

34 - PHYSICAL EDUCATION AND LEISURE: A CASE STUDY IN CABO FRIO COUNTY

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Introduction

Physical activity has accompanied man since ancient times concerning natural movements, such as: walking, running, jumping, throwing, climbing. Movements which were performed in everyday activities in those times, for example: hunting and fishing in order to ensure their own survival. There is no scientific evidence that in the first period of prehistory, called Paleolithic, these activities were performed with any intention of formal or utility character.

Moving forward in time, it appears that society, before the Industrial Revolution, it was practically devoid of pleasure, concerning current sense, as free time from working was used to rest and recover physical strength and, at times, used to activities with ceremonial nature, such as weddings, baptisms, birthdays, religious festivals. Ultimately, activities that, besides being mandatory, they had a recreational function; Therefore, there is not conscious leisure, a free time chosen by personal choice.

In the fifth century BC, the Greeks related leisure to contemplative and reflective idleness, and only aristocrats were able to enjoy it, because for the rest of the population - such as craftsmen, farmers and warriors, and also the slaves - had to do all the work they were supposed to and then have the free time for contemplative idleness. For the Romans, leisure was seen as a condition for a rest after work. In the Middle Ages, under the power of Theocentricism, at a first moment, leisure was also seen in a contemplative way, in order to seek God and cultivate faith. However, with the sixteenth century Religious Reformation, productive activity has become one way to please God. Then, an exacerbation of work and condemnation of idleness arise. In modern age pre-industrial societies, work and leisure were not mutually exclusive, they were part of a cycle, as leisure activities (festivities and ceremonies) depended upon productive activities (planting and harvesting) to happen and they were inserted in the cycles of seasons and day. With the industrial revolution, an artificial state of social times arise and time is seen as an opposite to work, and leisure is just seen as a worker's strength time recovering.

In contemporary times, leisure gets a status of phenomenon and begins to be seen as a fundamental social right as any other rights. It is also seen as an important tool for life quality improvement, being the focus of academic, professional and economic interests. Understanding the importance that leisure plays in the lives of citizens, the present study, from a qualitative perspective, aims to investigate how urbanization, leisure and Physical Education practicing cope with the non-formal space (squares), and how this space is constituted as a recreational area and / or involving recreational activities, bringing up a discussion concerning the relationship of life and citizenship.

Physical Education has a large professional activity field. Body activities in non-formal environments which aim leisure and are also part of an important activity field in the area as well as education, social and health.

Research Method

This study, from a qualitative perspective, consists of a case study conducted in the neighborhood known as Jacaré, located in the county of Cabo Frio - RJ. Semi-structured interview was used for data collection and observation of two public squares in that neighborhood, which helped in understanding what people reported as well as the interaction with the interviewees, and finding the spaces mentioned in the interview.

The semi-structured interviews were held in a place chosen by the participants. According to Moreira and Caleffe (2008), this type of interview gives the opportunity to the interviewee to clarify any answers and it lets them comfortable to ask any kind of questions they want to. The interviews were audio-recorded and transcribed for further analysis and data discussion.

The survey participants were three residents of the neighborhood known as Jacaré, of both sexes, aged between 45 and 60 years old. The intention was to collect information from individuals who could use the public squares of the neighborhood in their leisure time. The participants signed a Free and Clarified Consent Term as required by National Council of Health Resolution, n.º 466 of December 12, 2012. Participants will be identified here in the male form and with a number so that their anonymity is guaranteed.

Leisure

Leisure can be understood in different ways, Bramante (1997, p. 126) highlights the complexity in conceptualizing leisure due to its interdisciplinary and multidisciplinary approach, "which the understanding will depend on the prevailing analysis line, that is, it may be done by the anthropological, sociological, psychological lines, etc." and that one way to interpret it is to contrast it to work, starting from its historical trend since the industrial revolution and its consequences. Dumazedier (1973), French scholar leisure sociologist, defines this practice as

A set of occupations to which an individual can willingly choose, either to rest, either for fun, either to develop his or her information or disinterested formation, his or her social voluntary participation and free creative capacity after having released his or her professional, family or social obligations (p. 21).

Dumazedier (1973) classifies leisure activities according to the interests, which may be physical, artistic, manual, intellectual or social.

The physical concerns are among the most sought activities and the most disseminated by the many means of communication. The goal is the pursuit of well-being through various activities, which can range from extreme sports, adventure, gym, outdoor, individual and team sports. The artistic interests include folk traditions, besides the activities provided in conventional spaces, such as: libraries, museums, cinemas, theaters, activities related to the art of popular culture, as in cultural centers.

On the other hand, manual interests are those in which pleasure is provided by manipulating objects and products.

The concern regarding in relation to this type of interest is that it often ends up becoming a source of income, which has precedence over leisure.

Intellectual interests include actions in which pleasure is directly linked to reasoning activities. This applies to intellectual games such as chess, playing backgammon, checkers, etc., as well as lectures and courses, provided they are not linked to work or education.

Finally, the social interests aim actions which the motivating factor is the socialization of the groups, as it happens at parties and gatherings. Besides the particularities, one must understand pleasure in its broadest form, within its complexities and possibilities, so there can be a discussion concerning the praxis in order to come up with educational interventions in cultural level.

The city and its public spaces for leisure

Considering the city as an important equipment for carrying out such leisure interests, we realize that this process of wear and disorder we live, the cities are increasingly fragmented, compartmentalized into blocks according to the population economic power. This segregation, according to Lefebvre (2008), must be seen in three aspects: the spontaneous (from rents and ideologies), voluntary (establishing separate spaces) and the programmed (on the pretext of organizing and planning), and it also needs be analyzed according to different criteria, for example: the ecological (shantytowns and slums), the formal (deterioration of symbols and city meanings and the degradation of "urban" displacement of architectural elements) and the sociological (income levels, lifestyles, races, cultures etc.). The author then shows a veiled segregation, endowed with a humanistic and philosophical ideology that always converges to a goal which segregates. So "leisure also has its ghettos", as well as work, housing, transport and private life (LEFEVBRE, 2008, p. 98), which can be realized through the privatization process of many squares, parks and public spaces for leisure.

Public spaces are many, but not all adequate and appropriate for leisure activities. As Marcellino (1993) points out, there is a possibility to have leisure activities without equipments, but the opposite is not possible. It is not possible without a space. Bramante (1997) corroborates saying that space discussed here refers to the space in which the equipment is in, the space of relations between people, the space of everyday life, culture, personal and social interactions in spare time.

Thus, pleasure of democratization involves the democratization of space (MARCELLINO, 2008), and the democratization of space goes right to the city. "Right which cannot be understood only by the act of being in the city, or passes by it, but "the right to urban life, transformed and renewed, "assuming an integration between the city and the urban society" (LEFEVBRE, 2008, p. 118).

Leisure equipments may be classified into specific and non-specific. According to Requixa (1980), the specific ones should consider the pace of leisure activities, which can be daily, weekend, vacation leisure.

Non-specific devices are those which were not originally designed for the purpose of leisure, but due to the need for it in urban areas, it end up being availed secondarily as complementary places of leisure activities. Such is the case of schools and universities which the space and equipment can be used by the community as in churches, bars, streets, squares and even own household. Vogel (1995, p. 122) says that "the street, the square, the district can offer a range of options to meet the various leisure faces, whether sporting, cultural, intellectual or interpersonal relations". In this context, the squares are often presented as an important recreational space." It is important to remember that the squares are, since their origin, an urban reference, a place for meetings, cultural events, leisure, that is, a free space that characterizes the society which forms it. Thus, it is noticed that the establishment of the square space is subsidized by symbolic and historical elements.

Robba and Macedo (2002) corroborates this idea, considering two basic premises as this space is conceptualized: the use and accessibility. They are then "urban open spaces for leisure and living of the population, accessible to citizens and free vehicles" (p. 17). The growth of Brazilian cities in a disorganized, spontaneous and unaligned made the implementation of collective public spaces difficult.

Nowadays squares, especially in the centers of large cities, have lost their meaning as a place for meetings, motivated by new patterns of consumption and leisure especially represented by shopping centers, the media such as television and the Internet, as well as possibility of access to new technologies, not forgetting to mention violence, the lack of security and participation of the government in the management and maintenance of these places.

In contrast, with all the problems related to uncontrolled and disorganized urbanization in Brazil, leisure becomes imminent as factor of life quality in urban centers. The lack of public spaces for leisure as well as green areas places the square as an important place in daily life, as it is for a portion of the population, the only option for recreation and social life.

Results and Discussion

The neighborhood known as Jacaré, located in the city of Cabo Frio - RJ, had about three thousand inhabitants during the study period, two squares and a popular gym which, according to residents, was no longer running for nonpayment of city Hall. One of the squares has a court with marked lines for indoor soccer, volleyball, handball and basketball, and the other with a sand volleyball court, which hasn't been used since 2009 due to its bad condition, and indoor soccer court with synthetic grass. The popular gym wasn't also quite complete: having lack of coverage to protect students from the sun and / or rain. An advanced state of lack of conservation of these squares was noticed

The importance of these spaces and the equipment have were evident in the interviews, as an approximation element between people, culture production, identity with their fellows, and leisure identification as a social right acquired with quality life, having the socialization process as a motivational element.

Society participation in city life is of fundamental importance so that leisure is effectively implemented in all its dimensions in order to democratize and humanize the relationships between individuals and between them and their environment. The lack of development of a needs assessment by the public sector as well as non-participation of the subjects in the planning process was observed in the speech of the interviewee 1, 45, a resident for 25 years in Jacaré neighborhood.

No, no survey has been done. Te person was nominated by a councilor at the time, who found that just a square would be enough. [...] It was done that way, only banks. They built the tables. Because when you build up a square, you are also concerned with the tables, because, most of the times, people have home games. Who does not like playing checkers, chess, domino? I myself, when I go to my sister's house, take my checkerboard and me, my sister and my mother play under the shade of a tree (IINTERVIEWEE 1).

The effective implementation of squares and leisure areas depends on government actions, they are implemented through public policies. "Public policy" are guidelines, guiding principles of action of the government; rules and procedures for

relations between government and society, mediations between actors of society and the state.

Social inequalities in our country are deep and sharper on economic issues, education, gender, ethnicity, disability etc., and these differences mean, among other things, unequal conditions of experiences in the field of leisure.

The leisure planning today goes around three basic elements: time, space and action. The lack of time was mentioned by the interviewees as the main factor in the lack of ludic experience for people as well as long working hours and the lack of access to leisure facilities. This can be noticed in the speech of the interviewee 2, 46, resident for five years in Jacaré neighborhood:

No, I hardly have leisure. I do not use the squares here. First, because I do not have time [...] work all week, and Sunday is the only day I'm at home, I prefer to stay at home, because there is a lot to do: the house to clean, food to make. And here we do not have much leisure option. If I want something, I have to go elsewhere, have to have money, and then it becomes difficult (INTERVIEWEE 2).

Regarding life quality, the interviewees reported a significant improvement under a psychosocial perspective in relation to the equipment implementation. This can be seen in the statements of interviewees 1 and 3: "Look, then the square has improved a lot because, before, people had nowhere to go. And today is different, with the squares there is always a tournament, always an activity in the markets that attracts residents, everything always connected to sports - soccer" (INTERVIEWEE 1). Previously, there was no field, there was nothing. Now, it's much better, and thank God, there is a field, a square, now we have a lot of things. Now is much better, we have matches, training, a lot of good things (INTERVIEWEE 3).

We observed that the squares in Jacaré neighborhood, besides being poorly maintained, they don't have any kind of cultural activities. They are only used for Physical Education classes of some schools in the region that do not have appropriate spaces for it, for the training of soccer schools that exist in the community and to the informal soccer games that happen every day among adults and young people. Santos (2006) raises questions in this regard reporting that:

The necessity for spaces needs to take into consideration the possibility of diversification of sports and the inclusion of other variables such as age. Greater diversification, as well as having new needs, can guarantee to satisfy a wider range of sporting desires. In a country where the public space engineers, architects, basically promote the construction of sports fields end up preventing other forms of experimentation. It is necessary to proceed in order to understand that children have sporting needs that go beyond the playground (p.1)

The lack of diversified equipment that provide a wider range of leisure experiences and contemplating variables such as gender and age can be verified in the speeches of the subjects

Interviewee 1 exposes well this issue saying that there are no equipments for women in the squares, "it is missing more equipment, especially for children. Just a swing there is not sufficient for the children, There should be different court." (INTERVIEWEE 1).

It is evident in the speech of this resident the typical vision of the government concerning of leisure in public areas, which is only related to sports activities where the needs in relation to gender and age are not adequately addressed in these spaces. In relation to the frequency they go to these places with equipments, it is found in the speech of the subjects that there is participation by the young male audience in relation to physical interests such as soccer practice and going to the popular gym. Children also participate in soccer practice.

Also in this district, it can be observed that the streets are still the main leisure equipment of the residents, especially children, who use them rather than any other equipment, including their own house, to their daily social relations, even permanently threatened by insecurity and violence in the neighborhood.

Final Considerations

We attempted to discuss the relationship among Physical Education, urban space and leisure, covering their possible meanings, expressions and achievement in the urban reality. A reality that becomes increasingly imperative for the reason that the current development process and the growing demand for quality of life are manifest and clash through individual and collective consciousness.

It could be observed that there is an awareness of the social importance of recreation as well as its role in the development of recreational projects in a community, evidencing the emergence of leisure as a vested right, as well as the rights to housing, food, health, among others, namely the right to the city.

It could be observed that there is a lack of public policy to address effectively and efficiently the wishes and recreational needs of community members, as there is no participation of the residents in the design and construction of these projects.

Leisure was also mentioned by interviewees as one of the conditions for life quality improvement, being its practice related to psychosocial balance of the subject, increasing his or her participation in social practices as well as in urban issues in the city.

Contemporary preeminence in relation to leisure, factors such as urban planning, public policy, social and cultural activities participation, responsibility, ethics and citizenship are essential and inseparable in the leisure consolidation, of life quality, of the right to the city as an unquestionable and urgent duty of every citizen. Physical Education is related to these factors in their various fields of endeavor to train and assist in building habits and knowledge necessary for critical thinking to claim for their rights, and autonomy, enabling citizens to leisure activities as their reality.

The society, habits and cultures are changeable and transform over the years. In this sense, we suggest that new research should be developed taking into account the relationship between Physical Education and Leisure, based on developments and changes in the different dimensions of society.

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PHYSICAL EDUCATION AND LEISURE: A CASE STUDY IN CABO FRIO COUNTY.

ABSTRACT

Leisure is a social right of all citizens guaranteed by the Constitution, by the Statute of Children and Adolescents, by the Elderly Statute and the National Policy for the Integration of People with Disabilities. In this study, from a qualitative perspective, we sought to identify, through observations and semi-structured interviews, the importance of recreational public spaces have so as to improve life quality, relating Physical Education to this field of activity as well as its importance in the educational processes for and at leisure when urban space, environment, autonomy and quality of life are considered. It was found that there is lack of public policies to effectively and efficiently address the community members' wishes and recreational needs as there is no participation of the residents in the development and construction of projects. The importance of leisure facilities as an approximation element between people and an element of culture production, of identity with their fellows, of identifying leisure as a social right acquired with quality of life, and socialization as a motivational element is evident. Finally, pleasure is discussed as a social right and a condition for good quality of life and civic formation with dignity, ethics and equality.

KEYWORDS: Urban Space. Physical Education. Leisure.

ÉDUCATION PHYSIQUE ET LOISIR : ÉTUDE DE CAS DANS LA MUNICIPALITÉ DE CABO FRIO

RÉSUMÉ

Le loisir est un droit social qu'à tout citoyen, et ce droit est garanti par la ``Charte Magna`` en faveur des enfants et des adolescents, et aussi en faveur des vieillards, ce droit contribue à la politique nationale pour l'intégration des personnes ayant des handicaps. Dans cette présente étude basant sur la perspective qualitative, on a cherché à identifier à travers des observations et des entrevues semi-structurées, l'importance de l'espace publique du loisir pour une meilleure qualité de vie des gens, liant l'éducation physique à ce champ de performance, ainsi on met l'emphasis sur l'importance des processus éducatifs par et pour le loisir, en considérant l'espace urbain, le milieu ambiant, l'autonomie et la qualité de vie. On a constaté le manque d'une politique publique qui démontre de manière efficace et efficiente les désirs et les nécessités du loisir pour les membres de la communauté. Il est à signaler que les habitants n'ont pas participé à l'élaboration et la construction des projets. Il est aussi à noter l'importance des espaces de loisir comme élément de rapprochement entre les gens, le mélange de culture, l'identité avec ses semblables, l'identification du loisir étant un droit social acquis comme qualité de vie, ayant pour pièce maitresse : la socialisation comme élément motivationnel. Enfin, on veut instaurer le loisir comme un droit social et un conditionnement pour une bonne qualité de vie et une formation citoyenne digne, éthique et égalitaire.

MOTS-CLÉS: Espace Urbain. Éducation Physique. Loisir.

EDUCACIÓN FÍSICA Y OCIO: UN ESTUDIO DE CASO EN LA CIUDAD DE CABO FRIO

RESUMEN

El ocio es un derecho social de todos los ciudadanos garantizado por la Constitución, el Estatuto del Niño y del Adolescente, el Estatuto del Adulto Mayor y la Política Nacional para la Inclusión Social de las Personas con Discapacidad. En este estudio, desde una perspectiva cualitativa, hemos tratado de señalar, a través de observaciones y encuestas semi-estructuradas, la importancia del espacio público recreativo para la mejoría de la calidad de vida, en relación a la actuación de la educación física en este campo, así como su importancia en los procesos educativos y recreativos, al considerar el espacio urbano, el medio ambiente, la autonomía y la calidad de vida. Se constató la falta de una política que aborda con eficacia y eficiencia los deseos y las necesidades recreativas de los miembros de la comunidad, ya que no hay la participación de eso miembros en el desarrollo y elaboración de proyectos. En consecuencia, queda claro entonces la importancia de las instalaciones de recreación como un elemento de aproximación entre las personas, de producción de cultura, de identidad con sus semejantes, de identificación del ocio como un derecho social adquirido para la calidad de vida, siendo la socialización un componente motivacional. Por último, se discute el ocio como un derecho social y estado de buena calidad de vida, que permite el desarrollo de la ciudadanía de manera digna, ética y equitativa

PALABRAS CLAVE: Espacio Urbano. Educación Física. Ocio.

EDUCAÇÃO FÍSICA E LAZER: UM ESTUDO DE CASO NO MUNICÍPIO DE CABO FRIO

RESUMO

O lazer é um direito social de todo cidadão garantido pela Carta Magna, pelo Estatuto da Criança e do Adolescente, pelo Estatuto do Idoso e pela Política Nacional para a Integração das Pessoas com Deficiência. No presente estudo, de perspectiva qualitativa, buscou-se identificar, através de observações e entrevistas semiestruturadas, a importância do espaço público de lazer para a melhoria da qualidade de vida das pessoas, relacionando a Educação Física a esse campo de atuação, assim como sua importância nos processos educativos para e pelo lazer, ao considerar o espaço urbano, o meio ambiente, a autonomia e a qualidade de vida. Constatou-se a falta de uma política pública que contemple de forma eficaz e eficiente os desejos e as necessidades de lazer dos membros da comunidade, pois não há a participação dos moradores na elaboração e construção de projetos. Fica evidente a importância de espaços de lazer como elemento de aproximação entre as pessoas, de produção de cultura, de identidade com seus semelhantes, de identificação do lazer como um direito social adquirido com qualidade de vida, tendo a socialização como um elemento motivacional. Por fim, discute-se o lazer como um direito social e um condicionante para a boa qualidade de vida e formação cidadã de forma digna, ética e igualitária.

PALAVRAS-CHAVE: Espaço Urbano. Educação Física. Lazer.