95 - CHILDREN'S AND ADOLESNCENTS' MOTIVATIONAL FACTORS FOR SWIMMING IN THE CITY OF MACAPÁ

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INTRODUCTION

Today, a lot it is discussed regarding about how the children and the adolescents grow. The psychology as science has a knowledge field denominated Psychology of the Development in which has as study object to understand how the psychological functions born and develop and what distinguish the mankind from other species (SIFUENTES; DESSEN; OLIVEIRA, 2007).

Starting from the idea that the mankind has a relationship totally interlinked with their physical body, and, that this much can link their psychical world, it is what has the purpose to investigate the children's and adolescents' motivational factors of children for swimming practice, taking into consideration the age and the gender.

The psychic representation of the body develops itself during the childhood and it will depend strictly on the experience quality that the child accomplishes in the relationship with the significant people, especially the mother (TROMBINI; BALDONI, 2004). The particular perception changes for each individual every moment and this is an extremely complex process, so that we can observe that not only biological or psychological factors, but also the environmental character, cultural and historical play an important role.

Feijó (2005) believes that the body and the mind are always present at the dynamics of the energy of each one. The description and the interpretation of the human behavior should never be analyzed just by a pole (mind or body), because if there is omission of one of these the analysis will have a reductionist character, in other words, there will be a simplification of what that should be seen in a complex way. There is no sense to state that one is more important than the other.

Every human activity is motivated by some reason, the human being needs "impulse" to accomplish the several activities from their day by day, from waking up until going to work or to go to the school and even deciding if he goes or not to a party. Each person will have different reasons from the others and for different situations, because each person has a life history, an objective, a context, differentiated relationships and even perceptions. Each individual has his subjectivity.

In order to widen this discussion, Fiamenghi (2001) defines reason as an internal factor which starts addresses and integrates such behavior. This is not directly noticeable, but inferred. According to this same author, there are two reason components, which are: the impulse that would be the internal process which motivates the organism through an action, it can be influenced by the environment, but the impulse is internal, and the second is the reason objective which must be reached or get a reward. It is important to highlight that these reasons are always internal, event that these motivations had come from the environment.

Reeve (2006) states that reason is an internal process which energizes and addresses to a determined behavior. It is a general statement to identify the common field which is shared by the necessities, conditions and emotions. The necessities are the individual's internal conditions which are essential and necessary to the maintenance of his life and to the promotion of growth and the well-being. The cognitions refer to the mental events, such as the beliefs, the expectations and the self-concept. The emotions are subjective, physiological, functional and expressive phenomena of short life which organize the way how the individual react to the most important events of his life.

Campos (1987) states that the reason is an internal condition, sometimes long, which may take the individual to predispose and to persist into a guided behavior, making it possible the satisfaction of what was desired.

In a general view, the reasons are related to internal and specific matters from each subject. From these considerations, a question is made: what the relation between the reason and motivation?

For Samulski (1992) the motivation is characterized as an active, intentional process usually focused in a goal, which depends from the interaction of personal factors (which would be the intrinsic factors) and the environmental ones (the extrinsic).

Sade (1977) cited by Weindberg & Could (2001) defines motivation in a simple and clear way, stating that the motivation is the direction and intensity of the individual's efforts, which the effort's direction is referred to search, get closed or be attracted to certain situations: the effort intensity is how much effort this person puts into a determined situation. Similarly Nerici (1993) says that the motivation is a process which is developed into the individual and this provides to act mentally and physically, due to some purpose. When the individual is motivated, this is focused to get efforts to reach all his goals.

Nowadays, the sport is associated to the victory, and the victory consequently is a social recognition, the money and the permanence desire (RUBIO 2006). The human being himself has a necessity for recognition, this need to be valued and recognized in order he can be accepted by the social environment. The self-concept of the individual will be confirmed from his social actions, in other words, from the comparison between him and the other, this happens due to the fact of change of experience the perception of himself and from the other will strengthen oneself conception and, consequently the evolution and development from what interest.

In the psychology field, many studies have been accomplished about motivation and the sporting context. Understanding the motivational factors is extremely important for the orientation, follow-up and management of people who practice physical activity. Because these motivational factors will contribute a lot in order to bring self-accomplishment, the more motivated the individual is, the more growth mechanisms he will bring for self-accomplishment.

Amapá, specifically the capital city of Macapá, has not had a typical academic scenario for the scientific investigations on the sport practices associated to a psychological issue, in this case the motivation. It is believed that to study the children's and adolescents' motivational factors who practice swimming, it will contribute a lot for the comprehension about the importance of physical activity and the existent relation with quality of life, not only because the well-being itself (physical activity) but especially the meaning of sport in the children's and adolescents' development.

This study did not the purpose to investigate the influence of the sport practice in the social development of the child, but to investigate the reasons which these children have to practice sports. It is known that the sport provides socialization and integration moments, what automatically can contribute for the social development from whom practices sport.

MATERIAL AND METHODS

This study used the field descriptive research with quantitative and qualitative analysis. The sample of the research was non-probabilistic for convenience, a total of 77 people from both sexes and aged from 8-14 years.The scale of reasons for Sporting Practice was used – EMPE (BARROSO; KREBS 2007) Brazilian validation of the Participation Motivation Questionnaire instrument (PMQ) (GILL; GROSS; HUDDLESTONE, 1983).

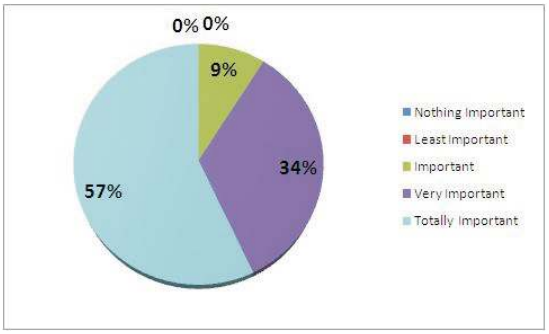
This instrument is formed by a value scale from 0-10, in which participant should mark a value for each one of his 33 replies, which 0=nothing important, 1-3= least important, 0-4=important, 7-9=very important and 10=totally important. These items are grouped later into 7 motivational factors; status, physical condition; liberation of energy, context, technical improving, affiliation and health.

Initially a contact was made with coordinator of the social project from the Military Police of Amapá named Peixinhos Voadores. In this first contact, an explanation about the purposes of the research was made to check the possibility to accomplish the research. After the approval of the Ethics Committee (protocol 03/2009), some meetings were held with parents and/or tutors to clear about the survey, after the signature of the Free Consent Term was cleared, some visits were accomplished to the classes which was applied the instrument. The collection was accomplished individually with days and schedule previously planned before the training.

Form of Analysis of Data:

- Frequency distribution for the qualitative variables;
- Test of square Qui to compare the qualitative variables;
- Descriptive statistics to characterize the quantitative variables;
- Test Z for comparison among the averages of the quantitative variables among the genders and among the age groups;
- Analysis of the variance of a criteria to compare the importance average in the 7 reasons;
- The 5.0 Biofast statistic Pack of Aires (2007) was used for the treatment of the data which were presented in the format of table and graphics;
- A significance rate of $p \leq 0,05$ was adopted;

RESULTS AND DISCUSSION



Graphic 1 – Distribution of response numbers for reasons of health

57% of the subjects in the sample consider the health as reason totally important for the choice and participation to the swimming training.

It is very common, in precocious ages, the atmosphere they live and the parents' influence is decisive in the choice of the sporting practice by the children, this is an evidence, that much of this decision is not made by the child alone, but by their parents.

There is still a common sense, which suggests that the swimming is a complete sporting practice, what takes the great search of this sport in the first years of childhood and of adolescence. Besides, it is common to consider the swimming as a great therapeutics for respiratory problems, which is very common in the north region of Brazil due to the hot and humid climate, what favors to choose health reasons.

Table 1 - Qui square among the options for the qualitative variables

Variable	X^2	p
Sex	0.12	0.73
Status	98.95	<0.01*
Phsycal Condition	44.30	<0.01*
Energy	84.30	<0.01*
Context	88.77	<0.01*
Technique	68.71	<0.01*
Affiliation	76.51	<0.01*
Health	26.68	<0.01*

Table 1 shows the result of the comparison through the square qui among the amounts of subject from the different genders and the amount of responses of the subjects for each level of importance in each reason for the attendance to the swimming. This can verify that there was no statistical difference in the number of subjects from the studied genders.

Regarding to the reasons, what was observed it is a statistical difference as the degrees of importance given to each reason by the subject of the research. It can verify that a significantly higher number of subjects answered considering Very Important the reasons for status, physical condition, energy, context, technique and affiliation, while a significantly higher number of subjects consider health as a totally important reason for swimming practice, when compared with the other degrees of importance data for each reason.

Table 2 - Analysis of variance of one criteria among the reasons in the sample.

	F				p		
	10.41						
	Status	C.F.	En.	Cont.	Téc.	Af.	Sa.
Status	*	n.s.	n.s.	n.s.	n.s.	n.s.	<0.01
Phsycal Condition	---	*	n.s.	n.s.	n.s.	n.s.	<0.01
Energy	---	---	*	n.s.	n.s.	n.s.	<0.01
Context	---	---	---	*	n.s.	n.s.	<0.01
Technique	---	---	---	---	*	n.s.	<0.01
Affiliation	---	---	---	---	---	*	<0.01
Health	---	---	---	---	---	---	*

Table 2 shows the comparison in the degree of importance given by the subjects for each reason to the swimming practice. This we can verify that it was the Health the major reason that took the subjects of the sample to the adhesion of this sporting practice. It was observed that for the subjects of the sample, the Health has a significantly higher importance than all the other reasons that took them to choose this sporting practice, which there is no statistics difference in the importance given to the other reasons.

These data can be much associated to the fact that those children and adolescents probably receive a direct influence from their parents and/or tutors, in other words, the reason Health that takes them to choose this sporting practice is not probably refer to their choice (children and adolescents), but a choice made by their tutors, which is very difficult for the child and/or adolescent will concern about the health in this stage of life.

Table 3 - Descriptive statistics and Test Z according with the studied gender

Variable	Feminale	Male	Z	p
Age	10,95 ± 1,60	10,51 ± 1,68	1.17	0.24
Status	3,83 ± 0,50	3,86 ± 0,59	0.32	0.75
Phsycal Condition	3,83 ± 0,75	4,30 ± 0,70	2.86	0.01*
Energy	3,78 ± 0,66	3,86 ± 0,54	0.66	0.51
Context	3,80 ± 0,61	3,95 ± 0,52	1.13	0.26
Technique	3,95 ± 0,68	4,00 ± 0,71	0.32	0.75
Affiliation	3,83 ± 0,64	3,89 ± 0,57	0.49	0.63
Health	4,58 ± 0,64	4,38 ± 0,68	1.31	0.19

According to the gender, the table 3 evidences that girls are discreetly older than boys (without statistical significance). As the importance given to each reason for adhesion of swimming practice what was observed is that only for the Physical Condition is that statistical difference was observed between girls and boys, where it could be verified that for boys this is a significantly more important reason than for girls, consequently the boys attend swimming a lot for physical development, differently from the girls.

These data can be much associated to the physical body associated to the manliness. Today society concerns a lot about the man's corporal image, it exists a “claim” for the ideal body and this impels the search of this ideal of being.

Another interesting aspect that can be highlighted is the fact that only because of Health condition; the girls consider it more important than boys. For the other reasons, the boys always give a higher importance than the girls however; all of these have no statistical difference.

Table 4 - Descriptive Statistics and test Z according with the age group - 8 to 11 years - 12 to 14 years

Variable	8 a 11 years	12 a 14 years	Z	p
Status	3,85 ± 0,54	3,84 ± 0,55	0.05	0.96
Phsycal Condition	4,04 ± 0,77	4,08 ± 0,76	0.22	0.82
Energy	3,88 ± 0,55	3,68 ± 0,69	1.30	0.19
Context	3,96 ± 0,56	3,68 ± 0,56	2.08	0.04*
Technique	4,00 ± 0,56	3,92 ± 0,91	0.40	0.69
Affiliation	3,96 ± 0,56	3,64 ± 0,64	2.15	0.03*
Health	4,52 ± 0,64	4,40 ± 0,71	0.71	0.48

When we separated the sample in two separate groups per age, one with the subject from 8 to 11 years and the other with the subjects from 12 to 14 years of age, it was observed that only for the reasons of Context and of Affiliation it was found a statistically significant difference among the groups, which there was no statistics difference among them for the importance given over the other reasons.

In the table 4 we can verify that the Context and the Affiliation are significantly more important for the children of underage than for the one of overage, what suggests the parents', the schools' and family's influences in the youngest children's choice for the sporting practice.

This data represents exactly the common characteristics in the child development; this means that, it is probably that the child of underage has a higher dependence in relation to the oldest ones. In other words, for the younger child it is very importance the role and the support supplied by their parents, because they have not had much autonomy than older children. The meaning and the parents' importance will have different senses, because the child starting from 12 years of age begins to enter in the period of adolescence, a marked period by a transition phase, in which the individual feels the need to struggle for their autonomy, it is a transition period between the childhood and the adult phase, marked by fight period by the independence, no to the adult's independence, but for the search of this.

FINAL CONSIDERATIONS

This study allowed to conclude that the reason for the choice of the swimming is a lot associated to the significant people's influence, in other words, the parents and/or tutors, because the children themselves have not autonomy to choose their sporting practices. Besides, it is possible to confirm the different meaning of the body for boys, showing how much the body has a meaning related to the manliness and the virility, because the importance given to the body by the boys was significantly higher

when compared to the girls.

It is evident the need to accomplish new studies about this issue, involving other age groups once the used instrument, EMPE, was validated in Brazil to be used with young adults, what was a gap in the method of this study. Besides, it is important to investigate if the boys' and girls' reasons are different from the men's and women's ones, once they are people that are in different phases of development.

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CHILDREN'S AND ADOLESNCENTS' MOTIVATIONAL FACTORS FOR SWIMMING IN THE CITY OF MACAPÁ

ABSTRACT

Every human activity is motivated by some reason, the human being needs "pulse" to accomplish the several daily activities, and that motivation will also influence in the sports practice. The purpose of the present study was to investigate the children's and adolescents' motivational factors of children for swimming, taking into consideration the age and the gender. For the accomplishment of this study 77 swimming practicing people participated in the research aged from 08 to 14 year-old, the sample was no-probabilistic for convenience, the used instrument was the Scale of Reasons for Sport Practicing - EMPE (BARROSO; KREBS 2007), Brazilian validation of the instrument Participation Motivation Questionnaire (PMQ) (GILL; GROSS; HUDDLESTONE, 1983). The results presented that the most important reason for the practice of swimming is health, in which was detected that 57% of the sample consider the health as totally important. In relation to age, it can be verified that the reasons Context and the Affiliation are significantly more important for the smaller age children than for the larger age ones, what suggests the parents', schools' and family's influence in the youngest children's choice for the sports practice. Another data concerns the importance given to each reason for the attendance to the practice of swimming, it was observed that only for physical conditions had a statistic difference (p=0,01) among girls and boys, in which was possible to verify that for boys this is a significantly more important reason than for girls. This study allowed concluding that the reason for the choice of swimming is associated to the influence of significant people. Besides, it is possible to confirm the different meaning of the body for the boys, showing how much the body has a meaning related to the manliness and the virility, because the importance which is given to the body by the boys was significantly higher when compared to the girls.

KEY-WORDS: Motivation. Reasons. Swimming.

LES FACTEURS QUI MOTIVENT LES ENFANTS ET LES ADOLESCENTS A LA PRATIQUE DE LA NATATION DANS LA VILLE DE MACAPÁ

RÉSUMÉ

Toute activité humaine est motivée par une raison humaine, et a besoin de" l'impulsion " pour réaliser de diverses activités journalières cette motivation aussi influencera la pratique sportive. La finalité de cette étude fût d'enquêter les facteurs qui motivent les enfants et les adolescents à la pratique de la natation, levant en considération l'âge et le sexe. Pour la réalisation de l'étude ont participé à la recherche 77 personnes entre 8 à 14 ans qui pratiquent de la natation, les échantillons étaient non probabilistes pour la cohabitation L'instrument utilisé fût le barème des Motifs Pour la Pratique Sportive _ EMPE (BARROSSO; KREBS 2007) la validation brésilienne de l'instrument Motivation Participation Questionnaire (PMQ) (GILL ;GROSS. HUDDLESTONE. 1983) Les résultats ont présentés que le motif le plus important pour la pratique de la natation est la santé, par laquelle on a détecté que 57% de l'échantillon estime que la santé , est vraiement importante. Par rapport à l'âge on peut constaté que les motifs du contexte et l'affiliation sont significativement plus importants pour les enfants plus jeunes que pour les plus grands, ce que surgère l'influence des parents , de l'école et de la famille dans le choix des enfants plus jeunes pour une

pratique sportive. Autre donnée au respect de l'importance attribuée à chaque motif pour l'adhésion à la pratique de la natation, on percoit que seulement pour le conditionnement physique Il y a eu une différence statistique(p=0,01) entre les garçons et les filles, ce motif est significativement plus important pour les garçons que pour les filles. Cette étude a permis de conclure que le motif du choix de la natation est associé à l'influence de personnes significatives . En plus de cela il est possible de confirmer le différent sens du corps pour les garçons montrant comment le corps a un sens masculin et une virilité , car l'importance donneé au corps par les garçons fût significativement plus élevé par rapport aux filles.

MOTS-CLÉ : Motivation. Motifs. Natation.

FACTORES MOTIVACIONALES DE NIÑOS Y ADOLESCENTES PRACTICANTES DE NATACIÓN EN LA CIUDAD DE MACAPÁ

RESUMEN

Toda actividad humana es ,motivada por alguna razón , el ser humano precisa de “impulso” para realizar las diversas actividades diaria, y esa motivación también irá a influenciar en la práctica deportiva. El propósito del siguiente estudio fue investigar los factores motivacionales de niños y adolescentes practicantes de natación, llevando en consideración la edad y el género. Para la realización del estudio participarán de la pesquisa 77 individuos con edades entre 8 a 14 años practicantes de natación, la muestra no fue probabilística por conveniencia, el instrumento utlizado fue la Escala de Motivos Para Practica Deportiva – EMPE (BARROSO; KREBS 2007) , validad brasilera de instrumento. Participation Motivation Questionnaire (PMQ) (GILL; GROSS; HUDDLESTONE, 1983). Los resultados mostraron que el motivo más importante para la práctica de natación es la salud, en lo cual se detectó que 57% de las muestras considera importante a la salud. En relación a la edad se puede constatar que los motivos de contexto y afiliación son significativos más importante para los niños menores que para los mayores,lo que sugiere la influencia de los padres, de la família en la escuela de los niños más jovenes para la práctica de deportes.Otro dato dice respecto a la importancia dada a cada motivo para la aprobación de la práctica de la natación, se percibe que solamente para la condición física hubo diferencia estadística (p=0.01) entre niñas y niños, en lo cual se pudo constatar que para los niños este es un motivo significativo más importante que para las niñas.Este estudio permitió concluir que el motivo por escoger la natación está asociado con la influencia de personas importantes . Además de esto, es posible confirmar la diferencia del significado del cuerpo para los niños, mostrando cuanto el cuerpo posee un significado relacionado a la masculinidad y virilidad, pues la importancia que dan los niños a su cuerpo es mayor comparando con las niñas.

PALABRAS LLAVE: Motivación, Motivos, Natación

FATORES MOTIVACIONAIS DE CRIANÇAS E ADOLESCENTES PRATICANTES DE NATAÇÃO NA CIDADE DE MACAPÁ

RESUMO

Toda atividade humana é motivada por alguma razão, o ser humano precisa de “impulso” para realizar as diversas atividades diárias, e essa motivação também irá influenciar na prática esportiva. O propósito do presente estudo foi investigar os fatores motivacionais de crianças e adolescentes praticantes de natação, levando em consideração a idade e o gênero. Para a realização do estudo participaram da pesquisa 77 sujeitos com idades entre 08 a 14 anos praticantes de natação, a amostra foi não-probabilística por conveniência, o instrumento utilizado foi a Escala de Motivos Para Prática Esportiva – EMPE (BARROSO; KREBS 2007), validação brasileira do instrumento Participation Motivation Questionnaire (PMQ) (GILL; GROSS; HUDDLESTONE, 1983). Os resultados apresentaram que o motivo mais importante para a prática da natação é a saúde, no qual detectou-se que 57% da amostra considera a saúde como totalmente importante. Em relação a idade, pode-se constatar que os motivos Contexto e a Afiliação são significativamente mais importante para as crianças de menor idade do que para as de maior idade, o que sugere a influência dos pais, da escola e da família na escolha das crianças mais jovens para a prática esportiva. Outro dado diz respeito à importância dada a cada motivo para adesão à prática da natação, percebeu-se que somente para o condicionamento físico houve diferença estatística (p=0,01) entre meninas e meninos, no qual se pode constatar que para os meninos este é um motivo significativamente mais importante do que para as meninas. Este estudo permitiu concluir que o motivo pela a escolha da natação está associado influência de pessoas significativas. Além disto, é possível confirmar o diferente significado do corpo para os meninos, mostrando o quanto o corpo possui um significado relacionado à masculinidade e a virilidade, pois a importância dada ao corpo pelos meninos foi significativamente maior quando comparada às meninas.

PALAVRAS – CHAVE: Motivação. Motivos. Natação.

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