

151 - INFLUENCE OF THE SEMI-FINAL STAGE ON MOOD IN FEMALE HANDBALL ATHLETES AT UNISINOS CHAMPIONSHIP 2008

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INTRODUCTION

The Unisinos Championship is an academic event held each year at University of Vale do Rio dos Sinos in São Leopoldo, which hosts sports teams from various higher education institutions in Mercosul in order to play university games. Professor João Guilherme Queiroga (2008), Chairman of the University Sports Federation in the State of Rio Grande do Sul – FUGE, pointed out that the University of Vale do Rio dos Sinos hosts, annually, sports teams from several higher education institutions in Mercosul to play university games, which is the most traditional and awaited event in the university sports calendar, institutions can organize themselves in advance, for each year on October the Championship is held, and he adds up that this constancy keeps universities close to sports events, filling up, thus, the existent gap in Brazilian and South American university sport.

Regarding the importance of Unisinos Championship, professor Marcelo Silva da Silva, Feevale's university teams project coordinator, commented that it's a traditional event which has been going on a long time, with great quantity of people who come from far to participate and that there are few events which can have this tradition, this repercussion.

In professor Silva's opinion, university sport has two greatly important aspects, one is the integration of students, who, many times, in an autonomous way, organize themselves and go play and root for students and the other is an educational aspect, because going out, going on a trip, living together, respecting rules, trying to find strategies to win, that is a form of learning, teams can't be just summed up to a competition, there's also the development of autonomy, creativity and that can be noticed in the event, for they go on their own account, learn how to organize themselves and there's an advantage to physical education in the fact that the event is a field of study to monitor, to assist teams and to see how the attitude of a coach is like, the difficulties which happen for instance and that, according to him, this opportunity could be used in a better way.

Professor Marcelo Silva da Silva points out that the objectives of Unisinos Championship are about integration, for it doesn't earn them qualification for a bigger competition event because it grants awards; and he adds on that in this competition most of athletes don't have a professional education level, as it occurs in other states, where there are teams that are practically professional and play representing the university.

According to data from the Brazilian University Sports Confederation (2008), currently, there are the South American University Games which are a sports event played by university students in South America, considering that the first South American University Games were held in Chile, in 2004 and their second edition happened in 2006, in the state of Paraná. Annually, the University Games of the State of Rio Grande do Sul (JUGs) are played and they qualify athletes for the Brazilian University Games (JUBs) which also occur each year, confirming, thus, the importance of Unisinos Championship which doesn't establish any qualifying criterion so institutions can participate.

Therefore, we have this context of considerable importance to sport as our study scene and we've completed it with the choice of the semi-final stage of women's handball at the 21st edition of Unisinos Championship. This option is due to the importance of this stage in a competition. Bueno and Di Bonifácio (2007) report on their studies, through athletes' speeches evaluated in different championship stages, that this stage can alter the players' state of mind.

Many are the aspects which may interfere in university athletes' state of mind, particularly in this study's case, which had as a sample university female handball players, participating in Unisinos Championship 2008, coming from other states and even another country, we can take into account, besides the championship stage, aspects like: travel time, due to the kind of means of transport used, the possibility of that being their first time participating in a championship, the time for physical and technical training, the expectation of how the competition venue looks like, what to expect about organization and facilities, the time they've been far from their relatives, the contact with new people and sports category. As for mood before the semi-final stage, we can consider the quantity of matches played before semi-final stage, the technical quality of refereeing, the time for recovery, possible muscular injuries and pain accumulated throughout the championship, and the knowledge about the opponent team's characteristics.

Sport in Pereira and Dias apud Bandeira's (2008) view, is one of the main cultural expressions of our time, because it manages to involve, many times, societies with different cultures in singular meetings, represented by spectacles that show great body abilities, techniques and, especially, beauty in the performance of movements.

Queiroga follows this train of thoughts (2008), when he says that he considers this sports event as fundamental, especially because the athletes compete in order to play sports, less worried about the final result, and this way the practice is more pleasurable than professional sport, since competitors are engaged with the institution and culture they're representing.

We are studying handball, a group sport with the presence of opponents, which, therefore, has characteristics that are common in this sports category, and some prominent differences, that interfere in female players' state of mind, for the final objective in the game is to score a goal; however, practice demonstrates that there's a previous aim to that one, which is to achieve a position and situation that makes it easier to score a goal. Thus, the game is characterized by an intense struggle in the sense of achieving this favorable position. This struggle for space between opponents, which is the characteristic of game, happens within a situation of high physical contact. (KNIJNIK and SIMÕES apud SANCHEZ, 2000).

As said by Pereira and Dias apud França (2008), mood is something momentary, or a momentary state of mind, while an emotion is something deeper and related with experiences accumulated throughout life. Pereira and Dias apud Deutsch (2008), states that there's a qualitative difference between moods and emotions, besides the fact there's a consensus that states of mind aren't very specific and are superficial. According to the author, we can say that moods are states of feelings that may be diffuse or global, and allow us to have a self-regulating action.

In order to verify the female athletes' mood, the List of states of minds reduced and illustrated (LEA-RI) developed by Volp (2000) was used. The LEA-RI contains 14 adjectives and each of them is represented by a drawing of a face with its corresponding expression. According to Volp (2000) the LEA-RI was developed so that different populations (from children to

elderly, literate or not) could answer it. This test involves the assessment of a reduced group of states of mind, both for positive and negative characteristics, according to Mori and Deutsch apud Volp (2005).

Those alterations in mood in female handball athletes were examined as for a contextual component, which is the championship semi-final stage.

The objective of this research was to verify the mood of handball athletes, before the University Games semi-final stage match at the 21st Unisinos Championship 2008.

METHOD

Participants

The study was conducted at the 21st edition of the Unisinos Championship, an event that occurred between 15 and 19 October 2008. Each year, the University of Vale do Rio dos Sinos hosts sports teams from several institutions of higher education in Mercosul to play university games.

Fifty-one athletes from four university female handball teams that played the university games semifinals at Unisinos Championship collaborated with this study. Team "A", from Brazil, Rio Grande do Sul, had 14 athletes with ages between 18 to 29 years old and played the semifinals against team "B" from Uruguay which had 7 athletes with ages between 22 and 30 years old. The other game was with team "C" which had 14 athletes with ages between 18 and 23 years old and team "D" which had 16 athletes with ages between 18 and 33 years old, from São Paulo.

MATERIAL USED

In this research it was used the List of States of Minds Reduced and Illustrated - LEA-RI, by Volp (2000). This list contains 14 adjectives, which are: happy; active; calm; light; nice; brave; full of energy; sad; spiritual; agitated; heavy; unpleasant; afraid and useless and each one of them is represented by a drawing of a face with its corresponding expression. Each adjective has four intensities for answer, namely: very much, much, not much and a little bit, from which each individual must choose only one intensity for each adjective. The LEA - RI is easy to understand and quick to handle, identifying, therefore, the objective of the study. That's why the List of States of Minds was chosen.

PROCEDURE

The LEA - RI was carried out at the sports gym where competitions occurred, the initial contact with the person in charge of each team happened in an average time of 45 minutes before each game start. Every athlete received a pen and two sheets of paper stapled together from the researcher, the first containing the free and clarified consent agreement (TLCE) and the second, a form to be filled in. The mean time for filling in the forms was 4 minutes. After all women athletes had filled out the LEA - RI, it was handed in to the researcher. The forms were applied in four teams that were competing in the semifinals.

ANALYSIS OF THE RESULTS

For data interpretation, considering that the number of athletes was different in each team, a sum of each intensity was done: very much (VM), much (M), not much (NM) and a little bit (LB) regarding all positive adjectives and it was divided by the number of athletes in the team, resulting thus, in a percentage value for each intensity, the same was made with negative adjectives. The adjectives considered as positive are: happy, cheerful / nice / spiritual, dreamer / light, gentle / full of energy / active, energetic / calm, tranquil. The adjectives considered as negative are: heavy, tired, weighty / sad / agitated, nervous / useless, apathetic / shy / afraid.

Table 1 – Results regarding positive adjectives used by teams A and B.

POSITIVE ADJECTIVES	TEAM "A"				TEAM "B"			
	VM	M	NM	LB	VM	M	NM	LB
Happy, cheerful	7	7	0	0	4	2	1	0
Nice	4	9	1	0	2	5	0	0
Spiritual, Dreamer	3	8	3	0	0	1	3	3
Light, Gentle	3	7	4	0	0	1	5	1
Full of Energy	5	9	0	0	3	2	1	1
Active, Energetic	6	8	0	0	0	5	2	0
Calm, Tranquil	2	9	3	0	2	1	2	2

Team "A" presented 31% of VM intensity for positive adjectives, while team "B" presented 22%.

Table 2 – Results regarding negative adjectives used by teams A and B.

NEGATIVE ADJECTIVES	TEAM "A"				TEAM "B"			
	VM	M	NM	LB	VM	M	NM	LB
Heavy, Tired, Weighty	0	1	7	6	0	4	3	0
Sad	0	0	0	14	0	0	0	7
Agitated, Nervous	0	6	5	3	2	1	4	0
Unpleasant	0	0	1	13	0	0	1	6
Useless, Apathetic	0	0	0	14	0	0	1	6
Shy	0	1	6	7	0	0	2	5
Afraid	0	0	2	12	0	0	4	3

Team "A" presented 0% of VM intensity for negative adjectives, while team "B" presented 4%.

Table 3 – Results regarding positive adjectives used by teams C and D.

POSITIVE ADJECTIVES	TEAM "C"				TEAM "D"			
	VM	M	NM	LB	VM	M	NM	LB
Happy, cheerful	6	6	2	0	2	12	2	0
Nice	4	6	4	0	5	9	2	0
Spiritual, Dreamer	5	5	2	2	3	4	4	5
Light, Gentle	0	8	5	1	1	8	5	2
Full of Energy	5	7	2	0	5	9	1	1
Active, Energetic	4	7	3	0	3	10	3	0
Calm, Tranquil	3	4	5	2	2	6	8	0

Team "C" presented 28% of VM intensity for positive adjectives, while team "D" presented 19%.

Table 4 – Results regarding negative adjectives used by teams C and D.

NEGATIVE ADJECTIVES	TEAM "C"				TEAM "D"			
	VM	M	NM	LB	VM	M	NM	LB
Heavy, Tired, Weighty	3	8	3	0	1	2	8	5
Sad	0	0	5	9	0	0	2	14
Agitated, Nervous	4	4	4	2	4	6	6	0
Unpleasant	0	3	4	7	0	0	6	10
Useless, Apathetic	0	0	3	11	0	1	3	12
Shy	0	3	3	8	0	0	4	12
Afraid	0	2	6	6	0	1	8	7

Team "C" presented 7% of VM intensity for negative adjectives, while team "D" presented 4%.

The comparison between data referring to the teams has shown that VM intensity in tables 1 and 3 (positive adjectives), was higher in teams "A" and "C" considering their opponents, teams "B" and "D", respectively, that is, teams "A" and "C" had more positive adjectives than teams "C" and "D" as for their state of mind.

The comparison of the percentage of positive adjectives between teams from matches "A" x "B" and "C" x "D" and the scoreboard result that was "A" – 22 points x "B" – 11 points and "C" – 21 points x "D" – 10 points, i.e., "A" and "C" were the winning teams at the semifinals, and the teams that had a higher percentage of positive adjectives compared to their opponent.

This observation of pre-competition state of mind in semifinals and final results from the games, may suggest that there's an influence of mood on the results. A recent study by Pereira Dias (2008), about women handball teams that played the Youth Games 2005 semifinals in the city of Paranavaí-PR, narrates the relationship between a more positive mood and victory.

FINAL CONSIDERATIONS

The results of this research might serve as a basis to deepen studies on the Sports Psychology area, when it is verified that the coach may be a key part if he or she adopts an appropriate posture – either towards the team, or a female athlete -, if he or she takes into account variants related with alterations in mood which occur because of the sports type, the athletes' gender, the competition stage, the match venue and personal issues.

Regardless of what had happened or not before semi-final games in championships, in each athlete's private life and that might have interfered with their state of mind, it was evidenced the importance of keeping that state as higher as possible. In the competition's semi-final stage, the coach is the closest person who is able to change his or her female athletes' present mood.

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INFLUENCE OF THE SEMI-FINAL STAGE ON MOOD IN FEMALE HANDBALL ATHLETES AT UNISINOS CHAMPIONSHIP 2008

ABSTRACT

The research was conducted at the 21st edition of the Unisinos Championship, an event that occurred between 15 and 19 October 2008. Each year the University of Vale do Rio dos Sinos hosts sports teams from several institutions of higher education in Mercosul to play university games. Athletics, basketball games, soccer, futsal, handball, tennis, volleyball, beach volleyball, judo competitions, street skating, table tennis, chess and rustic matches were played in men and women categories, bringing together approximately 1200 students, coaches and leaders.

The objective of this research was to determine which teams in the female handball category had more positive adjectives regarding the players' state of mind before the semifinals and to observe its influence on the outcome. Fifty-one women were evaluated in the adult category. A list of states of minds reduced and illustrated (LEA-RI) developed by Volp (2000) was used. The LEA-RI contains 14 adjectives and each of them is represented by a drawing of a face with its corresponding expression. According to Volp (2000) the LEA-RI was developed so that different populations (from children to elderly, literate or not) could answer it. Data collection was performed through an individual form, 40 minutes before each of the two semi-final games. For a descriptive statistical analysis of data, the absolute values of the mean were used. The results have shown that women handball players with high level of mood in the semi-final stage, reached the final stage.

KEY WORDS: states of mind. semi-final. handball

INFLUENCE DE LA DEMI-FINALE SUR L'ETAT D'ESPRIT DES JOUEUSES DE HANDBALL LORS DE LA COUPE UNISINOS 2008

RÉSUMÉ

La présente étude a été menée au cours de la 21e édition de la Coupe Unisinos, qui s'est tenue du 15 au 19 octobre

2008. Chaque année, l'Université do Vale do Rio dos Sinos (UNISINOS) accueille des équipes sportives de diverses institutions d'enseignement supérieur du Mercosur pour la réalisation de jeux universitaires. Près de 1200 étudiants, fonctionnaires et dirigeants se sont ainsi réunis pour participer à des épreuves – masculines et féminines – d'athlétisme, de basket-ball, football, football en salle, handball, tennis, volley-ball, beach-volley, judo, street skate, ping-pong, échecs et course à pied.

Ce travail avait pour objectif de vérifier quelle équipe féminine de handball présentait le plus d'adjectifs positifs en termes d'état d'esprit des joueuses avant la demi-finale, et d'observer leur influence sur le résultat final. 51 sujets adultes de sexe féminin ont été évalués à partir de la Liste d'États d'Esprit abrégée et illustrée (LEA-RI), développée par Volp (2000). La LEA-RI contient 14 adjectifs, chacun d'eux représentés par le dessin d'un visage et son expression correspondante. D'après Volp (2000), la LEA-RI a été élaborée de manière à pouvoir être appliquée sur différentes populations (des enfants aux personnes âgées, alphabétisés ou non). Les données ont été recueillies individuellement, 40 minutes avant les deux demi-finales. L'analyse statistique descriptive des données s'est basée sur les valeurs absolues de la moyenne. Les résultats obtenus montrent que ce sont les joueuses de handball se trouvant dans un état d'esprit le plus élevé en phase de demi-finale qui sont arrivées en phase finale.

MOTS-CLÉS : état d'esprit ; demi-finale ; handball.

INFLUENCIA DE LA FASE SEMIFINAL EN EL ESTADO DE ÁNIMO DE LAS ATLETAS DE HÁNDVOL EN LA COPA UNISINOS 2008

RESUMEN

El estudio que aquí presentamos fue realizado durante la 21ª edición de la Copa Unisinos, evento desarrollado entre los días 15 y 16 de octubre de 2008. Anualmente, la Universidade do Vale do Rio dos Sinos, recibe equipos deportivos de diversas instituciones de enseñanza superior del Mercosur para la realización de juegos universitarios. En ésta, se disputaron pruebas de atletismo, juegos de básquetbol, fútbol de campo, fútbol de salón, hándbol, tenis, voleibol, voleibol de arena, competencias de judo, street skate, tenis de mesa, ajedrez y rústica, tanto femeninas como masculinas, reuniendo aproximadamente 1200 universitarios, técnicos y dirigentes.

El objetivo de este estudio fue verificar cuál de los equipos de hándbol femenino presentó más adjetivos positivos en relación a los estados de ánimo de sus jugadoras antes de los partidos de las semifinales del torneo y observar su influencia en el resultado final de los mismos. Se procedió a evaluar, a tal efecto, a 51 sujetos del sexo femenino de la categoría adulta. Fue utilizada la Lista de estados de ánimo reducida e ilustrada (LEA-RI) desarrollada por Volp (2000). La LEA-RI contiene 14 adjetivos representados, cada uno de ellos, por la figura de un rostro con su expresión correspondiente. Según Volp (2000) la LEA-RI fue desarrollada para que diferentes personas (desde niños hasta ancianos, alfabetizados o no) pudieran responderla. La colecta de datos se realizó de manera individual, 40 minutos antes de cada uno de los dos juegos de la semifinal. Para el análisis estadístico y descriptivo de los datos se utilizaron los valores absolutos del promedio. Los resultados de este estudio evidenciaron que las atletas de hándbol femenino con estado de ánimo más elevado en la fase semifinal de la competencia llegaron a la final de la misma.

PALABRAS CLAVE: estados de ánimo, semifinal, hándbol.

INFLUÊNCIA DA FASE SEMIFINAL NO ESTADO DE ÂNIMO DAS ATLETAS DE HANDEBOL NA COPA UNISINOS 2008

RESUMO

O estudo foi realizado na 21ª edição da Copa Unisinos, evento ocorrido entre os dias 15 e 19 de outubro de 2008. Anualmente a Universidade do Vale do Rio dos Sinos recebe equipes esportivas de diversas instituições de ensino superior do Mercosul para a realização de jogos universitários. Foram disputadas provas de atletismo, jogos de basquete, futebol de campo, futsal, handebol, tênis, voleibol, vôlei de areia, competições de judô, street skate, tênis de mesa, xadrez e rústica, nos naipes masculino e feminino, reunindo aproximadamente 1200 universitários, técnicos e dirigentes.

O objetivo deste estudo foi verificar qual das equipes da modalidade de handebol feminina apresentou mais adjetivos positivos em relação aos estados de ânimos de suas jogadoras, antes da semifinal e observar sua influência no resultado final. Foram avaliados 51 sujeitos do sexo feminino da categoria adulta. Foi utilizada a Lista de estados de ânimo reduzida e ilustrada (LEA-RI) desenvolvida por Volp (2000). A LEA-RI contém 14 adjetivos e cada um deles é representado por um desenho de uma figura de face com sua expressão correspondente. Segundo Volp (2000) a LEA-RI foi desenvolvida para que diferentes populações (desde crianças a idosos, alfabetizados ou não) pudessem respondê-la. A coleta dos dados foi realizada de forma individual, 40 minutos antes de cada um dos dois jogos da semifinal. Para análise estatística descritiva dos dados, utilizou-se os valores absolutos da média. Os resultados deste estudo evidenciaram que atletas de handebol do naipe feminino, com estado de ânimo mais elevado na fase semifinal, chegaram à fase final.

PALAVRAS-CHAVE: estados de ânimo.semifinal.handebol.

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