a 60 anos, de ambos os sexos. Não puderam participar idosos com doenças cardiovasculares e com incapacidade cognitiva em responder à bateria de avaliação.

O recrutamento ocorreu em alguns locais específicos da cidade de Coari como: praças de esporte, centro do idoso, estrada do aeroporto e nos locais que os idosos realizavam a prática de exercícios físicos. Para participar do estudo os idosos deveriam ter disponibilidade de 1 hora e meia para participar da avaliação gerontológica por meio de questionários.

Avaliou-se as características sociodemográficas como idade (em categorias de 60-69, 70-79, 80-89 e 90 ou mais anos), sexo (homens e mulheres), escolaridade (classificada de acordo com Ministério de Educação do Brasil). Foram avaliadas também características referentes ao uso de medicamentos e respectiva classificação, e visão e audição auto-referida.

Para avaliação do bem-estar e direcionamento de vida aplicou-se o questionário de propósito de vida adaptado para versão brasileira da Escala de Propósito de Vida (PV) de (Ryff and Keyes, 1995) validada e utilizada com idosos no Brasil. (Ribeiro et al., 2018b) A escala possui 10 itens que contém 6 alternativas de

única escolha: concordo totalmente (5); concordo (4); concordo parcialmente (3); discordo parcialmente (2); discordo (1); discordo totalmente (0).

Cada alternativa é classificada pelo avaliado de acordo com o grau de concordância com cada afirmação. E para realização do cálculo final é necessário reverter o escore negativamente para as perguntas (2, 3, 5, 6 e 10) e a obtenção da pontuação final é resultado da média das 10 questões (soma/10) que pode variar de 1 a 5, sendo que escores altos representam maiores níveis de propósito de vida. (Ribeiro et al., 2018b)

Os dados coletados foram organizados em planilha eletrônica no programa Excel 2020 para posterior análise, sendo que cada idoso recebeu um código de identificação pra garantir a confidencialidade das informações. Para caracterização sociodemográfica e das informações sobre medicamentos, visão e audição foi realizada análise descritiva com uso de frequência absoluta e relativa. Foi verificada a normalidade dos dados por meio do teste de Shapiro Wilk. Para análise comparativa do propósito de vida no M1 e M2 foi utilizado o teste T de *Student* para amostras pareadas e dados paramétricos. As análises foram realizadas no software estatístico IBM/Stata MP versão 14.0.

Este estudo teve aprovação do Comitê de Ética em Pesquisa da Universidade Federal do Amazonas - UFAM sob o registro de número CAEE: CAEE 08021419.2.0000.5020. Todos os participantes receberam as informações e processo de avaliação do estudo, e assinaram o Termo de Consentimento Livre e Esclarecido (TCLE) que garantia o sigilo das informações coletadas.

Pelo contexto da pandemia, a coleta dos dados foi realizada com uso de materiais de biossegurança para proteção do entrevistador e do idoso.

3. Resultados

A população estudada foi composta por 66 idosos no M1, porém houve perda de 3 idosos por óbito por Covid-19. Houve predomínio o sexo feminino, nasceram no interior do Amazonas, são aposentados e vivem com uma renda mensal de até um salário mínimo (Tabela 1).

Tabela 1- Características sociodemográfica e de saúde dos idosos participantes do estudo, Coari/AM, 2022.

Variáveis	%	n (n=63)
Idade		
60 a 69	45,5	30
70 a 79	34,8	23
80 a 89	10,6	7
Acima de 90	4,5	3
Sexo		
Mulheres	71,2	47
Homens	24,2	16
Escolaridade		
Analfabeto	31,8	21
Primário completo	19,7	13
Primário incompleto	12,1	8
Superior completo	9,1	6
Colegial completo	7,6	5
Ginásio incompleto	6,1	4
Ginásio completo	4,5	3
Colegial incompleto	4,5	3
Naturalidade		
Amazonas interior	92,4	61
Amazonas capital	1,5	1
Fora do Amazonas	1,5	1
Ocupação Atual		
Aposentado	74,2	49
Autônomo	10,6	7
Dona de casa	6,1	4
Voluntário	1,5	1
Empregado	1,5	1
Desempregado	1,5	1
Renda mensal		
Menos de um salário	75,8	50
Um salário	15,2	10
Três salário mínimo	3,0	2
Dois salário mínimo	1,5	1
Quatro salário mínimo	-	-
Sem renda	-	-
Moradia		
Mora com alguém	86,4	57
Mora só	7,6	5
Não respondeu	1,5	1
Mora com		
Esposo (a)	37,9	25
Filho (a)	30,3	20
Neto (a)	18,2	12
Ninguém	12,1	8
Sobrinho (a)	1,5	1
Irmão (a)	-	-
Medicação		
Duas a quatro medicações	51,5	34
Uma medicação	21,2	14
Não usa medicação	18,2	12

Mais de quatro medicações	4,5	3
Usa chá	-	-
Classe da medicação		
Anti-hipertensivo		
Sim	72,7	48
Não	22,7	15
Vitaminas		
Não	60,6	40
Sim	34,8	23
Para dormir		
Não	90,9	60
Sim	4,5	3
Depressão		
Não	92,4	61
Sim	3,0	2
Para dor		
Não	81,8	54
Sim	13,6	9
Relaxante muscular		
Não	92,4	61
Sim	3,0	2
Para diabetes		
Não	87,9	58
Sim	7,6	5
Visão		
Péssima	36,4	24
Regular	34,8	23
Boa	22,7	15
Excelente	1,5	1
Audição		
Boa	47,0	31
Regular	28,8	19
Excelente	10,6	7
Péssima	9,0	6

Ao analisar o propósito de vida dos idosos antes da pandemia por Covid-19 um percentual de 50,0% relatou se sentir bem quando pensa no passado e futuro e 30,3% discordaram totalmente que suas atividades de vida diária são banais e sem importância. E ao avaliar o propósito de vida dessa população durante a pandemia 1,5% concordou que se sente bem quando pensa no passado e futuro e 42,4% discordam que suas atividades de vida diária são banais e sem importância (Tabela 2).

Tabela 2- Caracterização do propósito de vida em idosos praticantes de atividade Física no interior do Amazonas na cidade de Coari antes e durante a pandemia por Covid-19 (n=63)

Variáveis	RESPOSTA (AP)	AP		RESPOSTA (DP)	DP	
		%	n		%	n
Sinto-me bem quando penso no passado e futuro.	Concordo	50,0	33	Concordo	1,5	1
Vivo um dia de cada vez.	Discordo	42,4	28	Discordo	-	-
Foco no presente.	Discordo	47,0	31	Discordo	9,1	6
Tenho senso de direção e propósito de vida.	Concordo totalmente	50,0	33	Concordo totalmente	-	-
Atividades de vida diárias banais e sem importância.	Discordo totalmente	30,3	20	Discordo totalmente	42,4	28
Não faço metas, perda de tempo.	Discordo totalmente	33,3	22	Discordo totalmente	36,4	24
Faço planos para o futuro.	Concordo totalmente	56,1	37	Concordo totalmente	-	-
Sou uma pessoa ativa.	Concordo totalmente	51,5	34	Concordo totalmente	-	-
Tenho objetivos.	Concordo totalmente	43,9	29	Concordo totalmente	-	-
Sinto que já fiz tudo na vida.	Discordo totalmente	39,4	26	Discordo totalmente	16,7	11

*AP.: Antes da pandemia; *DP.: Durante a pandemia.

Durante a pandemia por Covid 19 os idosos diminuíram a percepção do propósito de vida, conforme descrito na tabela 3.

Tabela 3- Análise comparativa do propósito de vida dos idosos participantes do estudo antes e durante a pandemia.

Variáveis	AP	IC95%	DP	IC	Valor p
Propósito de vida (pontos - média)	3,9	3,8 – 4,0	3,0	2,8 – 3,1	<0.001

*AP.: Antes da pandemia; *IC.: Intervalo de Confiança; *DP.: Durante a pandemia.

4. Discussão

A maioria das idosas praticantes de atividade física que apresentaram propósito de vida são mulheres assim como o estudo transversal realizado com 36 idosas praticantes de atividade física no município de Coari que era composto por

mulheres analfabetas e aposentadas, morando com algum familiar. (Duarte et al., 2020) A literatura demonstra que mulheres idosas sempre buscam por meio da prática de atividade física o seu estado de saúde, bem-estar e a percepção que para ter uma boa qualidade de vida é necessário por meio desta prática, buscar e adotar hábitos de vida saudáveis. (Batista et al., 2012)

Quanto à ocupação, a maioria das idosas desse estudo são aposentadas assim como o estudo de (Pieczyńska et al., 2019) realizado na Polônia que apontou a predominância de idosas aposentadas que realizam a prática de atividade física regular. Em virtude disso, a população idosa está a cada dia mais longeva devido aos hábitos de vida ativo e saudável, trazendo ao fato a queda da taxa de mortalidade desses idosos, e gerando um potencial desafiador para sustentabilidade financeira dos sistemas de proteção da sociedade que é a aposentadoria. (Godinho and Ferreira, 2017)

Quanto a renda mensal apresentada pelos idosos deste estudo, a maioria vive com menos de um salário-mínimo. Para (Ribeiro et al., 2018c) idosos que tem uma boa condição socioeconômica apresenta um melhor propósito de vida, pois quanto maior a escolaridade melhor o bem-estar psicológico desse idoso, o mesmo se propõe a usar todas as suas capacidades funcionais para atingir metas e objetivos pessoais. Estes dados corroboram ao estudo, pois identificou-se que os idosos que obtiveram uma diminuição do propósito de vida durante a pandemia apresentaram perfis sociodemográficos a baixa renda e baixa escolaridade.

Quanto a baixa escolaridade ou analfabetismo apresentado pela maioria dos idosos deste estudo, deve-se ao fato da educação não ser considerada como prioridade, como o trabalho. Para Gomes et al. (2001) a prática da atividade física pelos idosos, principalmente as mulheres, alfabetizadas ou que apresentam escolaridade é realizada de maneira assídua e regular, o que difere aos achados deste estudo, tendo em vista que a baixa escolaridade não foi empecilho para a realização da prática regular de atividades física neste grupo de idosos.

A maioria dos idosos relataram morar com algum familiar (esposo ou filhos) e este resultado é semelhante ao estudo longitudinal realizado no Brasil onde mostra que maior parte dos idosos aposentados residem na companhia de algum familiar. (Confortin et al., 2017) Isso ocorre porque idosos que moram acompanhados são indivíduos que apresentam incapacidades físicas advindas de dificuldades em

realizações de atividades básicas de vida diária, sendo assim necessário o suporte e auxílio de alguém para dar apoio e cuidado a estas questões. (Negrini et al., 2018)

As idosas desse estudo consomem de duas a quatro medicações, tendo como prevalência o uso de anti-hipertensivos, esse dado é semelhante ao estudo conduzido durante os anos de 2008 a 2012 em Ribeirão Preto no Brasil com idosos que fazem uso de duas medicações por dia, tendo como medicamento mais consumindo os anti-hipertensivos. (Oliveira et al., 2021) Esse achado nos remete que os idosos durante a pandemia do Covid-19 redobram o uso de medicamentos anti-hipertensivos, haja visto que essa população tinham uma maior probabilidade de ser acometido com o vírus, desenvolvendo quadro clínico grave da Covid-19 em idosos com a pressão arterial descontrolada. (Santos et al., 2021)

Parte dos idosos deste estudo relataram apresentar péssima visão. Melo et al. (2018) em seu estudo realizado com idosos da zona sul do município de Patos/PB observou que a qualidade da visão dentre a idade de 60 a 69 anos é comum de apresentar alterações. Já (Barbosa et al., 2017) afirma que a dificuldade apresentada pelos idosos em ver objetos próximos ou longe, ou até mesmo a dificuldade de leitura, é porque há uma alteração ocular significativa decorrente do processo de envelhecimento, favorecendo assim a degeneração macular, acarretando prejuízos na qualidade de vida da pessoa idosa.

Os idosos desse estudo apontaram ter boa audição diferente do que (Mick et al., 2018) mostram, visto que há perda auditiva em idosos que moram sozinhos. De acordo com (Camargo et al., 2018) a audição é uma das alterações que ocorrem fisiologicamente com o decorrer da idade, e esta diminui o contato social do idoso, afetando a autoestima e gerando isolamento social.

Quanto aos achados sobre o propósito de vida, nesse estudo os idosos apresentaram uma queda na pontuação durante a pandemia, quando comparado as pontuações antes da pandemia. Isto se destaca quando se questiona sobre os planejamentos de metas, crescimento pessoal e nas realizações de atividades diárias. De acordo com (Kang et al., 2021) o propósito de vida funciona como um recurso psicológico no amortecimento da solidão para os idosos, demonstram um forte senso de propósito de vida durante a pandemia por Covid-19 e foram capazes de desenvolver estratégias positivas de enfrentamento a longo prazo.

Segundo (Romero et al., 2021) o propósito de vida do idoso foi impactado na pandemia por covid-19 porque carreteou muitos transtornos como o distanciamento social, uma perda de rendimento familiar, a desigualdade social e de saúde acarretando distúrbios psicossociais como sentimento frequente de solidão pelo distanciamento dos amigos e familiares na pandemia, o sentimento de isolamento de familiares e amigos esteve relacionado à tristeza e depressão na população idosa, gerando desesperança e afetando diretamente na maneira que o idoso enxergava o mundo.

5. Conclusão

Os idosos praticantes de atividade física no interior do Amazonas, mesmo apresentando fragilidades vivenciadas durante a pandemia por Covid-19 possuem presença de propósito de vida que foi impactado durante a pandemia prejudicando-os no estabelecimento de projetos futuros, objetivos alcançáveis, direção, sentido de vida, autoestima e motivação para viver.

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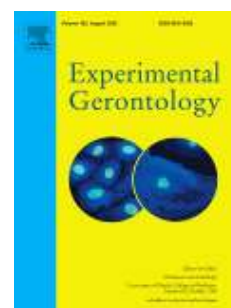


EXPERIMENTAL GERONTOLOGY

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Experimental Gerontology is a multidisciplinary journal for the publication of work from all areas of **biogerontology**, with an emphasis on studies focused at the systems level of investigation, such as whole organisms (e.g. invertebrate genetic models), immune, endocrine and cellular systems, as well as whole population studies (e.g. epidemiology).

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State the objectives of the work and provide an adequate background, avoiding a detailed literature survey or a summary of the results.

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