

Use of WHOQOL-OLD with a population of aged people practicing dancing activities in Northeast Brazil

A.L. Jucá, H.J.F. Silva, P. A. Gomes, M. L. Silva, K.A. Santos, A.K.P. Soares, R.B. Feitosa, J.F. Silva, M.S.S. Cruz, L.R.B. Matos, C.G. Sá, N.L.C. Tôrres, F.P. Silva

Universidade Federal de Pernambuco, Recife, Pernambuco, Brazil

Demographic changes show an ever-growing number of aged people, making it important to guarantee to the elderly not only a longer life but a good quality of life (QOL). Among aged people, more than with other age groups, the QOL suffers the influence of multiple factors; to evaluate it means taking into consideration variables from different fields of knowledge. Therefore, the aim of this work is to investigate the QOL among aged people practicing dancing activities. The methodology includes the use of WHOQOL-OLD and WHOQOL-BREF in Portuguese and the collection of sociodemographic data from 19 individuals of both sexes from a cross sectional sample, participating in dance courses which make up the extension project "The dance recreating the image of aging", carried out by the Department of Occupational Therapy of a public university in Northeast Brazil. The conceptual support used was a descriptive/exploratory study with the following descriptors: aging, health profile and quality of life. The data collected through the WHOQOL-BREF show that 61.1% of the subjects surveyed said they had a good QOL and were satisfied with their health. 44% mentioned that physical pain extremely limited their movements. Despite that, however, 50% are satisfied with their ability to perform daily activities, 61% believe they have satisfactory leisure activities and 44% are content with their working capacity and with themselves. WHOQOL-OLD shows that approximately 68% do not feel that the loss of their sensory abilities affects their QOL, the same percentage of satisfaction as with life achievements and perspectives for the future. 73% are satisfied with their participation in community life when it comes to daily activities and 65% feel they are capable of having personal and intimate relationships. Approximately 50% display few preoccupations and fears concerning death and dying. General results show a difference of 7% less in relation to the country's average, highlighting death and dying, with the worst score. Thus, by assessing the aged people's QOL profile, the students and professionals of Occupational Therapy participating in the project are able to improve their health maintenance and promotion practices, with a view to potentializing active aging.