

AQUATIC THERAPY AND BIO-PSYCHO-SOCIAL FEATURES OF THE FEMALE BODY AT THE AGE OF 25-35 YEARS

Sorin Rață¹

¹Ștefan cel Mare University of Suceava, Romania

Keywords: bio-psycho-social features, level of developing it, woman, aquatic therapy.

Abstract: Aquatic therapy is a beneficial therapy that is used for a variety of medical conditions. Aquatic therapy uses the physical properties of water to help the student to heal himself, to improve his bio-psycho-motile potential and to socialize.

Introduction

We speak of the main formation of the multilateral personality in our society. Regarding the evolution and morphic-functional characteristic changes of women, we realize how important will be the means of well-selected program Aquatic therapy, useful for a woman's body and the remove of the all others, which are contrary to natural physiological and aesthetic development of her body.

The adult woman presents the entire complex of the female characters that reached the peak of the full development
The main somatic of the adult female body elements:

Table 1

The bones	• • weigh 68-70%
The body skeleton	• short • • thin • • less resistant
The joints	• • thin • • mobile
The muscles	• • volume and less weight (30-32% weight of the body • • thin • • long • • elastic • • lower tonus, force and strength
Fatty tissues	• • 28% of the body weight
	• • not evenly represented; it

	<p>deposits under the skin especially on:</p> <ul style="list-style-type: none"> •• buttock •• hips •• abdomen •• thighs •• around mammary glands •• back •• under shoulder blades •• under chin •• shoulders and arms .
The pelvis	Is broader, shorter and tilted forward.

These somatic differences have and physiological differences

Table No. 2

Respiratory system	<ul style="list-style-type: none"> •• is less in vigorous •• breathing –superiorly, to ribs area
Gas exchange in lungs and tissues	•• is limited
Respiratory capacity	•• is little
Cardio-vascular system	<ul style="list-style-type: none"> • Is particularly different in relation to shape and volume as peripheral flow and blood composition d the functional flow of the heart, the peripheral circulation and composition of his blood.
Heart	<ul style="list-style-type: none"> •• is small •• contractions are faster and flow is reduced
Blood pressure	<ul style="list-style-type: none"> •• is lower and slower blood flow (especially peripheral) •• the blood contains fewer red blood cells
The digestive system	•• reduced size of the stomach
The liver and spleen	•• are bigger than for males
The system of reproduction	•• is ready for motherhood

Psychologically, the woman is dominated by her strong emotional feelings.

Materials and methods

In order to obtain information on Aquatic therapy concept and the importance of practicing to improve bio-psycho-motor potential we used the survey method.

Questions were raised to a total of 30 women lime contained between 25-35 years.

The questionnaire identified the way the adult women perform their daily physical activity and if they know the benefits of exercise in their health plan.

The results analyze of the statistical questionnaire and their interpretation.

No.1 Considering the physical activity as:

- A. Necessary and appropriate;
- B. Fashion

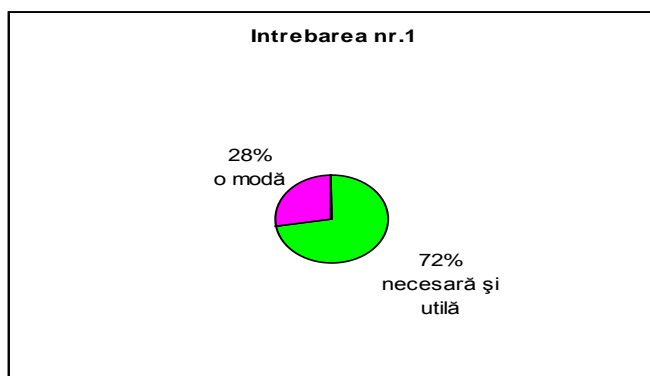


Diagram No. 1

Statistical analysis of frequencies responses showed a distribution of scores as shown in diagram No. 1.

We believe that today are still too old concepts regarding the exercise at this age.

No 2 Do you know what steps you need to complete the sedentary condition to the active person?

- a. Yes
- b. No
- c. I do not know

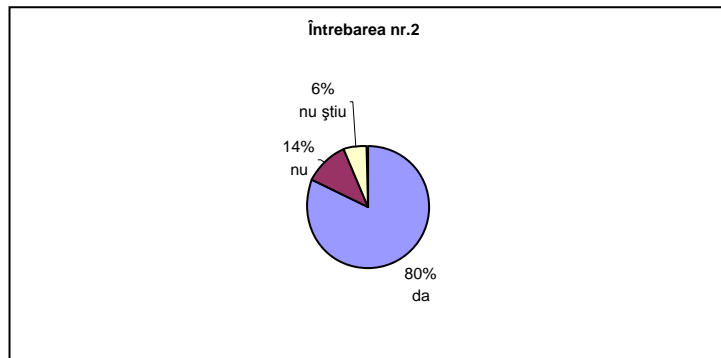


Diagram No. 2

No. 3 Do you think that the practice of exercises of Aquatic therapy will help the body shape after labor?

- a. Yes
- b. Not
- c. I do not know

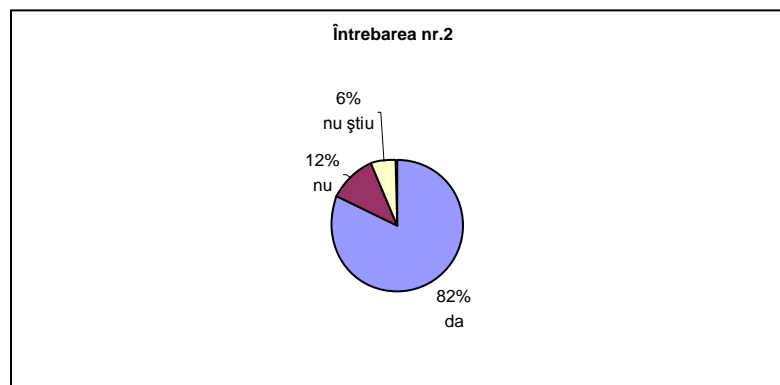


Diagram No. 3

Responses to the item that asked subjects whether practicing physical exercises from Aqua-therapy program were grouped, as illustrated the above presentation. We believe that the woman due to specific conditions must adapt perfectly the regime of the movement and to help to recover the shape and functions.

No.4 What physical activity programs in water do you know?

- a. Aqua (aquatic) therapy
- b. Therapeutic swimming
- c. Recreation
- d. Aqua(tic)gym

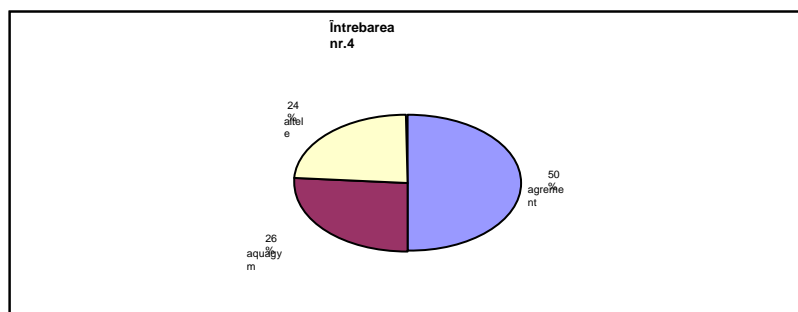


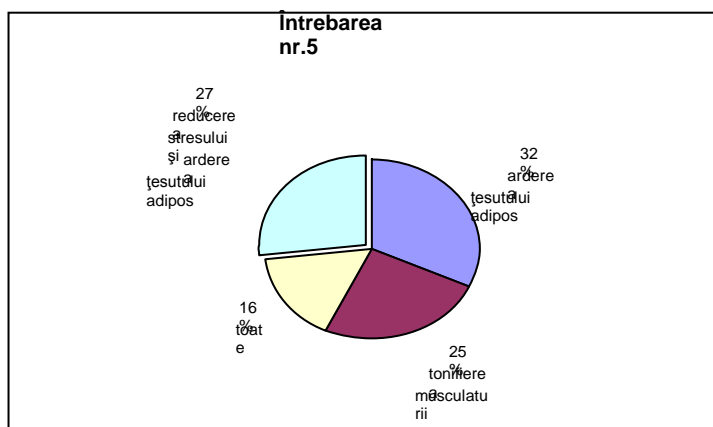
Diagram No. 4

Necessity of women to practice physical exercises is known, but not all women are able to organize their lives so that they can cope with multiple social and familial duties.

The physical exercises rationally performed, increase work capacity, giving a psychological and organic balance to the female body. Between physical activities in the water there are some obvious similarities, but also some differences. These activities are of great importance in the health plan.

No 5 What are the effects of the therapeutic gymnastics?

- a. Burn fat
- b. Improve the hearth health, blood vessels, lungs and blood composition
- c. Lowering total blood cholesterol
- d. Stress reduction
- e. Toning muscles
- f. Improving functional respiratory system capacity



Diagram

No. 5

Effects of water exercise practiced are specific and differentiated according to the objectives pursued.

No.6 Do you think Aqua therapy practice exercises will help shape the body after birth?

- a. Yes
- b. No
- c. I do not know

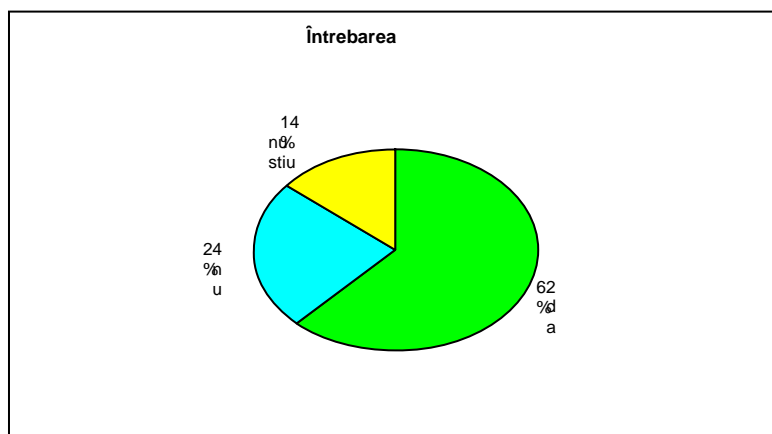


Diagram No. 6

The responses to the item that asked subjects whether practicing physical exercises from the Aqua therapy program were grouped as illustrated in the above presentation. We believe that the woman life due to specific conditions the movement programs must be adapted perfectly to help restore the shape and functions.

Conclusions:

1. Water activities managed through its multiple effects model to become a form of motor activity.
2. The physical appearance concerns anyone, but only the physical exercises performed systematically prevents secondary effects.
3. Aqua therapy is one of the most effective and attractive ways for women to achieve the desired bio-psycho-motile results.

Bibliography:

1. Ștefana Kulcsar, Gimnastica aerobică, Editura Clusium, 2000
Stefana Kulcsar, aerobics, Clusium Publishing, 2000;

2. Eric Profit, Patrick Lopez, Gym Aquatique, 120 exercices, Editura Amphora, 2001 Eric Profit, Patrick Lopez, AQUATIQUE Gym, 120 Exercises, Amphora Publishing, 2001;
3. Sacchelli T, Accacio LMP, Radl A, Fisioterapia Aquática, Portuguese, 2007 Sacchelli T Accacio PML, Radle A Fisioterapia Aquatica, Portuguese, 2007.

Titlu: Aquaterapy și particularitățile biopsihosociale a organismului feminin la vârsta de 25-35 ani.

Cuvinte cheie: particularități biopsihosociale, nivel de dezvoltare, femeie, aquaterapy.

Rezumat: Aquaterapy este o formă benefică de terapie care este utilă pentru o varietate de condiții medicale. Terapia acvatică utilizează proprietățile fizice ale apei pentru a ajuta cursantul să se vindece, să-și îmbunătățească potențialul biopsihomotric și să socializeze.

Titre: Aquaterapy et la particularité biopsihosociale de l'organisme féminin à l'âge de 25 à 35 ans.

Mots-clés: particularité biopsihosociale, le niveau de développement, les femmes, les aquaterapy.

Résumé: Aquaterapy c'est un bénéfiques forme de thérapie qui est utile pour une variété de condition. Le thérapie aquatique utilise la propriété de l'eau pour aider l'apprenant a guérir, améliorer la potentiels biopsihomotric et du socialiser.