

## 113 - ANALYSIS OF THE BOCHA COURT AS A LEISURE SPACE, CONVIVAL AND SOCIAL INTERACTION OF THE ELDERLY

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### INTRODUCTION

The practice of bocce game is very widespread in the south and southeast regions of the country having strong federations, many competitions and competitors in various categories. In Espírito Santo there is the Espírito Santo-Santense de Bocha Federation (FEB), which has a much more modest number of teams compared to the states of São Paulo and Rio Grande do Sul, but the game in unofficial ways is very common in several cities capixabas

According to data obtained with the help of informants from the Brazilian Confederation of Bocha and Bolão (CBBB), the states are currently affiliated with it: Rio Grande do Sul, Santa Catarina, Paraná, São Paulo, Espírito Santo, Minas Gerais, Brasília, Mato Grosso, Mato Grosso do Sul and Rio de Janeiro.

In the state of Espírito Santo the maximum organ of direction of the boat is the FEB. The information contained in the site brought the story of how the spread of this game occurred in Brazil:

This practice was brought to America by Italian immigrants, first to Argentina and later to other countries. The states of São Paulo, Santa Catarina and Rio Grande do Sul, which received large concentrations of immigrants from Italy, were responsible for the beginning of the sport in Brazil, which later spread to Paraná, Rio de Janeiro, Espírito Santo and Minas Gerais (FEB, 2017).

It is common when we talk about bocce that people associate with a game that is practiced only by the elderly, male exclusive public and with little or no emotion. But this is not quite a truth. There are championships with different age groups and divisions at both the state and national levels (CBBB, 2017).

The field, a bocce ball field, can not be understood as a space intended only for the practice of this game, it is common in these environments to play games such as: snooker, card games and board, thus creating a cultural universe that has its own genesis. All this context allows interaction among the regulars (STIGGER; SILVEIRA, 2004).

The practice of these games by the elderly is very widespread, since their game dynamics do not require so much of some capabilities of their body that they no longer help them as before. They see the arena as a space of interaction, making them feel part of a medium, a feeling that for many is lost with the arrival of age (SILVEIRA, 2007).

As has already been said, the elderly are a frequent figure on the ball courts, for this reason "... in order to understand the reality of old age, it is indispensable to examine the place that is destined for the representation is made of them at different times, in different places" (BEAUVOIR, 1990, page 48).

We seek to make analysis of the ball court as a space of leisure, social interaction and social interaction of the elderly. This study becomes relevant to understanding the body as the product of a culture in which it is inserted. This question is of great relevance today, so when proposing the discussion it is expected to understand the game of bocce as a cultural practice that brings us answers from the subjects who play it.

The research is characterized as bibliographical, which aims to present concepts and hypotheses from "[...] material already published. Traditionally, this research modality includes printed material such as books, magazines and newspapers, theses, dissertations and annals of scientific events." (GIL, 2010, p.29). For this research were found materials in periodicals, books, websites that include authors of Physical Education and Physiotherapy.

A bibliographical survey was carried out aiming to present concepts, hypotheses and to allow a more elaborate critical contextualization of the research problem. Given the lack of specific material, approximations were made with authors from other areas of knowledge.

### BOCHAGAME MANIFESTATIONS

When we talk about a ball, we usually think of a ball approaching game, one of which is smaller than the others. To conceptualize the bocha, we use the dictionary Aurelio de Língua Portuguesa, which has a definition similar to this idea: "1. Game in which each partner, with three wooden balls, throws them at a distance, trying to approach them as much as possible of the other, small, called boy or bolim. 2. The ball used in this game." Although the dictionary brings this definition it is quite common to use other terms like this, such as different game dynamics. It is possible to observe at least two distinct manifestations of the game of the bocce: the game as a sport and as a traditional practice.

In traditional game, there are several ways to play the ball. It is common to see the individual game, also in doubles, this form of game needs a great harmony between players. It is also common to observe the game in trio, this game dynamics is often used when many players want to participate, so it is possible for more people to play at the same time. Matches are controlled by points, usually those who reach 8 (eight) or 10 (ten) points first. The score can vary according to each locality and number of players willing to play. In this sense, courtgoers create informal procedures in open space, there are internal rules of inclusion and exclusion for people (LENZI, 1981).

The games, rules, ideas and actions that are observed in the spaces frequented by the elderly form a specific logic that is experienced and understood by the players. It is then possible to understand that actions that occur there have meaning in the lives of those people, causing the elderly to remain active in their daily lives (PEIXOTO, 2000). One of the important factors for the bocce pitch to be so popular and important in the lives of regulars is that this space is free, no entrance fees are charged, no clubs, people become partners or partners.

The arrival of aging is puzzling because it is something that occurs day after day with all the people being created many ideas to its surroundings, we have those perspectives that equip the aging with decline, being their arguments based mainly on the loss of the functionality body and the unproductivity at work and the environment in which it lives (CAMPANGA,

SCHWARTZ, 2010). The pitch field appears as a possibility of place where its loss of functionality will not imply inefficiency in the practice of the games that take place there, it is shown as a place of social interaction.

Aging can be understood as a biopsychosocial phenomenon, broad concept that aims to study the cause or progress of diseases using biological, genetic and biochemical factors that affects man and its existence in society. The aging process had repercussions on all areas of life. Thus, its definition linked only to biology is erroneous or at least simplistic, since it runs through biological, sociological and psychological aspects. In this context, the game of bocce for this population appears as a possibility of improvement in these dimensions, taking into account the elderly as a whole (MATTER; NARDILE; JOICE et al., 2011).

Faced with this, in this stage of life, cognitive and motor losses are inevitable, what is sought is a minimization of these effects, even knowing the genetic and senility factors, the field of bocce enters this way as a way to improve the quality of life, especially in sociological and psychological aspects (OLIVEIRA, 2012).

This game as leisure is practiced by all players who do not compete for official competitions, or even those who, although enrolled in the federation, are not participating in competitions (Steiger 1987). From this game information as leisure are inserted a huge amount of seniors.

Although there are official competitions involving the boules, the traditional game is very recurrent in several scopes. This traditional manifestation of the boules is still little explored in all its dimensions.

#### FINAL CONSIDERATIONS

We can observe that the scientific community produces little on the ball, the information about it is still obtained mostly empirically. But in recent years it is possible to observe a growth of materials on the boules adapted for people with different deficiencies and degrees of severity.

We consider that the elderly, in good health and engaged in activities promoting their potential, will present subtle changes in the cognitive field and their sense of self-efficacy.

In this context, the pitch field works as a space for coexistence and stimulation of the cognitive performance of its audience. In addition to this aspect it is possible to observe that when attending the ball court, socio-affective relationships are established, which causes the elderly to create a relation of belonging with the place.

We hope that, with the results of this research, professionals see the game more broadly, crossing the simplistic image that it is sometimes subjected to, in order to increase the number of studies that contemplate this context.

This study offers an alternative to think about this practice, and also to understand it as an integral part of the daily existence of human beings. In this sense, the central component is the game and its possibilities.

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#### ANALYSIS OF THE BOCHA COURT AS A LEISURE SPACE, CONVIVAL AND SOCIAL INTERACTION OF THE ELDERLY.

From the literature review, we sought to analyze the pitching court as a space for leisure, social interaction and the elderly. With this theme, we seek to contribute to an understanding of the game and the facts that surround it, so that professionals can see the game more broadly, crossing the simplistic image that it is sometimes subjected to, in order to increase the number of studies that contemplate this context. After analysis and approximation of the results of the context under study, it was observed that the pitch field works as a space of coexistence of its public. And he also predisposed himself to soften the burden of sadness and loneliness that often plagues them.

Keywords: bocc, old man, Aging.

#### ANALYSE DE LA COUR DE BOCHA COMME ESPACE DE LOISIRS, CONVIVAL ET INTERACTION SOCIALE

**DES PERSONNES ÂGÉES.**

De la revue de la littérature, nous avons cherché à analyser le terrain de pitching comme un espace pour les loisirs, les interactions sociales et les personnes âgées. Sur ce thème, nous cherchons à contribuer à la compréhension du jeu et des faits qui l'entourent, pour que les professionnels puissent voir le jeu plus largement, traverser l'image simpliste qu'il est parfois soumis, afin d'augmenter le nombre d'études qui contemplent ce contexte. Après analyse et approximation des résultats du contexte étudié, il a été observé que le terrain de terrain fonctionne comme un espace de coexistence de son public. Et il s'est aussi prédisposé à adoucir le fardeau de la tristesse et de la solitude qui souvent les affligent.

Mots-clés: Pétanque, Les personnes âgées, Vieillesse.

**ANÁLISIS DE LA CANCHA DE BOCHA COMO UN ESPACIO DE OCIO, CONVIVENCIA E INTERACCIÓN SOCIAL DEL IDOSO.**

A partir de la revisión de literatura, buscamos analizar la cancha de bocha como un espacio de ocio, convivencia e interacción social del anciano. Con esta temática buscamos contribuir a la comprensión del juego y de los hechos que lo rodean, para que los profesionales ve el juego de forma más amplia, traspasando la imagen simplista que a veces es sometida, para así aumentar el número de estudios que contemple ese contexto. Después del análisis y aproximación de los resultados del contexto en estudio, se observó que el campo de bocha funciona como espacio de convivencia de su público. Y también se predispuso a suavizar el peso de la tristeza y de la soledad que muchas veces los asolan.

Palabras-clave: Bocha, Edad avanzada, Envejecimiento.

**ANÁLISE DA CANCHA DE BOCHA COMO UM ESPAÇO DE LAZER, CONVÍVIO E INTERAÇÃO SOCIAL DO IDOSO.**

A partir da revisão de literatura, buscamos analisar a cancha de bocha como um espaço de lazer, convívio e interação social do idoso. Com essa temática buscamos contribuir para entendimento do jogo e dos fatos que o cercam, para que os profissionais enxerguem o jogo de forma mais ampla, transpassando a imagem simplista que as vezes ele é submetido, para assim aumentar o número de estudos que contemplem esse contexto. Após análise e aproximação dos resultados do contexto em estudo, observou-se que o campo de bocha funciona como espaço de convivência do seu público. E também se predispôs a suavizar o peso da tristeza e da solidão que muitas vezes os assolam.

Palavras-chave: Bocha, Idoso, Envelhecimento.