

EDUCATIONAL SPORTS: the adhesion from subjects of popular layers.

JOSÉ ANTONIO VIANNA

UNESA

HUGO LOVISOLO

UGF

Rio de Janeiro, RJ – BRASIL

javianna@hotmail.com

Abstract

The work wants to formulate interpretative hypotheses of the adhesion to physic activities and to sports from the relation between the published beliefs, with the experience and evaluation of participants of programs directed to the popular layers. On a universe of more than 6000 participants, the distribution in terms of gender and time on the activities is analyzed. The main numeric result, 80% of the practicing individuals abandon the activities during the first year, is put in relation with the local events and the beliefs, motives that are in force. The main conclusion is that the programs must take in account the local events, as related on the article, as must with the hierarchy of the participants' beliefs. Programs that do not interact with the same lead to lack of adhesion. In this case, we point out the local belief which sees the sportive practice as a way to professionalization, demanding, therefore, as much the competition as the serious training. The program oriented by the belief on the health benefits and on the social inclusion through sports, in fact, do not serve to the reasons present at the hierarchy of local beliefs.

Keywords: adhesion; sports; gender

Introduction

The various campaigns realized on schools and, overall, on media, try to influence the people to incorporate the positive beliefs about the benefits of the physic activity and to become active practicing individuals in place of only spectators. The mentioned benefits are situated in two levels, in the socio-cultural and psycho-physiological. The recognition of sports as a way of positive socialization or social inclusion is revealed by the growing number of sportive projects destined to the young subjects of popular classes, financed by government and private institutions. On the literature of physical education, sports and leisure, sociology and on other areas, indications are presented of the benefits provided by the regular practice of sports, on the moral formation or the personality of it's practicing individuals (tubino,2001;Elias and Dunning,1992;Danish and Nellen, 1997). The recent campaigns for the adoption of active and healthy life stiles and the growing investment on installations and projects of sports, destined to the population, indicate that, under the point of view of public politics, the belief about the psycho-physiological materialize in favoring practice actions.

However, there seams to be a contradiction between the vastness and apparent deepness of the beliefs that the people have about its benefits and the low adhesion to the systematic physical activity. The questioning of the "non-adhesion" and the proposals that leads to it, appear today as the **acting shaft** of the physical educators.

We believe to be normal that people act according to their beliefs, which would provide motives or intentions for the action. Yet however, as it is repetitively outlined, a great number of people seams not to self adjust into the ideal model of the practice of physical activity for health and social inclusion. The disagreement between belief and practice, may be explained as a product of lack of socialization or the acceptance of the norm, or through the accusation to the individual of some fail in conscience (Lovisolo, 2002a e 2002b). When arising from this model one usually insists on the influence reiteration. This thinking and acting model would look worn

out, so, emerge the necessity of comprehensions or alternative explanations for the high indices of non-practicing individuals.

Alternatives

Looks, then, that we will have to research the formulation of alternative explanations. We propose to understand that; a) several coexisting social conceptions exist concerning the influence of the oriented practice of physical activities and b) the subjects hold arrangements of the beliefs and take decisions based on the signs or answers of their practical experiences.

Therefore, the place of the belief between the beliefs, its hierarchical position, is influenced by the practical experience of the individuals.

The financing and socio-sportive program orienting entities for the more vulnerable layers of the Brazilian population, seems yet not to glimpse a way as much to the realization of the subjects' expectations as to their frustration. We believe that the generous enthusiasm of the promoters takes the emphasis only on the realizations, never on the dark side of the frustrations. As well as the scholar failure leads to the school desertion, the sportive failure – the non-acquisition of the aimed or desired performance and high psychological or physiological costs – can lead to the practice desertion. Let's observe that the scholar practice of the automatic promotion tried to deal with the chain "failure-desertion", however, the "automatic promotion" on sports seems impossible or of low efficiency.

The relation of the practicing individuals' beliefs with their experiences must be observed and contextually analyzed. Promote agreements between the beliefs and the practices implicate in social elaboration processes, of symbolic agreements, that can only be fulfilled at local level (Lovisoló, 1995). Implicate the active mediation between values and objectives, motives, and the evaluation of the experience results, above all, on the beginning of the beliefs and conduct changing processes. Let's remember that this way of operate was discussed, tested and modified on the field of said "rural expanse".

Despite the growth on the number of projects with these characteristics, the today existing theorization about the sports relations with groups submitted to risks or marginalized by poverty, do not seem to pay attention to what concerns the understanding of the local rationality of the individuals, and of their motives for the action and of the evaluations that reinforce or modify initial motives and practices. In truth, we frequently forget that it is not the case of abstract health or of sports in general, but of a situated health, qualified and of a sport with meaning acquired from the local interactions.

Exploring the place

On the attempt to contribute on the comprehension of the phenomena on agenda, we proposed ourselves to observe the "adhesion" of young individuals of popular layers on the extra scholar sportive activities. The observation, of exploratory nature, was fulfilled in an extra-curriculum center of physical and cultural activities situated in the interior of the slum named Cidade de Deus, at the city of Rio de Janeiro. This center, in operation since 1993, has the goal of to transcend the school physical limits, giving opportunities to the scholars to maintain their free time occupied with sporting recreational and cultural activities, under educational orientation.

The program proposes to focus mainly on the formation of the students' citizenship and their socialization, in a space of "meeting between playing, culture and knowledge". However, the support texts for discussion and actuation of the institution professionals, are not based yet in empirical data, what seems to require investigations which would contribute to consolidate and give feedback to the original purpose.

The partial objectives of the observation were: a) evaluate the entry, permanence and exit of the young individuals in the groups of cultural and physical activities, b) observe the

intensity of the involvement and c) verify if exist differences on the adhesion of the participants by gender.

We believe that the description and comprehension of the stated aspects would give feedback to the interventions, refining its coherence with the local dynamics, favoring the agreements between the institutional proposals and the intervention process agents' aspirations.

The information gathering was performed from the project's students' registration records. The records identify each student with data of address, age, gender, school and grade. On them are registered the practiced activity and the frequency. Annually the participants renew their registration informing the name, year of birth, sex, name of their responsible person and/or affiliation, institution where stud, grade, class and activities that wishes to practice.

In this descriptive study, we present a partial analysis of the data of a six-year period – from 1998 until 2003, on 6932 registration records, referring to 5462 students, in the age group from 5 to 24 years. The information were grouped by year, gender, age, scholar grade and activity.

Responding to the interests of this investigation, we broached the adhesion of the individuals by gender and by practiced years on the chosen activity.

Results

I. Registered students by year and gender

Picture I – registered students by year and gender

Year Subjects	1998	1999	2000	2001	2002	2003	total 6932	% 100
Male	575	1331	527	252	585	581	3851	55,6
Female	601	1124	455	146	317	402	3045	43,9
W/out info	5	12	5	0	5	9	36	0,5

It can be observed that the male participation prevails. The difference in favor of the youngsters is of almost 12% for the total of participants, although varying by the years. However, if we think that the young ladies are asked for the home activities, the percentage loses its numeric importance and we can consider as important the participation of the female gender into the activities. If we observe the distribution of gender per year, we will be able to establish that the female participation was bigger only in 1998, having different proportions, always smaller on the other years. In 2001, for example, it is only 60% of the male participation.

A second aspect of the data is its variability. In fact, there are two very untypical years, 1999, with more than the double of enrolments than the other years and 2001, with almost the half. The enrolments of 2000 and 2003 seems to represent the normal tendency of participation.

Explain the variability of the data implicate the knowledge of the local events. Utilize the installations located inside the communities may favor the participation, by not imposing to the participants big dislocations, nor to cross areas dominated by drug trafficking groups rivals to the ones of their locality. However, not having own installations, left the project vulnerable to the moods of its holsters. In 1999, the agreement with the club that lent the pool, permitted the

enrolment of an over the conventional number of participants. On the other hand, on the year 2001, the frequent conflicts between rival groups and the unilateral agreement rupture of the pool lent by the club, added to the impediment to the participation of teachers in extended shifts, caused a important drop in the participants number. In other words, the data of practice alone can create confusion when directly saw as adhesion indicators. In 1999 and on 2001 maybe no change exists nor on the beliefs or on the adhesion, only local events affect heavily over the number of participants. Without the chronic of the events we may get to bizarre conclusions.

II. Participation by years of activity and gender.

The picture II follows the participation by the years. We can observe that: 1) as much bigger the practice time smaller the female participation, when compared to the male participation and 2) the participation percentage both male and female, decreased by the years. Little less than 20% of the registered students remain in the activity for more than one year. Thus, almost 80% of the students abandon the activities during the first year. Only 0,20% of the participants had 5 years of activity.

What places under check the concept that the activities are really contributing, to the formation of those youngsters in what refers to the positive socialization and the acquisition of an active and healthy life stile. A minority maybe will obtain benefits of this nature.

Picture II – percentage of students by practice years and gender

Years of Practice	subjects 5462	% 100	male %	female %	w/out info %
1	4338	79,42	53,8	45,7	0,5
2	871	15,95	53,2	46,5	0,3
3	177	3,24	67,2	32,2	0,6
4	59	1,08	71,2	28,8	0
5	16	0,29	81,3	18,7	0
6	1	0,02	100	0	0

Suggestions

The data we raised in previous studies (Vianna, 2003; Vianna et al, 1999), suggests that the students of the popular layers seek the physical activity as leisure and to escape the routine to which they were submitted, whether by the scholar norms, by the street violence that confined them in their houses or by the lack of opportunity of access to cultural activities elaborated by the private enterprise – what correspond to the necessity of payment for participation. The oriented physical activity was seen by the subjects as an option of entertainment with utilitarian aim or of professional formation end and in front of a scholar context which offers restricted opportunities to the social layers that attend the public schools.

On that moment, we questioned if the decreasing participation of the youngsters with ages starting from 14 years, can be due to the almost non-existence of sporting competitions either internal or external and of the small knowledge development of the sporting abilities, with

consequent diminishment of the possibilities of professional graduation. That is to say, the young individuals would not be finding either the excitement of the competition nor the sporting graduation for a professional future. The beliefs, then, about the sporting activity as exciting entertainment and about the sports as a way of professional performance, holds a superior position and explain the giving up when the expectations are not satisfied.

Seems that we face up with a mechanism alike the one of the school evasion. By one side, the absence of competition makes the activity few exciting. By the other, the experience of not acquire the expected sporting abilities leads to give ups. There are othe factors that collaborate also, as the students change to the high schools, early pregnancies and the necessity of composing the family income. However, these arguments deserve to be better considered. As the repeater is put to work, as well the lack of ability or sportive performance leads to the labor market. There are strategies in the families of how to invest their thrifty resources.

On the studies that we fulfilled (Vianna, 2003; Vianna et al, 1999), we find indicatives that the sportive formation can represent for the subjects of popular layers, a way of "growing in life". In fact, the media presents this way as a possibility of sports and music. The results suggest the fulfillment of studies that would investigate the paradox between the social recommendations and the experiences of the subjects. Researches, which observe the contradiction between the social representation on the benefits of the physical activities and the giving up to its practice, can increase the comprehension of the contradictions between the declared beliefs by the individuals and their actions and favor the understanding of the local rationality of the persons and of their motives for the action, contributing for the necessary agreements to the socio-educational intervention efficiency through the sports, directed to the subjects of popular layers.

However, the low adhesion of the participants along the years, verified on this investigation, lead us to make some questions for future research investments:

- . Which are the beliefs and motives that take the subjects of the popular layers to grater or smaller adhesion to the sportive projects of socio-educational action?

- . The sportive projects respond to the beliefs, experiences and evaluations dynamic of the young subjects of the popular layers?

- . What motivates the youngsters who practice sports, to practice for a bigger or smaller period of time?

- . What is the expectation of the individuals of popular layers about the acquisition of sportive ability?

- . The practice of sportive abilities contributes on the elevation of the years of schooling of the practicing individuals?

- . Can a diminishment on the scholar evasion be observed on the youngsters who practice sports?

Bibliography

DANISH, S. J. & NELLEN, V. C. New roles for sport psychologists: teaching li skills through sport to at-risk youth. Quest, 49: 100-113, 1997.

ELIAS, N. e DUNNING, E. A busca da excitação. Lisboa: DIFEL, 1992.

LOVISOLO, H. Educação Física: A arte da mediação. Rio de Janeiro: Sprint, 1995.

----- Atividade física e saúde, uma agenda sociológica de pesquisa, in Moreira W. e Simões R, (orgs.) Esporte como fator de qualidade de vida, São Paulo, Editora Unimep, 2002a.

----- Um homem chamado cavalo: notas sobre a socialização, in Arnt H. e Helal R. (orgs.), A sociedade na tela do cinema, p.9-18, Rio de Janeiro, E-papers Serviços Editoriais Ltda, 2002b.

TUBINO, M.J.G. Dimensões sociais do esporte. 2ed. São Paulo: Cortez, 2001.

- VIANNA, J. A., RÍGIDO, S. e FERREIRA, V. P. A ocupação do tempo livre das camadas populares: uma investigação com crianças e jovens da “Cidade de Deus” - RJ. Motus Corporis. Vol. 6, nr.2, 1999.
- VIANNA, J.A. Educação física, esportes e lazer para as camadas populares: a representação social dos seus atores. In: Congresso Brasileiro de Ciências do Esporte (13.: 2003: Caxambu). Anais [recurso eletrônico]. Campinas: CBCE, 2003.
- ZALUAR, A. Cidadãos não vão ao paraíso: juventude e política social. Rio de Janeiro: Escuta, 1994.

Resumen

Este trabajo formula hipótesis interpretativas para la adhesión a la actividad física y el deporte a partir de las relaciones entre las creencias publicitadas con la experiencia y evaluación de los participantes de programas dirigidos a los segmentos populares. A partir de un universo de más de 6000 participantes, se analiza la distribución en términos de género y tiempo en las actividades. El principal resultado numérico, 80% de los practicantes abandona la actividad durante el primer año, es puesto en relación con los acontecimientos locales y las creencias, motivos, dominantes. La principal conclusión es que los programas deben llevar en cuenta tanto los acontecimientos locales, como los relatados en el artículo, cuanto la jerarquía de las creencias de los participantes. Programas que no interaccionan con las mismas llevan a la falta de adhesión. En el caso, destacamos la creencia local que entiende la práctica deportiva como camino de profesionalización, demandando, por lo tanto, tanto la competición cuanto el entrenamiento serio. El programa orientado por la creencia en los beneficios de salud y por la inclusión social vía deporte, de hecho, no atiende a los motivos presentes en la jerarquía de creencias locales.

Palabras-llaves: adhesión; deporte; genero.

Resumo

O trabalho procura formular hipóteses interpretativas da adesão à atividade física e ao esporte a partir das relações entre as “crenças” publicitadas, com a experiência e avaliação de participantes de programas dirigidos às camadas populares. A partir de um universo de mais de 6000 participantes, se analisa sua distribuição em termos de gênero e tempo nas atividades. O resultado numérico principal, 80% dos praticantes abandona as atividades durante o primeiro ano, é posto em relação com os eventos locais e as crenças, motivos, que vigoram. A principal conclusão é que os programas devem levar em conta tanto os eventos locais, como os relatados no artigo, quando a hierarquização das crenças dos participantes. Programas que não interagem com as mesmas, levam à falta de adesão. No caso, destacamos a crença local que vê a prática esportiva como caminho de profissionalização, demandando, portanto, tanto a competição quanto o treinamento sério. O programa orientado pela crença nos benefícios da saúde e na inclusão social via esporte, de fato, não atende aos motivos presentes na hierarquia de crenças locais.

Palavras-chaves: adesão; esporte; gênero.

Abstrait.

Le travail veut formuler des hypothèses interprétatives de l'adhérence aux activités de médicament et aux sports de la relation entre la croyance éditée, avec

l'expérience et l'évaluation des participants des programmes dirigés vers les couches populaires. Sur un univers de plus de 6000 participants, la distribution en termes de genre et le temps sur les activités est analysée. Le résultat numérique principal, 80% des individus de pratique abandonnent les activités pendant la première année, sont mis en relation avec les événements locaux et la croyance, les motifs qui sont en vigueur. La conclusion principale est que les programmes doivent prendre dans le compte les événements locaux, comme relié sur l'article, en tant que nécessité avec la hiérarchie du participants' ; croyance. Les programmes qui n'agissent pas l'un sur l'autre avec la même chose mènent au manque d'adhérence. Dans ce cas-ci, nous précisons la croyance locale qui voit la pratique folâtre comme manière au professionnalisierung, une demande, donc, autant la concurrence que la formation sérieuse. Le programme orienté par la croyance sur les prestations-maladie et sur l'inclusion sociale par des sports, en fait, ne servent pas aux raisons actuelles à la hiérarchie de la croyance locale.

Mots-clés : adhérence ; sports ; genre

JOSÉ ANTONIO VIANNA - UNESA

End. Estrada Maracai, 340 – Alto da Boa Vista, Rio de Janeiro – RJ – Brasil

E-mail: javianna@hotmail.com; ja.vianna@lflorestadojo.org; www.florestadojo.org

Tel: (21) 24925570

Cel: (21) 96875181