

Community managements groups: necessity to promote the physical activity in the grandparents' circles

Los grupos gestores comunitarios: necesidad para promover la actividad física en los círculos de abuelos

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ABSTRACT

The creation of grandparents' circles in the community is important to foment the recreational and cultural physical activity. For that reason, it is needed of a community management group that captures, support and disclose the community activities that are carried out. The objective of the article is to socialize experiences on the creation of the Community management groups to promote the physical activity in the circles of grandparents, as well as the main results reached in the Popular Council. In the investigation the analytic-synthetic method, the triangulation of sources and the charts like mathematical procedure are used for the analysis of the results.

Keywords: Physical activity; Grandparents' circle; Community management groups

RESUMEN

La creación de círculos de abuelos en la comunidad es importante para fomentar la actividad física recreativa y cultural. Por ese motivo se necesita de un grupo de gestores comunitarios, que capte, apoye y divulgue las actividades comunitarias que se realizan. El objetivo del artículo es socializar experiencias sobre la creación de los grupos gestores comunitarios para promover la actividad física en los círculos de abuelos, así como los principales resultados alcanzados en el Consejo Popular. En la investigación se utilizan el método analítico-sintético, la triangulación de fuentes y las tablas como procedimiento matemático para el análisis de los resultados.

Palabras clave: Actividad física; Círculos de abuelos; Grupos gestores comunitarios; Promoción de la actividad física

INTRODUCTION

Since the end of the last century, humanity has face a phenomenon of population aging and old age is an important, final stage in the life of the human being. The province of Ciego de Ávila has a general population of 426 054, of whom are 60 years old and over 76 673, which represents an aging indicator of 0.999 per 1000 inhabitants. ONEI, (2020). These data show that the Avilanian territory needs to prepare to face this phenomenon. It is therefore appropriate to create the necessary conditions to work with these older adults, raise living conditions and increase physical recreational activities gradually and systematically, that is why projecting itself to increase living conditions is strategic in the current purposes of the country and the territory.

The municipality of Ciego de Ávila has a population of 147,745, of whom are 60 years old and over 25,539, which represents an aging indicator of 1,010 per 1,000 inhabitants. (ONEI, 2020).

This municipality has the ideal natural, geographical and economic conditions to promote local development in different manifestations, in addition to carrying out dissimilar activities. The development achieved in sports and health in the municipality and the province has made possible the experience, roots and tradition in community physical activities with the elderly. In the communities, circles of grandparents, sports clubs have been created to care for this part of the population with the aim of developing physical-recreational and cultural activities.

In the particular case of the Roberto Rivas Fraga Popular Council, where the research is carried out, there is a general population of 13,182, of whom are 60 years old and 1818 over, which represents an aging indicator of 0.743 per 1000 inhabitants. (ONEI, 2020). The council has a wide and easily accessible area for carrying out physical, recreational and cultural activities.

At present there are grandparents' circles of social dynamization of the community environment of the Elderly that are visited by a large number of workers from different national and local organizations, as well as personalities from the government direction in the country, throughout the year and in particular throughout the stage of the year in which they carry out physical sports activities.

There are social networks to promote the importance of older adults joining the systematic practice of physical exercise on a regular basis in grandparent circles to improve the living, physical and psychological conditions of older adults. Due to advanced age, it is common for them to present chronic non-communicable and degenerative diseases. Many of them are prevented through physical exercise, for example colon and breast cancer and cardiovascular diseases, as well as the ability to sleep, the digestive system, among others.

In the community, support is needed in recruiting older adults to join grandparents' circles. It is evident that it is necessary to create a group of community managers to promote physical activity from the community. The objective of the article is to share experiences on the creation of community management groups to promote physical activity in grandparents' circles, as well as the main results achieved in the Roberto Rivas Fraga Popular Council.

DEVELOPMENT

Social networks play an important role in community intervention for the creation of groups or circles of grandparents promoting the importance of the systematic practice of hygiene of physical exercise on a regular basis, older adults who join acquire benefits, such as feeling independent and free of disability, prevent older adults from staying at home, through the stages of practicing hygiene of physical exercise, in collaboration with the family doctor we gave ourselves the task of creating community agent groups in different areas of the community. However, the teacher of the grandfather's circle, specifies that in the performance of physical exercise not only the material need is important, it is the motivation something main to be part of a network. Cognitive needs also play a relevant role, especially for older people, we took on the task as a social mediator to create community management groups through which they maintain a social identity and provide emotional support by promoting need to be incorporated into the community activities of the circle of grandfather and the hygiene benefits of physical exercise. The essence of the grandparent circle is to encourage community physical activity in older adults. For this reason, it is necessary to specify the terms physical exercise, physical activity and community physical activity that are assumed by the

authors of the research. Several authors have provided definitions of physical exercise, among them Batista, A. (2001); Gómez, A. (2005); Cartaya, B., Luís, M. & Carballo, F.G. (2006). From analyzes, physical exercise is considered as "that planned, structured and repetitive physical activity, whose intermediate or final objective is the improvement or maintenance of physical form." (Gómez, A. 2005). When doing a search on physical activity, the contributions of several authors were found, including Arboleda, R. (1997); Devís, J. (2007); Escalante, C.L. (2015); Serantes, P.A. (2018). It is considered as physical activities: "any body movement made by skeletal muscles that produces and energy expenditure. Physical activity is present in everything that a person does 24 hours a day, except sleep or rest.

Now, most of the activities of daily life are common to all healthy people except two: work or professional (occupational) activity and leisure and free time activity. For this reason, energy expenditure will be determined according to the type of work activity and the use made of leisure and free time, that is, whether or not some type of physical exercise or sport is carried out "(Devís, J. 2007).

The authors understand community physical activity with older adults as the system of physical activities carried out in the community, directed by graduates in Physical Culture, to raise the healthy lifestyle in older adults, with the integrated participation of the family and community managers.

Physical activity in the elderly is an effective measure to prevent and delay the inevitable deterioration of their functional capacity.

The activities must be in correspondence with the physical conditions and must be different to the possibilities of each individual, they must occupy the appropriate place in the programming and an assurance that allows all participants to carry them out successfully.

There are other important aspects that all graduates in Physical Culture must develop in community physical activity, including the skills of listening, observing, determining what is essential, explaining and supporting, but first it is essential that they possess them; attentive listening and perception of the other's moods and feelings; plays an important role in cooperative activity (cognitively and emotionally); It contributes to the reinforcement of the internal life of the group, its

vitality and possibilities of development; guarantees the effective orientation, execution and control of the activity. In community physical activity, it is necessary to take into account the relationships of the degree in Physical Culture with the elderly, the family doctor, the family member, with the representatives of the community, the party and the government, in which the communicative forms as the central axis for the exchange between them, where special interest must be placed in the emotional sphere, to achieve a beneficial interaction that produces positive effects in the care of the elderly. The importance of physical exercise is that through it, non-communicable chronic diseases improve, as well as heart rate, joint mobility, flexibility, endurance, strength, balance, and mental state are also improved, through practice of physical exercise, these age groups are socialized, they also eliminate stress and at the same time they stop being only aware of household chores. Performing physical exercises on a regular basis, based on a specific pattern in order to generate desirable results, contributes to the prevention of the negative effects of aging on functional capacity and health.

Exercise in general increases physical abilities and skills. This subject has been widely approached from the medical and psychological sciences such as addictions, smoking, alcoholism, as well as demonstrating how much better the body is without these excesses. The benefits of the regular practice of exercise according to Ceballos, J. (2001) are the following:

- Nervous System: Coordination and reflexes improve and stress decreases.
- Heart: The volume of blood per pulsation and coronary circulation increase.
- Lungs: Capacity, efficiency and circulation increase.
- Muscles: Circulation in them increases, increasing size, strength and endurance as well as oxygenation capacity.
- Bones and ligaments: Their strength increases; the articulatory tissues are strengthened.
- Metabolism: Body fats decrease; blood sugar is lowered.

The practice of physical exercises due to its very direct influence on the organs and systems of the human being is used in the treatment of different pathologies

such as: Diabetes Mellitus, Asthma, Osteoporosis, Obesity and others. (Ceballos, J. 2001).

For any human being, therefore, frequent physical activity is essential for the maintenance of health. Extensive research from sports, fitness, and health indicates that physical activity improves endurance, balance, joint mobility, flexibility, agility, walking speed, and overall physical coordination. It also has favorable effects on metabolism, regulating blood pressure, and preventing excessive weight gain.

There is an international consensus among the classics consulted in the scientific literature regarding physical activity, among them are Bouchard, C. & Shephard, R.J. (1994), Serra, L. (1994); Clemente, E. & Jeckel, E.A. (1998). Chirisa Ríos, L., Ignacio, J., & Radial Puche, P. (2000); Ceballos, J. (2001); Alcántara, P. & Sánchez M. (2001); Valbuena, J. & Fernández, M. (2007); Escalante, C.L. (2015); Serantes, P.A. (2018) in which the physiological effort related to physical activity, health and physical form affects six areas: the state of the bones, muscular strength, the flexibility of the skeleton, the shape of the body, the physical form of the apparatus motor and physical form of metabolism.

In addition, it is proven that physical activity also has effects on mental health, cognitive function and the adaptation of individuals in their social environments. These positive effects generated by physical activity are due to its relationship with: activities of daily living; the instrumental activities of daily life; activity and exercise to achieve good physical shape; physical training (Devís, J. 2007).

Physical activity can prevent diseases, disabilities and contribute to the well-being of the elderly Serra, L. (1994); Valbuena and Fernández, (2007); Clemente, E. and Jeckel, E.A. (1998). In addition to specifically benefiting certain body systems, physical fitness brings the following advantages: a person in good shape will recover quickly from an illness, will have greater resistance to fatigue, will use less energy to do any work; his metabolic rate will be better and more positive than that of a poorly trained person.

In the case of research in the educational process that takes place in the community, the authors define the groups of community managers as: the

representatives of agencies, mass organizations and identified community leaders who capture, manage and support the community work that is carried out with older adults. In this cases, the community managers are: the graduates in Physical Culture, the family doctor, the representative of Culture, the president of the Popular Council, the delegate of the constituency, secretary of the block of the Federation of Cuban Women (FMC) and the coordinator of the area of the Committee for the Defense of the Revolution (CDR), presidents of the CDR). The members of the municipal and provincial bureau of the party that attend the sphere of sports and health and the vice-presidents of the municipal and provincial People's Power and the identified community leaders.

It is considered appropriate to determine a coordinator of the group of community managers who, due to her involvement in the functioning of the circle of grandparents, must be the Bachelor of Physical Culture who attends the community. Within the educational process that takes place in the community, it is important to specify the functions and roles that each person occupies within the process: Among them, the authors consider:

The older adult, once incorporated into the grandparents' circle, has the responsibility of systematically attending the physical, cultural and recreational activities called by the teacher to strengthen a healthy lifestyle, the improvement of non-communicable chronic diseases.

The older adult's family plays a fundamental role, by collaborating in all activities such as their emotional support, they are the one who spends all the time next to them, whom they know like no one else, they are the transmitting bridge of affection, concerns, dissatisfactions, supporting and assisting if necessary the Bachelor of Physical Culture.

The group of community managers is made up of: The Physical Culture Graduates, has the objective of working to form groups of older adults, teach physical exercise classes at different frequencies, provide differentiated care according to the pathologies of older adults, is in charge of organizing and carrying out cultural and recreational activities with the older adults. To diagnose in conjunction with the

family doctor the conditional and coordinative physical capacities. Due to the role they occupy, they are the coordinators of the group of community managers.

The family doctor is the professional who, through his training, is in charge of diagnosing, treating, rehabilitating and preventing diseases. He is in charge of clinically characterizing the health status of older adults and giving educational talks to them on various health topics. He is responsible for taking blood pressure at the beginning and end of physical activity and participates in the diagnosis of the physical capacities of older adults. He promotes physical activity that takes place in the community.

The mass organizations of the community (president of the Popular Council, the delegate of the constituency, secretary of the bloc of the Federation of Cuban Women (FMC) and the coordinator of the CDR area). They are in charge of supporting and promoting physical, cultural and recreational activities to be developed with older adults.

The presidents of the CDR of the area are in charge of providing information on grandparents and in identifying community leaders, older adults in the recruitment process to belong to the grandparent circle.

The members of the municipal and provincial bureau of the party that serve the sphere of sports and health and the vice-president of the municipal and provincial People's Power that serve these spheres are in charge of supporting and managing food, transportation and accommodation to guarantee the quality of the physical activities, cultural and recreational activities that take place in the community with older adults.

Community leaders are those people of any age who live in the community, who stand out for their responsibility, leadership, enthusiasm, who are willing to fulfill any community task assigned to them in their free time. These people play an important role in the process of recruiting older adults to belong to the circle of grandparents and support and disseminate the activities carried out in the community by the media. It is therefore important to determine the requirements to belong to the circle of grandparents that are taken into account for the recruitment process. The authors consider the following:

Being an older adult who is older than 50 years in the case of women and 60 years in the case of men who are motivated to belong to the grandfathers' circle; Her physical condition allows her to develop differentiated physical activity taking into account the chronic non-communicable disease she has and to be unemployed or retired to be able to attend grandfather's circle in the morning.

To develop the recruitment process for older adults, to belong to the circle of grandparents, the following actions were developed: meeting with the group of community managers to explain the recruitment process; distribution of the community blocks in pairs to carry out the recruitment process; visit of the duos to the presidents of the CDRs to identify the possible recruitment of older adults in their radius of action; visit of the duos to the possible houses where the elderly can be incorporated into the grandparents' circle; promotion of community management groups by the media so that older adults join the practice of physical exercise hygiene on a regular basis; processing of the work carried out by the duo and dispatch to the coordinator of the group of community managers.

Once the older adult has been recruited to belong to the circle of grandparents, they must appear before the group coordinator to receive the precise guidance from the Physical Culture graduate who is the one who attends the circle of grandparents. Community leaders are responsible for disseminating community activities developed in the grandparents' circle.

The group of community managers in the Roberto Rivas Fraga community of constituency 79 was created in 2013 with the aim of developing physical activity in the community's older adults. The group is coordinated by the graduate in Physical Culture and has in its composition of members: two family doctors corresponding to office 7, two nurses, the culture representative, the president of the Popular Council, the district delegate, the secretary of the FMC block, the coordinator of the CDR area, 10 CDR presidents, the members of the municipal and provincial bureau of the party that serve the sphere of sports and health and the vice-president of the municipal and provincial People's Power and 10 community leaders.

The work was organized by duos and they were located in the 10 blocks that occupy zone 79. The duos are made up of community leaders and the presidents of the CDR. The work was carried out house to house over the period of one month. The capture process was carried out by the duos in the different blocks and was positive. 55 older adults were recruited to join the grandparents' circle. As a result, 48 women and 7 men were recruited in the beginning. It is interesting to note that women were more willing to join than men. The root causes are that they did not have time to attend, that they have responsibilities to the family and that they have to help financially. In addition, they had no employment relationship with the state but 3 of them are bricklayers, 4 mechanics, 3 sheet metal workers, 2 carpenters, 2 seamstresses, 2 work as domestic workers at home and they prefer to continue doing these jobs that bring them money and not lose their time IN a grandfather's circle.

The first activity called was the holding of the community workshop on the importance of grandparent circles. It was developed by the researcher and the 55 older adults captured participated. In the workshop, arguments were given about the activities that can be developed in the grandparent's circle, about the advantages of practicing physical exercise at these ages to move to older adulthood in better physical and mental conditions, doubts, taboos that They had about the conception of the circle of grandparents related to the fact that it is attended by those who have no family, the elderly. When conducting a PNI at the end of the workshop, they were positive aspects: that they learned many things that they did not know about the grandparents' circle.

In the workshop, the elderly were invited to participate in a recreational activity to inaugurate the circle of grandfathers Gladys Marín, where the family doctor, the nurse, the area coordinator and the provincial directorate of INDER were summoned. That happened on January 10, 2013. As of this date, the grandparents' circle operates in passage B between B and C on Mondays, Wednesdays and Fridays between approximately 9am and 9:45 am.

Within the summoned activities, visits are made to historical centers of the town and outside the province on a bi-monthly basis. During the research period, the

Museum, the art gallery, the Museum of Decorative Arts, the city park, and the peasant's corner have been visited in the town. Visits were made to the municipalities of Ciego de Ávila, in Morón we visited La Tarraya, Cayo Coco, on First of January María Prado and El Charcas. In Baraguá el Itabo, in Chambas, blue waters and Punta Alegre, Majagua to the beach.

Outside the province, visits have been made to the historic center of Havana (museum of the revolution, automobile museum, and the birthplace of José Martí, the half grocer in the corner of San Lázaro, the model of Havana, the Morro Cabaña, the Botanical Garden and Expocuba). In the province of Santiago de Cuba to the Moncada barracks, the copper (El Cobre), the Abel Santa María square, the Martes square, the Santa Ifigenia cemetery, the Abel Santa María Museum, Jurassic Park, the Siboney farm and the avenue of the heroes.

In the Granma province, the Bayamo municipality visited the wax museum. In the Santi Spiritus province in the Trinidad municipality we visited the Trinidad stairway, a traditional museum, the viewpoint, the Iznaga brothers' mill, the museum of Alberto Delgado Delgado, the man from Maicinicú, the place where they hanged him. In the Sancti Spiritus municipality we visited the house of the guayabera, the house of the saying, the Camilo museum in Yaguajay, the lakes of; Mayajigua. In Villa Clara province, Villa Clara municipality visited the armored train, the Che monument, the Trova house, the Rainbow. The Cristal River in the Matanzas province, the caves of Bella Mar and Varadero.

These visits outside the province have been possible thanks to the support of the party and the government and the provincial sports department, which, with prior coordination by the researcher, have guaranteed transportation and accommodation for the elderly. The first visit outside the province was made in July 2012 to the province of Havana.

To achieve the participation of the elderly, a gymnastic composition was formed with sixteen members of the group of the sports club, taking into account the importance of the rehearsals to improve the execution of the technical elements, the rehearsals are carried out in the afternoon of systematic way to guarantee the good execution of the same and the uniformity in the presentation.

As a result, these older adults have participated in grassroots festivals from the sports team, municipality and province, as well as in national festivals, the provincial festival of gymnastic compositions is held all year round on October 1st in greeting to the international day of the elderly, In festivals, the club has obtained the recognition of best execution, as well as best costumes, in the national festival of gymnastic compositions in the municipality of Manzanillo, Granma province, it was awarded the merit of best execution and most outstanding composition. The national event was held in September 2013, it is important to point out that since the national festival held in Manzanillo, no other community festival has been held.

The literary meetings are held due to the coordination of the teacher of physical culture with the culture body and the house of culture, the literary promoter teaches topics on classical literature, and local history this event is carried out in a participatory way, that is, There is a student-teacher relationship in its beginnings, they were held quarterly at the request of the elderly, the promoter gives the talks every week of the month.

The event of the creative woman is a very important event to develop creativity in the manual arts and allows older adults to participate with their crafts and written works of the forum, in this event you can present any craft or craft creation, this event It is sponsored by the Cuban women's federation. Among the main results are the elaboration of rag doll, tree seed earrings, fabrics such as blouses and women's bags, culinary dishes are also presented. Several grandparents have been awarded for the quality of their work. These crafts have also been donated to subsidiary houses, as well as to child care centers.

Older adults participate in the community culinary event sponsored by the Gladys Marín club in the Rivas Fraga community in the month of December, the rectors of the club in conjunction with the teacher, carry out the promotion of the event on Avilanian radio and television, gastronomy chefs are invited to this event, and in it different food dishes are presented, as well as dishes decorated with fruit, the prize offered as evidence of this event is that it saves a photo for the reason, which does not It is competitive in nature because participation, effort and will are rewarded.

The circle of grandparents agrees with the group the celebration of the collective birthday, quarterly, there are exchanges, and presentations of cultural events, as well as dances, plays, puppets, poets of peasant music. Also a catwalk to select the queen of the quarter and a toast is made.

Older adults are part of the Gladys Marín sports club of the Roberto Rivas Fragas community. They are a member of the danzón group and perform their rehearsals in their area of action, they also participate in the provincial and national danzón festivals. These events have been held in the municipality of Ciego de Ávila, Morón and nationally in Havana and Santiago de Cuba, I make reference that the danzón event has also been held in the community, this group is made up of eight members of which four are female and four male to make up the couple, these festivals are supported by the government and the party, as well as other institutions in the town and outside of it. The corner of the community danzón was created on March 1 of the year two thousand and fourteen, the first of its kind created in a community, created the corner, various activities began to be carried out in the area where the circle of grandparents carries out its community activities, The first action that was carried out was the night of the danzón, an event supported by the government and the party, it takes place three Saturdays a month, in which popular professional and community artists also take part, an organization such as commerce and gastronomy that they support with the assurance of gastronomic products.

The elderly in the Rivas Fraga community participate in the community domino championship organized by the Gladys Marín sports club that takes place every month, as well as the ladies and chess championship, these events are supported by the recreation specialists of the sports team number two Cerro Pelado of the municipal sports department, as well as the municipal methodologist and methodologists of the provincial recreation department, members of the community and other organizations of the territory participate in traditional games, groups from other municipalities such as Morón also participate in these events. , Majagua, Venezuela and some provinces, such as Céspedes and Florida in the Camagüey province, as well as Jatibonico in the Sancti Spíritus province.

10 television programs have been recorded the days of Glory on Avilanian television where older adults have participated. This circle of grandparents has received several recognitions, among them are: Special recognition to Peña Gladys Marín. Peña most outstanding for seven consecutive years; recognition for obtaining the award for the gymnastic composition with the best agreement between exercises and music at the recreational sports festival for the elderly; Peña Gladys Marín. National Vanguard; award for the most complex gymnastic composition in execution. At the recreational sports festival for the elderly.

CONCLUSIONS

The article addresses a pressing and necessary issue due to the aging population of Cuba. In addition, theoretical aspects related to the creation and operation of the group of community managers are provided, as well as the experiences and results of the work carried out by the circle of grandparents Gladys Marín. The work can be generalized to other community areas to promote physical activity in older adults and thus contribute to a healthy lifestyle.

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