

122 - THE JUDO AS SPORTS AND PEDAGOGICAL INSTRUMENT IN COMBATING ALCOHOL USE IN YOUNG PEOPLE

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1. INTRODUCTION

Fights are part of the content of physical education, judo is a sport that is present in school bringing various benefits to the practitioner, he takes care of the physical aspect and character, there are eight basic principles that judo teaches: courtesy, to be educated in dealing with others; courage, to face difficulties with bravery; honesty, to be true in your thoughts and actions; honor, to do what is right and to keep up with its principles; modesty, not to act and think in a selfish way; respect, to live harmoniously with others; self-control, to be in charge of your emotions; friendship, to be a good companion and friend. It is an Olympic sport, classified by the United Nations Educational, Scientific and Cultural Organization (UNESCO), as the best sports activity for initial training of children and young people between 04 (four and 21) years.

According to Attilio, 2009, sports brings benefits such as improved self-esteem, mental capacity, decreased disease, cholesterol, depression, aging, bone strengthening, improved sleep, decreased stress and anxiety, reasoning, values moral and ethical, discipline, respect, personal conduct and so on.

Alcohol is one of the substances that the young person has prematurely contact and with this are subject the physiological consequences, familiar and in society. Judo comes as a pedagogical instrument in the fight against alcohol use, instructing them to a healthy path of discipline and health. When the media through commercials on alcoholic beverages show us joy, beautiful people and party atmosphere, youth associates licit drugs with the joy and success that young people incorporate into their relationships. World Health Organization (WHO) points to alcohol as the most consumed psychoactive substance in the world and also as a drug of choice among children and adolescents.

In Brazil, alcohol is the drug used in any age group and its consumption among adolescents has been increasing, especially among the youngest (between 12 and 15 years of age) and among girls (VIEIRA et al, 2007).

The factors that can lead to alcoholism are varied and can be of genetic origin, cultural partner, psychological or even have the contribution resulting from the association of all these factors. (SOUSA et al, 2005)

According to Scivolletto and Giusti, 2007, the adolescent's natural curiosity influences the experimentation of psychoactive substances, which prompts him to experience new sensations and pleasures. The young man lives the present and seeks immediate accomplishments, and the effects of drugs meet that profile, providing passive and immediate pleasure.

The caput of article 81, second paragraph of ECA: the sale of alcoholic beverages to children or adolescents is prohibited. Article 243: to sell, provide even if gratuitously, to minister or deliver, in any way, the child or adolescent, without just cause, products whose components may cause physical or psychic dependence, even for misuse: Penalty - detention of two (2) to 4 (years) years, if the fact does not constitute a more serious crime.

Sport is an instrument of social change that takes into account several factors, inclusion, socialization and overcoming, in this context, we can understand that a form of social change happens through sports practice.

The work is justified by the fact that a large number of young people abuse alcohol, by means of a law that restricts it, being pointed out as one of the school dropout rates and the beginning for the use of other drugs, since the The young man himself is curious. The sport comes with this role of change being specified in this work with judo.

In this context, this research aims at analyzing judo practitioners who stopped using alcohol through sport practice, identifying the factors that lead the youngster to alcohol, knowing the reality of social sports projects and identifying how values are changed through the practice of judo.

2. MATERIAL AND METHODS

This is a qualitative and quantitative cross-sectional field study with semi-structured questionnaires for data collection. The participants are students of the judo sports project of the Sustainable Local Development Forum of Vila Jaracaty in São Luís -MA. The research was carried out in the period of May of 2017 composed by 20 (twenty) students of both sexes, aged between 11 (eleven) and 15 (fifteen) years of age, who accepted to participate in the research, by signing the term of free and informed consent under 16 years and consent term. The criterion of participation was that the student was enrolled in judo sports activities.

3. RESULTS AND DISCUSSION

In the present study, some limitations were found, because even with all the care taken, it was not possible to avoid some information bias, for example: lack of attention or understanding, lack of seriousness, hurry to respond, and distrust of authorities of the project could have access to the completed questionnaires. The instrument used may have discouraged some students, especially those with reading difficulties.



Question 1. Do you believe that sport can prevent young people from using alcohol?

Most (100%) of the students believe that (yes), judo manages to prevent young people from using alcohol.

According to Tiba, Içami, 1999, most people believe that practicing sport protects the youngster from drugs. For the most part, this is true but there are exceptions.

According to Munro et al., 2000, sport is "something else", "health" and "character builder", while drugs and those who use them are decadent, sick. (Graphic 1).



Question 2. Is Judo with its discipline a factor preventing young people from consuming alcohol?

Most (80%) of students understand that discipline is a deterrent to young people consuming alcohol, and (20%) said that discipline is not a factor preventing young people from using alcohol.

According to Tiba, Içami, 1996, discipline can be taught. Who does it is the disciplinarian; who learns, the disciplined; and the content of that learning is discipline.

Aleixo et al., 2001, specifies some aspects related to conduct and behavior, classifying them as essential values components of a moral code that every Judoca acquires or must acquire from the practice of Judo, being: courtesy, courage, sincerity, self-control, honor, modesty, friendship and respect. (Graph 2)

Question 3. If the answer to the 2nd question was yes, explain!

Robert 1976 apud ARAUJO, 2005, p. 34, emphasizes that:

"In the dojo, the child learns to know himself, to discern his defects and his qualities. Learn above all the discipline and the taste for effort. Learn to cherish your companions, to progress with them; finds an escape for its energy, and its turbulence and its aggressiveness."

Most (90%) of the participants only started the discipline was good and could not specify or explain their concept better. 10% did not know how to respond.



Question 4. Has judo as a social project in the communities been able to reduce the use of alcohol?

According to Feitosa et al., 2011, "judo has an important pedagogical value that enhances the personal and social valorization of young practitioners, thus contributing to their civic formation."

The relationship between sport and low-income communities is notorious. The sports activities carried out in these communities have obtained significant results in the administration of social violence rates. Such sports initiatives are accepted by all recognized international organizations (DA SILVA, 2014).

Most (90%) stated that (Yes) judo as a social project has been able to reduce the use of alcohol in the communities, thanks to the reach and popularization of the sport (Graph 3).



Question 5. How old has the project student ever had contact with alcohol?

The results of the II National Survey of Alcohol and Drugs (II LENAD), conducted by the National Institute of Science and Technology for Public Policies of Alcohol and Other Drugs (2012), when compared to those obtained in 2006 in the first LENAD, indicate how alcohol consumption among Brazilian adolescents, because the percentage of young people aged 14 to 17 years who consumed this substance in the period of twelve months prior to the survey is very high.

Several studies have shown that prevention programs have a strong potential in reducing the use of these substances by adolescents (CUIJPERS et al., 2002).

In the majority (85%) they said that they had never tried alcohol and no other type of drugs thanks to the practice of judo. (Graph 4).



Question 6. Who influenced you in your first contact with alcohol?

The WHO-World Health Organization has already defined drug abuse, today, as an "epidemic social disease." As every epidemic has three fundamental factors: the agent (the drug), the host (the man) and the favorable environment (families, groups and environment). These three areas involved in the drug abuse epidemic can be characterized by the availability and attractiveness of drugs. Of course, if there were no drugs, there would be no problem with its use. Also if the individual is of balanced personality and quite stable, there will be less risk in their abuse (BERNARDO, 2015).

On July 20, "Friend's Day" is traditionally celebrated in Brazil, and on the 30th (thirty) of the same month the "International Day of Friendship", as established by the United Nations. Considering that many people who consume alcohol do it among friends - a cultural habit in Brazil, it is important to observe how friendships can influence alcohol consumption, and vice versa. Although it is more widely recognized that one or a few friends may lead a person to drink more or less, the latest literature has shown that alcohol consumption and, especially, the ability of each to drink and metabolize alcohol tend to target in which groups an individual will be inserted.

In the majority (55%) they remained unresponsive and (30%) said that friends influence their first contact with alcohol. (Graph 5)

Question 7. What were the benefits gained through judo in your life?

Most (35%) of the respondents said that health was one of the greatest benefits gained by practicing judo along with discipline and respect (35%), good grades (15%) getting off the street (15%).

Ruffoni and Motta, 2004, ensure that athletes appropriate the philosophical principles of this martial art even when practicing it as a sport, leisure, health or self-defense.

Laserre (1969 apud CRUZ, 2008) understands that judo is an art and a philosophy for stimulating the physical and mental faculties, which contribute to the formation of values in its practitioners.

4. CONCLUSION

History shows us that judo was made to improve and empower the person through small acts such as reverence, bowing the body forward, it is possible to affirm that the philosophy of judo, and its discipline is related to practice, not only with judo competition. Therefore, judo was born for the good of the human being. We know that several factors lead young people to alcohol, but social projects are a support for those who need it most and need it because they are often welcomed by these institutes because they do not find care and support in the environment where they live. Judo has basic principles to follow and it is these philosophical principles that guide judo as an instrument of change in the life of the practitioner.

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THE JUDO AS SPORTS AND PEDAGOGICAL INSTRUMENT IN COMBATING ALCOHOL USE IN YOUNG PEOPLE.

ABSTRACT: Judo is an Olympic sport, classified by the United Nations Educational, Scientific and Cultural Organization (UNESCO), as a major sporting activity for initial training of children and young people between 04 (four and 21 years). It is a study of the qualitative and quantitative cross-sectional type with semi-structured questionnaires for data collection. Participants are students of the judo sports project of the Vila Jaracaty Sustainable Local Development Forum in São Luis MA. Most (80%) of the students verified that the discipline is a factor preventing young people from consuming alcohol, and (20%) said (0%) of the students believe that (yes), judo can prevent young people from using alcohol. That discipline is not a factor preventing young people from using alcohol. We know that several factors lead young people to alcohol, but social projects are like support for those who need it most and need this help because most of the months are welcomed by these institutes because there is no attention and support in the environment where they live. Judo has basic principles to follow and it is the philosophical principles that guide judo as an instrument of change in the life of the practitioner.

KEYWORDS: Judo, Sport, Alcohol.

LE JUDO COMME INSTRUMENT SPORTIF ET PÉDAGOGIQUE DANS LA LUTTE CONTRE L'UTILISATION DE L'ALCOOL CHEZ LES JEUNES.

Résumé: Le judo est un sport olympique, classé par l'Organisation des Nations Unies pour l'éducation, la science et la culture (UNESCO), comme la meilleure activité sportive pour la formation initiale des enfants et des jeunes entre 4 (quatre) et 21 ans (21) années. Il s'agit d'une étude transversale qualitative et quantitative sur le terrain avec des questionnaires semi-structurés pour la collecte de données. Les participants sont des étudiants du projet de sport judo du Forum de développement local durable de Vila Jaracaty à São Luís -MA. La plupart (100%) des élèves croient que (oui), le judo peut empêcher le jeune de consommer de l'alcool. La plupart (80%) des élèves comprennent que la discipline est un moyen de dissuasion pour les jeunes qui consomment de l'alcool et (20%) ont déclaré que la discipline ne constitue pas un facteur empêchant les jeunes de consommer de l'alcool. Nous savons que plusieurs facteurs conduisent les jeunes à l'alcool, mais les projets sociaux sont un soutien pour ceux qui en ont le plus besoin et qui ont besoin de cette aide parce qu'ils sont souvent accueillis par ces instituts parce qu'ils ne trouvent pas de soins et de soutien dans leur environnement. Le judo a des principes de base à suivre et ce sont ces principes philosophiques qui guident le judo en tant qu'instrument de changement dans la vie du pratiquant.

Mots-clés: Judo, Sport, Alcool.

EL JUDÚO COMO INSTRUMENTO ESPORTIVO Y PEDAGÓGICO EN EL COMBATE AL USO DEL ÁLCOHOL EN JÓVENES.

Resumen: El judo es un deporte olímpico, clasificado por la Organización de las Naciones Unidas para la Educación, la Ciencia y la Cultura (UNESCO), como la mejor actividad deportiva para la formación inicial de niños y jóvenes entre 04 (cuatro) y 21 (veintiocho) años). Se trata de un estudio de campo del tipo transversal cualitativo y cuantitativo con cuestionarios semiestructurados para la recolección de datos. Los participantes son alumnos del proyecto deportivo de judo del Foro de Desarrollo Local Sustentable de la Vila Jaracaty en São Luís -MA. La mayoría (100%) de los alumnos creen que (sí), el judo puede impedir al joven del uso del alcohol. La mayoría (80%) de los alumnos comprenden que la disciplina es un factor de impedimento al joven consumir el alcohol, y (20%) dijeron que la disciplina no es un factor de impedimento al joven usar el alcohol. Sabemos que varios factores llevan al joven al alcohol, pero los proyectos sociales están como soporte para los que más necesitan y necesitan de ese auxilio por que muchas veces son acogidos por esos institutos por que no encuentran atención y soporte en el ambiente donde viven. El judo tiene principios básicos a seguir y son esos principios filosóficos que orientan el judo como instrumento de cambio en la vida de quien lo practica.

Palabras clave: Judo, Deporte, Alcohol.

O JUDÔ COMO INSTRUMENTO ESPORTIVO E PEDAGÓGICO NO COMBATE AO USO DO ÁLCOOL EM JOVENS.

Resumo: O judô é um esporte olímpico, classificado pela Organização das Nações Unidas para a Educação, a Ciência e a Cultura (UNESCO), como a melhor atividade esportiva para formação inicial de crianças e jovens entre 04 (quatro) e 21 (vinte um) anos. Trata-se de um estudo de campo do tipo transversal qualitativa e quantitativa com questionários semiestrutturados para a coleta de dados. Os participantes são alunos do projeto esportivo de judô do Fórum de Desenvolvimento Local Sustentável da Vila Jaracaty em São Luís -MA. A maioria (100%) dos alunos acreditam que (sim), o judô consegue impedir o jovem do uso do álcool. A maioria (80%) dos alunos compreendem que a disciplina é um fator de impedimento ao jovem consumir o álcool, e (20%) disseram que a disciplina não é um fator de impedimento ao jovem usar o álcool. Sabemos que vários fatores levam o jovem ao álcool, mas os projetos sociais estão como suporte para os que mais precisam e necessitam desse auxilio por que muitas das vezes são acolhidos por esses institutos por que não encontram atenção e suporte no ambiente onde vivem. O judô existe princípios básicos a serem seguidos e são esses princípios filosóficos que norteiam o judô como instrumento de mudança na vida de quem o pratica.

Palavras chave: Judô, Esporte, Álcool.