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Research Article

EVALUATION OF THE STRESS OF RELATIONSHIP WITH BACK PAIN IN ADULT INDIVIDUALS IN THE CITY OF VITORIA CONQUISTA, BA - BRAZIL

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ABSTRACT

Stress is an unpleasant experiment That Following the Gere by emotions, such as anxiety, tension, depression, among others. This work is part of the project "Identifying the profile of Chronic Diseases in Victory Achievement" idealized by the Nucleus of Extension, Research and Study of Chronic Diseases - NEPEdc of the Faculty Northeast independent, and had the objective: to evaluate the relationship of pain in adults with stress in the city of Victoria achievement of-BA. It is an analytical research type with cross-sectional design and quantitative approach to the sample and had 537 Individuals from the city of Victoria achievement of-BA. The participants in this study Were 72.1% (F = 387) 27.9% women and men (F = 150) with a mean age of 30.84 years. The data collected That Showed Them had most of the stress situation (92.6%, M = 497) and only 22.2% (119) had back pain. This Showed That study the relationship of stress with the prevalence of back pain can not be substantiated, since the presented figures are not significant. However, it Has Been Observed que the stress index in the population is very high and Affects Mainly women. Thus, strategies Aimed at reducing the rate of this type of disorder Should be promoted by the Health Authorities.

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INTRODUCTION

The word stress has been used in abundance today. It is observable that this term is widely used in the mass media, promoting a perception often mistaken about it, placing it at odds and reaching even become part of a common sense, thus becoming responsible for virtually all the evils of the human being, mainly due to changes in the modern world (Tavares *et al*, 2017).

The term *stress* comes from a Latin word, which was first used in 1926 by a medical student named Hans Selye, to conceptualize the reactions found in patients with various diseases; Stress defined as "a set of reactions that the body develops to be subjected to a situation that requires effort to adapt" (CARVALHO; SERAFIM, 2015). However, we can understand it as a not pleasant experiment that develops accompany emotions, especially anxiety, tension and depression (ALMEIDA, 2010).

Stress can be divided into three phases, the first phase being the alarm, which is characterized the acute onset of stress; second, the phase resistance, presenting acute symptoms disappeared; and the third and last phase exhaust, characterized by the occurrence of symptoms around the alarm may cause a breakdown in the body (Elias, 2013).

Increasingly common are stress presence reports most keenly, health professionals and educators. Stress, when present in person, can cause a number of diseases such as allergies, depression, asthma, panic disorder, infections caused by low immunity, bronchitis, muscle pain, migraine, obesity, gastritis and some cancers. Not because stress is the cause of these diseases, but because it provides the onset of diseases for which the person has already predisposition or by reducing the immune defense gives rise to diseases that arise (Elias, 2013).

According Hortense and Sousa (2007) Pain is a subjective element multidimensional; that is, it varies from individual to individual, and therefore should be treated in its entirety and particularity. Low back pain (DL) can occur due to trauma,

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mechanical, or spinal cord injury, inflammation, infection, among others and its chronicity and set to remain for at least three months, and its incidence is high in Brazil, and also in world, causing social and economic costs of large proportions (MEUSSI *et al.*, 2013). Studies by Stefane (2013) and Salvetti (2012) show that these high costs related to the disability and sick leave from the of pain and emotional problems linked to them, such as stress and depression.

According Preuper (2008), depression is the most common emotional picture in patients with chronic low back pain and there is evidence that it relates the intensity of pain. So we can infer that depend on the stress phase the intensity of pain can also have strong relationships with the mental state of the individual. On this regard, Sato (2016) states that the muscular tension decreases blood flow to the tissues, hence, reduces the amount of oxygen and nutrients that need to reach them; considering that adequate circulation is essential to release tissues acid residues because their accumulation causes pain and hinders the healing process of the organism.

This work is part of the project "*Identifying the Chronic Disease profile in Vitoria da Conquista*" designed by the Extension Center, Research and Study of Chronic Diseases - NEPEdc, and aimed to: assess the stress related to pain back in adults in Victoria city conquest- BA. It is an analytical survey of the type and cross-sectional quantitative approach was to sample and 537 individuals from the municipality win conquest- BA.

METHODS

This work is part of the project "*Identifying the epidemiological profile of Chronic Diseases in Vitoria da Conquista*" designed by the Extension Center, Research and Study of Chronic Diseases - NEPEdc.

It is an analytical survey of the type and quantitative cross-sectional approach, which has as sample 537 individuals win the municipality conquest- BA. Data were collected from the application form Abuel and Beck test that can assess whether the person has any symptom of stress or even if you are prone to this.

Data were analyzed with SPSS using descriptive analysis. For a description of continuous variables were used the arithmetic average, with a standard deviation and categorical variables, absolute number and relative frequency.

The development process of this work was conducted in accordance with Resolution 466/12 and submitted for approval by the Ethics Committee of the Faculty Northeast Independent - FAINOR.

RESULTS AND DISCUSSION

The participants in this study is 72.1% (F = 387) women and 27.9% men (F = 150) with mean age of 30.84 years. The data collected showed that most of them have stress frame (92.6%, F = 497), and only 22.2% (119) feel pain (see Table 1).

Table 1 Association between stress and the variables below.

Sex	n	%	χ^2
Female	387	72.1	0.109
Male	150	27.9	
Back pain			0,017
with pain	119	22.2	
No pain	418	77.8	

Source: Data collected from the survey, 2017.

The data collected showed that the stress related to back pain does not show a significant relationship. However, regarding gender issues seen that women are mostly those with this diagnosis. Gavin (2013) the probability of women develop this type of disorder is high because they are influenced by genetic and psychosocial factors; the latter occurs constantly, as the role of women is associated with housework and double shifts in addition the biological questions that compromise women's health, as the hormonal issues differentiate females and males (GENTLEMAN; TOLFO, 2011).

It is known that stressed individuals have less energy and willingness to seize the day and reduce therefore the exercise of leisure activities and thus compromise the quality of life for themselves (HADŽIBA JRAMOVIĆ *et al.*, 2015). Hence the need for interventions that aim to reduce this type of disorder.

CONCLUSION

This study showed that the stress related to the prevalence of back pain can not be substantiated because the figures do not have significance. However, it was seen that the stress index in the population is very high and affects most keenly women. Thus, strategies aimed at reducing the rate of this type of disorder should be promoted by health authorities.

For future studies, it is suggested identify the types of exercises that can lead to reducing the prevalence of stress index, particularly in women, for these were the most exposed to this risk in order to minimize these numbers.

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