ABSTRACT

Objective: to investigate the components of the light mode self Roy Adaptation, perceptions of elderly in the aging changes. Method: a qualitative descriptive, conducted with seven seniors. Data were collected in the period May-July 2012 through semi-structured interviews and analyzed through the identification of stimuli and behaviors of the elderly face the changes of aging. The research project was approved by the Research Ethics by CAAE No. 0810.0.000.126-11. Results: the components of the “physical self”, body image and functioning of the body were affected, sexuality, there was a good adaptation of the elderly. Component in the “personal self”, was the manifestation of feelings of sadness and also desire change in physical appearance. Conclusion: the changes resulting from the aging process affected the self-concept of being old, but the coping mechanisms used by some resulted in effective responses. Descriptors: Adaptation; Elderly; Aging.

RESUMO

Objetivo: investigar a luz de componentes do Modo de autoconceito de adaptação de Roy, as percepções dos idosos frente às alterações do envelhecimento. Método: estudo descritivo, qualitativo, realizado com sete idosos. Os dados foram coletados no período de maio a julho de 2012 por intermédio de entrevista semiestruturada e analisado por meio da identificação dos estímulos e dos comportamentos dos idosos frente às alterações do envelhecimento. O projeto de pesquisa foi aprovado pelo Comitê de Ética em Pesquisa mediante CAAE nº 0810.0.000.126-11. Resultados: os componentes do “eu físico”, imagem corporal e funcionamento do corpo foram afetados, na sexualidade, houve uma boa adaptação dos idosos. No componente do “eu pessoal”, houve a manifestação de sentimentos de tristeza e também desejo mudança na aparência física. Conclusão: As mudanças decorrentes do processo de envelhecimento afetaram o autoconceito do ser idoso, porém os mecanismos de encontrem utilizados por alguns resultaram em respostas eficazes. Descritores: Adaptação; Idoso; Envelhecimento.
INTRODUCTION

Aging is a natural process of life, but often involves psychological and emotional damage that may be associated with motor deficits, somatic manifestations and changes in social role. Considering this, the changes that come with aging can trigger the need for the individual transformations, which are related to the acceptance or not of this process on the part of each, and also to the interests and values assimilated throughout life.

It is worth emphasizing that companies see aging as a period of decadence, where, in general, the elderly are rejected from the production system and therefore socially disqualified. In this context, changes in body image, physical and economic constraints, the unavailability of the family, the lower performance of roles and cessation of activity produces a loss of identity on the part of the elderly, leading him to develop feelings of self-deprecation, the low self-esteem and self-injury.

Against this problem, we realized the need to conduct this study in order to investigate the self-concept of the elderly, particularly behavioral responses and coping mechanisms in the face of these elderly psychosocial changes generated by aging. For this, we used the Roy Adaptation Model, more specifically how the self-concept, which involves self-image, body image and mental integrity.

In Adaptation Model Roy the person is understood as an open system in which they are changing internally and externally, maintaining continuous interaction with the environment, constantly receiving stimuli that require responses, in which may be adaptive or ineffective. These stimuli can be divided into focal stimuli, or contextual residues. The focal stimuli are those more immediate and constitute a greater degree of change, generating strong impact on daily life, contextual stimuli are those present in the situation experienced and which contribute to the effect of the focal stimulus. Already residual stimuli are the factors whose effects in the current situation are not central and the person may be unaware of the influence of these factors. There are decentralized factors of the current situation, but those influence the behavior or make a decision.

Mode of Self Concept Adaptation Model Roy contemplates so interrelated, the "physical self" that includes body image, physical attributes, functioning, sexuality and bodily sensation, and the "personal self", which is the evaluation of person of their own characteristics, expectations, values.

METHOD

Descriptive study with a qualitative approach, performed at the Center for Integrated Health Care for the Elderly (Caisi), located in the municipality of João Pessoa-Paraíba/Northeast Brazil. This study included seven people aged over sixty, able to answer for his mental faculty independently and accepted to participate in the study by signing the Informed Consent Form (ICF).

For the production of the data we used the recorded semistructured interviews, containing items to capture data and sociodemographic characteristics of older issues based on the self-concept mode Roy: Tell me what comes into your mind when you look at your body? Thinking about the aging body that brings feelings? After the interviews, the speeches were transcribed reliably to support data analysis, which was performed initially by identifying stimuli and adaptive responses or ineffective the elderly face the changes of aging.

This research followed the ethical and legal aspects recommended by Resolution No. 196/96 of the National Health Council (CNS) regarding research involving human subjects (Ministry of Health, 1996). Thus, it is emphasized that it was authorized the institution and approved by the Committee of Ethics in Research of the University Hospital Lauro Wanderley (CEP / HULW) by CAAE No. 0810.0.000.126-11. The identification of participants was kept confidential, and the elderly identified by the initial letter and your age.

RESULTS AND DISCUSSION

- Characterization of the individuals

Participants were seven elderly aged 63-87 years, the majority of elementary education, married and retired. These characteristics of the elderly, somehow, influence in their ways of seeing and living aging.

In the analysis of the perception of self-concept of the elderly face the changes produced by aging, the speeches have highlighted that this reality is permeated by various feelings, as can be seen in the following topics.

- "Physical self"

As for the perception of the "physical self", this was assessed by considering how the person physically sees and functionally, as well as the level of satisfaction with their appearance and expression of sexuality. In this perspective, it was found that the thoughts of the elderly in relation to body
image were structured from the changes caused by aging:

I think my body has changed everything. When we have more joy is new and the body is more beautiful, and when will the coming age the body gets uglier (Mrs J, 72 years old).

Will fall to the age and the person gets with different body becomes more deformed. […] The skin has changed, got more wrinkles (Mr S, 63 years old).

The body self-image is formed, according to the elderly mental picture of his own body. Changes in body image can be experienced both positive and negative, influencing the development of self-consciousness. When the perception of the body's positive self-image will be also. When this perception is negative, stands ugliness or deformity. Overall, the stereotype of beauty set by society for those of greater age.

A study of elderly people in the same sociocultural context of this research, it was found that the elderly also pointed to age as a cause of change in aesthetic, leaving them outside the standard of beauty. This perception is due to the phenomenon in its multidimensionality, especially its social and physical dimension, showing aversion to aging, in this our time, which manifests itself explicitly and / or symbolic, especially by women, that crops require a narcissistic body that transgresses the boundaries of time, young and beautiful.

In this context, the physical changes of normal aging can provide stimuli for focal adjustment problems to the losses, many conflicts arise between the experience of one's body and the change expected by society. This perception of themselves can often affect both the concept of "physical self", as the "personal self" generating ineffective behaviors.

It is worth noting that humans have mechanisms of resistance to overcome the focal and contextual stimuli generated by a given situation. Indeed, refers here to talk about an old woman who despite changes spurred by the aging process, demonstrates to be satisfied with your body.

I am a person who likes to watch over me; just because I'm old I'll get to failure? I do not! I'm jealous and kept still! (Mrs M, 87 years old).

You can identify the losses associated with aging were overcome through behaviors such as taking care of themselves and to keep watch over yourself. These adaptive responses allowed the aging experience so conserved and strong. Psychosocial support to the elderly focusing on losses related to self-

image allows reinterpretation of modified bodies, assisting in the acquisition of maintenance practices positive "physical self" and consequent acceptance of the new body condition.

The aging process confronts not only with aesthetic modifications of the body, but also by the appearance of illnesses. As reported in the statements below, most seniors old age attributed to the onset of illness, fatigue, weakness and lack of stamina blaming nature and naturalness of the aging process.

I'll eventually increase due to the infirmities of age! Because the disease comes with old age (Mr. S, 64 years old)

I think being older is that we cannot do what I did before, gets more tired, no longer has the strength he had, no longer has the strength he had. I'm getting weaker! (Mrs M, 72 years old)

You can see that due to lack of beauty, agility, strength and health, the elderly do not like their current bodies when comparing these attributes with the previous season of jollity. The fact that their bodies are tired, weak and little resistant, brings out the perception of a body useless or somehow invalid.

The functionality of the body is another requirement of "physical self": In the speeches, it was realized that the connection functionality to the youth, due to the perception of aging linked to illness, weakness and lack of stamina.

The illness is often a focal stimulus that threatens the unit body-mind-spirit, and rule out the elderly of their social life. You need to devise strategies to adapt to the elderly incumbent full performance of daily activities and social roles. Attitude to face the problems experienced in the physical, mental / intellectual and spiritual can avoid negative feelings.

Thus, one can see the ability of some elderly to use effective coping mechanisms for maintaining their mental integrity:

Even at home I do my thing, my chores, but I feel more tired, more finished (…) but I'd rather do than ask someone else, I feel so well (Ms M, 87 years old).

I like to work. When not working I feel sicker (Mr. M, 68 years old).

I'll settle with age, I feel old age coming; I'm not that creature was before, but I feel no sorrow (Mrs J, 72 years old).

You can see that despite the fatigue, physical stress and illness, the elderly use coping mechanisms to work and activities of daily living, to obtain a better level of wellbeing and optimization of idle time.
satisfaction of libido is constituted as a strategy for coping with the aging process with state maintenance of positive adaptation and seeks welfare. Thus, the disruption of this activity may cause threat to the physical sense of the elderly.

♦ "I personally"

The second component evaluated at the mode of self-concept was the "personal self". This component is divided into three subareas: the "self consistency", which presents itself as a system of ideas in order to give support to the "I" and avoid your imbalance, the "ideal self" related to what the person is or expects to be able to do, and the "moral-ethical self-spiritual", which consists of your belief system and your self-assessment in relation to others.3

Regarding the "personal self" highlights the presence of the feeling of sadness as aging, as can be seen in the following statements:

I feel sad, but it has to conform to, cannot be young again (Sir M, 68 years old)
We feel sadness huh? Thinking of what I’ve been, and now I’m in a difficult situation. (Mrs M, 87 years old).
I feel sad to be older, compared when I was young (Mrs M, 72 years old)
I feel sad, but it has to conform to, cannot be young again (Mr. M, 68 years old).

It is believed that the sentiments expressed by the elderly may be a result of changing identity, generated by the changing role due to the aging process. The sensations of limitations, dependency and, above all, the uncertainty of their condition of life, can affect the self-esteem of the elderly and their perception of being, as a human being. Indeed, when an individual, at some point, does not accept your body as it is, an imbalance can occur.11

In this sense, low self-esteem is a problem of adaptation, while it is accompanied by the presence of feelings of sadness and unworthiness. Commonly, the values contributing to low self-esteem are the physical and bodily changes that have occurred over the years.12

With respect to the "ideal self" was reported by the elderly desire to change the physical appearance, as the following lines:

I'd change the hair, the skin, the mouth that I do not have teeth. Lowered her belly! (Mr. S, 63 years old)
Would remove the folds, teeth, dyed their hair. Vanity still exists! (Mr. M, 68 years old)
Change the face, to be young again! (Mrs. C, 64 years old).
The memories of youth and the desire to once again have the appearance of youth are sharp lines in the elderly and, accordingly, is seen the influence of society on the stereotype of people. In this sense, it is perceived that body image affects both the "physical self", as the "personal self". However, are observed in some elderly measures to overcome body image changes due to aging:

"I want anyway, that way, I just wanted to use my creams and medicine for skin disease to not have those things, those wounds, to be healthy and normal skin, no scar! (Mr. J, 72 years old).

I did not change anything there. 'm Old, he has to settle! (Mr. S, 63 years old).

In this speech, it is clear that, despite changes in physical appearance, the elderly demonstrated behavior of effective adaptation to these changes, feelings of resignation, when accepted the changes positively and sublimation, to try to minimize the damage brought by aging.

The limits and possibilities of the person achieve full adaptation model self Roy, refer to the assumption of psychic integrity, as dependent on the notion of self (sense of self). The self involves mental representation of personal experience and includes thought processes, a physical body and conscious experience that we are separate and unique compared to outros.

CONCLUSION

It was noticed that the results met the goal set, as generated analysis model based on adaptive Roy, according to the self-bias. It was possible to assess the "physical self" and "personal self" through the discourses that emphasize physical attributes relative to negative body image and emotional change stemmed from aging, such as ugliness, deformity, feeling of sadness and dissatisfaction with appearance today, with the desire to change it for the purpose of rejuvenation. However, some lines reported to coping mechanisms in the face of difficulties linked to increasing age and loss of biological capacity, demonstrating the adaptation of some participants on this new phase of life, providing moments of reframing and assurance of identity compared to the age.

Furthermore, some elderly associated vitality, strength, stamina and health as attributes related to youth, reaffirmed the cultural and historical symbolism of aging related to dependence and weakness. In this case, it is important to insert symbolic deconstruction methodologies in health practices, from the training of professionals who work with the elderly in order to provide these individuals changing beliefs inadequate perception of him, favoring search wellness and life-prolonging quality.

Another important aspect is sexuality. In this study, it was realized that the sexual needs vary according to the genre, of which women portray happiness and sense of relief at the absence of sexual activity, and men cling infidelity as a coping strategy to the lack of sex life active with your companion.

Given the above it is recommended that further studies using the Roy Adaptation Model should be encouraged in order to promote the building of new knowledge and the dissemination of looks more insidious in the context of human aging. The spread of such research in nursing provides changes in levels of training more qualified, and whose health practices prioritize humane care to specific population groups and vulnerable members of society such as the elderly.

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