123 - MOTIVATION FOR THE PRACTICE OF RACE STREET

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INTRODUCTION

According to Salgado and Chacon-Mikhail (2006) there is currently a major growth in the practice of street racing, mainly because of its practicality. You only need one pair of shoes, a good health and ready for practice of Race Street. People run to maintain or improve the quality of life, improve aesthetics, reduce stress, have the pleasure of winning a contest and prizes or just compete.

The Road Race is defined according to the Brazilian Athletics Confederation - the body responsible for athletics in Brazil - as circuit race held on the streets (streets, avenues or roads) with distances ranging between 5 and 100 km (DOMINGOS et al, 2007) although, to traverse a distance of 10 km, is typically used 30 to 90 minutes depending on the athlete's condition. It is a marathon record of 2 hours.

In modern times it appears that the race as physical activity can delay some of the problems that face the aging, and in according to Faria Junior (2004) apud Silva (2009) physical activity beyond the biological context and functional activity and brings knowledge and communication, as well as feelings and emotions.

The race is considered a cyclical activity, that is, that are repetition of the movement biomechanics (DOMINGOS et al, 2007) and repeat this motion and impact, increases the risk of skeletal muscle injuries. Analyzing in general, the elderly are the most affected by tissue changes caused by aging and by the movement patterns. Nevertheless, properly prescribed, this practice can help prevent disorders that affect the elderly such as: osteoporosis, diabetes, hypertension and cardiovascular disease (FUKUCHI, DUARTE, 2007).

There are several reasons for adherence of people to the practice of street racing. There are people who run just for the pleasure of performing an activity and complete it by proving to yourself that they are able, by social support, among others. Some run to challenge his classification in time and proof, always depending on the person's motivation. This can be extrinsic motivation where the goal is external such as money or good grades. This motivation leads to an increase in the level of stress to which the individual is submitted (MASSARELLA, WINTERSTEIN, 2009).

There is also intrinsic motivation, which, according to Deci & Ryan (2000) apud Guimarães and Bzuneck (2002), is the main factor to obtain the positive potential of man, with his characteristic challenge of generating capacity own satisfaction.

The goal is no tangible reward, but a reward related to what one feels when doing this activity or for the pleasure to fulfill it. Generally, intrinsic motivation is longer lasting and constant and can lead to a sublime state of pleasure and satisfaction during practice, this state is called Flow, which happens when the individual focuses all his attention and feeling in the activity performed and generates a great feeling joy (MASSARELLA; WINTERSTEIN, 2009).

Nowadays we see the growing population's demand for practice of Race Street in official events, there arises a fundamental question: What is driving these women to a greater demand for such specialized service? And following this line of reasoning: What motivates them?

It is important to know the answer to these questions to be aware of this phenomenon and understand what are the needs of this population, know what features each age group and suggest possible changes in the way of achieving this type of event.

Then, it is intended to investigate what are the motivating factors for adherence to official competitions Road Race.

MATERIALS AND METHODS

The present study is characterized by a descriptive survey is to seek resolution of problems by improving the practices of observation, analysis and objective descriptions. The descriptive research aims to observe, record and analyze the phenomena, without however going into the merits of its content. (THOMAS, NELSON, SILVERMAN, 2007). The subjects investigated were 41 among males and 29 females being on 70 individuals aged between 15 and 68 years who participate in official events Race Street in the city of Rio de Janeiro. Inclusion criteria was selected age allowed for participation in these official events Street Race. The subject selection was done intentionally, non-probabilistic. This study meets the Standards for the Conduct of Human Research, Resolution 196/96 of the National Health Council, 10/10/1996. All study participants agreed to sign the Terms of Participation consent. For this, we used the data sheet Psychosocial applied and validated in "III National Youth Games" in Goiania, 1997 and motivation questionnaire for the sport of Samulski et al (1998) apud Greco (2000). The collected data were treated by means of quantitative procedures of descriptive statistics, mean and standard deviation, and a second stage by means of inferential statistics, paired t test $p < 0.05$.

DISCUSSION AND ANALYSIS OF DATA

Most respondents were in age from 30 to 35 years (23%), with mean age of 41 years, followed by age 40 to 45 years (14%), 20 to 25 years, 35 to 40 years and 45 to 50, each with 11% of the participants, and 10% for those aged 25 to 30 years. But people were still volunteers with ages ranging from 15 to 68 years of age.

The audience represented 59% of male and female respondents and 41% in the study of Moura et al (2010), where most of the runners were male.

Analyzing the mileage that the participants walked on the questionnaire 46% performed tests of 8 km, 38% of 5 km, 13% of 4km to 3% of 10 km.

Among the sports practiced by respondents as football was the most cited (34 times), followed by swimming (29 times). There were only 18 citations of athletics or activities related to this. This shows that few sports and / or activities based on athletics for the practice of street racing. According to the analysis, we have football as a sport activity practiced by most respondents, this can be explained by the fact that soccer is one of the most popular sports being practiced by approximately 60 million people in over 150 countries around the world (Fédération Internationale de Football Association - FIFA apud COHEN et

al, 1997). Among the sports / activities that are practiced today has the weight, cited 26 times, then football cited 14 times by individuals questioned. This shows that few have the practical experience of the activity related to athletics to the practice of street racing.

Questioned whether if that old they started the practice of Race Street and obtained the following results: 29% started to practice Road Race between 30 and 35 years, or in adulthood, followed by aged 20 25 years and representing 19%, and 15 to 20 years representing 14% and 40 to 45 years with 13%. Looking at the extremes, it was the result that 1% of the participants began the practice of the Road Race in the age group 10 to 15 years, and 1% began the practice in the age group 55 to 60 years (Figure 1).

Was investigated, too, at what age started in the competition of Race Street and surprisingly 33% began to compete in this sport with 30 to 35 years, meaning many people have probably begin the practice of race in official competitions. Hence the question arises, will these people seek help of a physical education professional to guide them? Next are practitioners who started competing aged between 20 and 25 years, representing 16% (Figure 1).

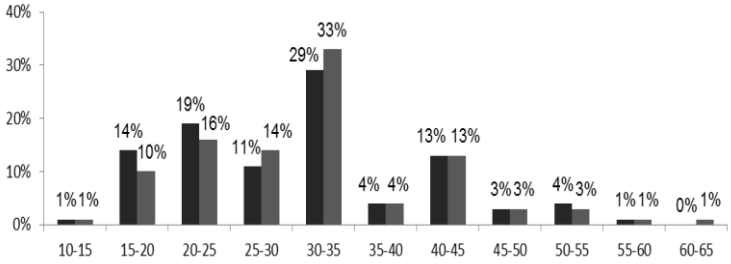


Figure 1: Age at which began the practice of street race and age that began competition

Having knowledge of what stage individuals begin the practice of Race Street is necessary to know how's the training, preparation of individuals for such activity. According to the analysis, 37% of respondents conducts training three times a week, a minimum recommendation of the American College of Sports Medicine (ACSM, 1998) for developing and maintaining cardiorespiratory fitness, body composition and strength, followed by 17% who trains twice a week and 17% who trains five times a week. Only 1% of respondents trains every day of the week. Regarding the duration of each training session, 66% say train between 0 and 2 hours, 27% between 2 and 4 hours and 4% between 6 and 8 hours per session.

On the question of motivating factors, to have who would be the biggest supporters (drivers) to start in Race Street, where 47% reported that the drivers were great friends, 25% who cited that motivated others who were not included in the list, including most citing themselves as motivators and 10% by teachers.

On the support received from family, 51% receive much support in the studies, as well as 51% receive much support in situations of injury, whereas transport to the training (54%) was most cited as lack of support from family followed lack of financial support (53%).

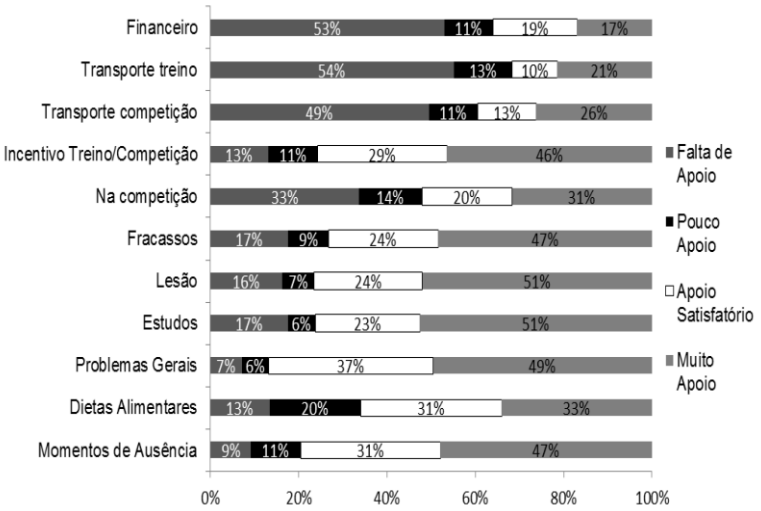


Figure 2: Type of support it receives from the family

To examine the personal profile of the contestants, one of the questions asked was about what they like to do outside the hours of training where: 79% responded that likes to date, followed by Travel / Vacation / Going to the beach with 69%. However, when asked about what they do not like to do, most said they do not like video games / internet / computing (20%) followed by 14% with other sports.

Thus, was investigated the factors that facilitate the individual's life as an athlete (figure 3), and Motivation (73%) and Health (73%) are factors that greatly facilitate the lives of these individuals and athletes. It is not a factor that makes life easier as an athlete sponsorship is 70%, followed by the federation with 69%. On the question of what makes life difficult as an athlete, you get to 30% for injuries or illnesses are factors that make it very difficult life as an athlete, as well as the factor of disruption events (29%). According Dallari (2009), so that the event is exciting is necessary that the organization is impeccable. As factors that do not make life difficult as an athlete it has friends with 87% followed by technicians with 84%. Among the decisive factors for maintaining the Road Race are: the joy of sports (66%), improving athletic performance (63%), followed by feeling accomplished (60%). Already as a factor of no importance to maintain the practice of street racing are: financial returns (71%), followed by being recognized (49%). And finally, the factors that lead the practitioner to leave the Race Street, where 56% of respondents cited

health problems / sports injuries as decisive factors for the abandonment, followed by lack of pleasure-joy-satisfaction (37%). How unimportant factors for dropping out are the pressure to win with 69%, followed by lack of talent with 63% and lack of social contacts cited by 61% of individuals.

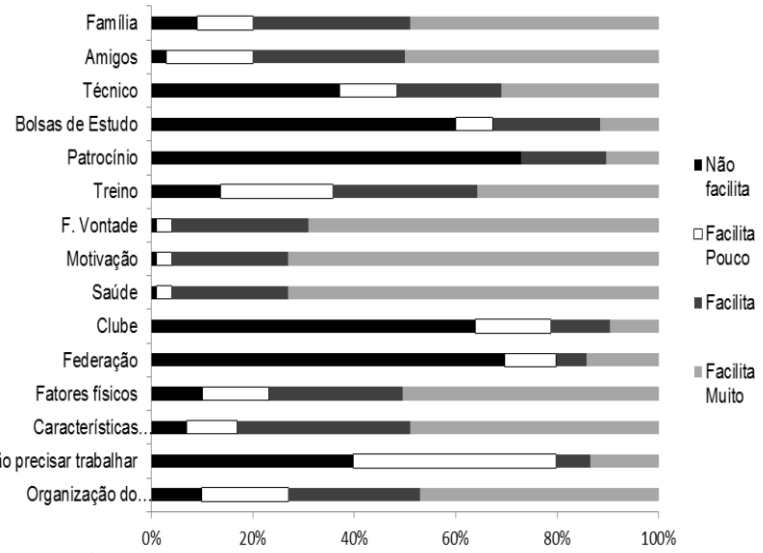


Figure 3: Facilitators in life as an athlete

Focusing on the purpose of this study, questioned the motives that led the participants to engage in the Race Street, the main reasons for the early practice of Race Street were to improve health, followed by the encouragement of friends and just plain fun. Finally, open questions were made, with the objectives and key targets in the Road Race. The answers were collected the following results: 1st option to answer the improvement of health was cited as the most objective and goal, followed by improvement in physical conditioning improves the test time and quality of life with the same number of citations. According to the results collected, the main factor that motivates the respondents is the improvement of health, some even cite the aesthetics (weight loss), improved fitness, challenge, overcome limitations, leisure, wellness, joy to be with friends, have fun, satisfaction, as told by Rubio (2001, 2002) apud Silva (2010), but not in significant amounts.

CONCLUSIONS

At the end of the study it was noticed that most street racers are male, although there is growing its share of the female and encouragement to women-only races. Within this profile has been the age of the contestants between 30 and 35 years. Hence the importance of participation in physical education professional in maintaining the public corridors and capture of other age groups to join the Street Race. Main drivers for these athletes to adhere to this sport were friends, followed by teachers, demonstrating that friends have a role in this process and the encouragement of professional physical education works well and even better when there is monitoring of the races. This study showed that most of the runners began the practice race in competitions and coaching on average three times a week, it may indicate that these corridors are in the beginner level, in contrast, 2% and 7% sequentially train 7 and 6 times a week, indicating that probably these individuals are at an advanced level in this sportive practice. Then, this practice has a profile of runners encouraged by friends, who begin practice already in the competition and has as objectives and targets in this practice health at No. 1, which is also the main factor that motivated them to start the practice of Street Race. Overall, the financial return was not considered as a motivating factor for the early practice of Street Race. At last, it was concluded that the Road Race is seen as a healthy sport and brings benefits to the health and quality of life, as well as a means to improve the aesthetics and practice of leisure. However, it would be interesting to know whether these individuals seek the help of a physical education professional to guide them before, during and after these official competitions of Race Street to see if the way the practice is being carried out is really healthy.

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MOTIVATION FOR THE PRACTICE OF RACE STREET
ABSTRACT

There is a growing practice of Race Street, especially for their practicality, since it is very necessary resource material, either a great skill, only one pair of shoes appropriate, good health and willingness to run. Studies show that this activity is carried out with due care has many benefits, including: high energy expenditure, wellness, stress reduction, improved cardiorespiratory performance, reduced risk of cardiovascular diseases, among others. The reasons that lead a person to run might be: maintaining or improving quality of life, improve aesthetics, reduce stress, take pleasure in winning a contest and prizes or just compete. The aim of this study was to investigate what are the motivating factors for adherence to official competitions Road Race. For data collection we used the data sheet Psychosocial applied and validated in the "Third National Games of Youth and Motivation Questionnaire for Sports Practice of Samulski et al (1998) cited in Greco (2000), the study subjects were 29 women and 41 men aged between 15 and 68 years. Among the results, has an average age for beginning the practice of Race Street from 30 to 35 years and the average age that started competing in official events. Most individuals were encouraged by friends. It was observed that in many cases, the reasons for compliance are not the same accession and among the main reasons to start such a practice, most respondents cited improved health. As objectives and goals we have: weight loss, improved fitness and better quality of life, like that in general, most of these individuals are aware that by Road Race can have a healthier life so bio -psycho-social.

KEYWORDS: Road Race. Motivation. Quality of Life.

MOTIVATION POUR LA PRATIQUE DE COURSE DE RUE
RÉSUMÉ

Il est une pratique croissante de course de rue, principalement en raison de son caractère pratique, il ne prend pas de ressources matérielles beaucoup, ni une grande habileté, seulement une paire de chaussures adéquate, une bonne santé et de la volonté de courir. Des études montrent que l'activité réalisée avec grand soin a de nombreux avantages, notamment: haute teneur en calories, bien-être, réduction du stress, amélioration des performances cardio-respiratoires, une diminution du risque de maladies cardiovasculaires, entre autres. Les raisons qui conduisent une personne à exécuter peut être: maintenir ou améliorer la qualité de vie, d'améliorer l'esthétique, de réduire le stress, prendre du plaisir en compétition et gagner un prix ou simplement en concurrence. Le but de cette étude était d'étudier quels sont les facteurs de motivation pour l'adhésion à Road Race compétitions officielles. Pour collecter les données, nous avons utilisé la feuille de données psychosociales appliqué et validé dans "Jeux III National de la Jeunesse» et questionnaire de motivation pour le sport de Samulski et al (1998) cité dans Greco (2000), et les sujets étaient 29 femmes et 41 hommes âgés entre 15 et 68 ans. Parmi les résultats recueillis, il a un âge moyen de la pratique précoce de course de rue 30 à 35 ans, et l'âge moyen qui a commencé à concourir dans les événements officiels. La plupart des individus ont été encouragés par des amis. Il a été observé que dans de nombreux cas, les raisons de la conformité ne sont pas les mêmes et que l'adhésion parmi les principales raisons pour commencer une telle pratique, la majorité des répondants ont cité une meilleure santé. Comme les buts et objectifs, nous avons: perte de poids, une meilleure condition physique et une meilleure qualité de vie, comme ça en général, la plupart de ces individus sont conscients du fait que par Road Race peut avoir une vie plus saine dans un bio -psycho-social.

MOTS-CLÉS: Course sur route. Motivation. Qualité de vie.

MOTIVACION POR LA PRACTICA DE LA CARRERA EN LAS CAJES
RESUMEN

Lo es una práctica cada vez mayor de Race Street, principalmente debido a su practicidad, no se necesita mucho material de referencia, ni una gran habilidad, sólo un par de zapatos adecuados, buena salud y disposición a correr. Los estudios demuestran que la actividad llevada a cabo con el debido cuidado tiene muchos beneficios, incluyendo: alta en calorías, el bienestar, la reducción del estrés, mejora en el rendimiento cardiorrespiratorio, disminuye el riesgo de enfermedades cardiovasculares, entre otros. Las razones que llevan a una persona para funcionar pueden ser: mantener o mejorar la calidad de vida, mejorar la estética, reducir el estrés, el placer de la competencia y ganar un premio o simplemente competir. El objetivo de este estudio fue investigar cuáles son los factores de motivación para la adhesión a la carrera oficial de las competiciones por carretera. Para recopilar los datos se utilizó la hoja de datos psicosocial aplicado y validado en el "III Juegos Nacional de la Juventud" y el Cuestionario de Motivación para el deporte de Samulski et al (1998) citado en Greco (2000), y fueron objeto 29 mujeres y 41 hombres de entre 15 y 68 años. Entre los resultados recopilados, tiene una edad promedio de la práctica inicial de la calle Carrera de 30 a 35 años, y la edad promedio en que comenzó a competir en eventos oficiales. La mayoría de las personas se sintieron alentados por amigos. Se observó que en muchos casos, las razones de cumplimiento no son los mismos y que la adhesión entre las principales razones para iniciar una práctica, la mayoría de los encuestados citaron una mejor salud. Como las metas y objetivos que tenemos: la pérdida de peso de fitness y una mejor calidad de vida, así en general, la mayoría de estas personas son conscientes de que por la Carrera de tener una vida más saludable en una biografía -psico-social.

PALABRAS CLAVE: Road Race. Motivación. Calidad de Vida.

MOTIVAÇÃO PARA A PRÁTICA DA CORRIDA DE RUA
RESUMO

Observa-se um crescimento da prática da Corrida de Rua, principalmente por sua praticidade, pois não é necessário muito recurso material, tampouco uma grande habilidade, somente um par de tênis adequado, bom estado de saúde e disposição para correr. Estudos mostram que esta atividade realizada com os devidos cuidados tem muitos benefícios, entre eles: grande gasto calórico, bem-estar, redução do estresse, melhora do desempenho cardiorrespiratório, diminuição do risco de doenças cardiovasculares, entre outros. Os motivos que levam uma pessoa a correr podem ser: manter ou melhorar a qualidade de vida, melhorar a estética, diminuir o estresse, ter prazer em ganhar uma competição e premiações ou apenas competir. O objetivo do presente estudo foi investigar quais são os fatores motivacionais de adesão às competições oficiais de Corrida de Rua. Para coleta dos dados foi utilizada a Ficha de Dados Psicossociais aplicada e validada no “III Jogos Nacionais da Juventude” e Questionário de Motivação para a Prática Esportiva de Samulski et al (1998) apud Greco (2000), sendo os sujeitos do estudo 29 mulheres e 41 homens com faixa etária entre 15 e 68 anos. Dentre os resultados coletados, tem-se uma média de idade para o início da prática da Corrida de Rua de 30 a 35 anos, assim como a média de idade que iniciaram a competir em eventos oficiais. A maioria dos indivíduos foi incentivada pelos amigos. Observou-se que, em muitos casos, os motivos da aderência não são os mesmos da adesão e que entre os motivos principais para iniciar tal prática a maioria dos entrevistados citou a melhoria da saúde. Como objetivos e metas tem-se: emagrecimento, melhora do condicionamento físico e melhor qualidade de vida, parecendo que, em geral, grande parte destes indivíduos está consciente de que através da Corrida de Rua pode-se ter uma vida mais saudável de forma bio-psico-social.

PALAVRAS-CHAVE: Corrida de Rua. Motivação. Qualidade de Vida.