



Actividad física: alternativa para disminuir el estado de ansiedad en cuidadores de enfermos de Alzheimer aplicada en la Provincia de Pinar del Río, Cuba [

2016

text (article)

Analítica

The illness of Alzheimer it is a primary cerebral degenerative illness, of unknown etiology that presents neuropatologycal features and neuroquimetry characteristic. The dysfunctions by heart, of the personality and of the character of the illness of Alzheimer they suppose a great tension in the family that, even, they end up causing alterations severe psychopathological in the caretakers; for it, it is necessary the psicologycal intervention, trying to moderate or to control the accumulated stress that it ends up becoming unbearable and that it produces noxious effects in all the members of the family. In the work he/she is carried out a study of the situation that 15 caretakers of illness of Alzheimer present in the district five of the Council Popular Captain San Luis, in the municipality of Pinar del Río, to those that firstly were applied a diagnosis that allowed to know the levels of anxiety, changes in their behavior, physical and mental exhaustion, being corroborated significant emotional alterations in 100% of the selected sample. In the development of the investigation theoretical and empiric methods were used, and I eat statistical procedure it was used the percentage calculation and the decimal of difference of proportions. Through physical activities as: walks, the rites Tibetans, orientation walks, exercises yoga and the Thai Chi Chuan, improves in a significant way the emotional state and it diminishes the level of the caretakers' anxiety, collaborating in the affective, social development, intellectual and motor that they need to take care of its sick relatives. The obtained results are a part of a project that is follow by the University, based on the treatment of different pathologies with communitary physical activity

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