152 - ASSESSMENT OF THE MOST RELEVANT CAUSES FOR TRANSFER OR DROP-OUT OF MALE SWIMMERS AGED BETWEEN 7 AND 12 YEARS OLD OF "ESTRELA DO OESTE CLUBE" OF DIVINOPOLIS / MG CITY.

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INTRODUCTION

Regular exercise is important to maintain good health, especially for children. It helps in the development of motor-, coordinative and mixed skills, skills the individual will also use in daily activities (GALLAHUE, 2005).

According to Gallahue motor development during childhood are influential for, at this stage, fundamental motor skills are being developed, which in turn serves to support the development of specialized motor skills essential for use of the individual during their daily activities, sports or leisure.

In line with this view, Greco and Benda (1998) affirm the importance of activities that promote interest and motivate children in physical activities, aiming at not only athletes training, but also address conscious and critical individual aspects to value sport as inherent for their health and wellness.

In specialized sport, according to Samulski (2002), exaggerated dedication of a child athlete might adversely affect the personality development of the child, such as exaggerated self-worth, fixation on income, fear of failure, emotional instability, social isolation and stress.

On the other hand, Samulski states that parents, teachers and coaches are of the opinion that children benefit from sport performances as they bring positive provisions of personality development, especially in the social sphere, such as development of autonomy, self-confidence, enjoyment, camaraderie, pride , honesty, punctuality, behavior, discipline, responsibility and communication skills.

The process of specialization of high level sport starts around 15 to 17 years old. This is the culmination of the process of development and maturation capacity of the adolescent, because at this stage they look for the improvement and optimization of the technique (Greco and Benda, 1998). According to Greco and Benda (1998) between 15 to 17 years old, a parallel process of psychic abilities stabilization starts. There is a substantial increase in the participation in competitions starting around the age 16 and lasts 2-4 years which is the first phase of guidance into high level sports. So this specialization is valid provided in the right time, after the adolescent has passed through all the skills, with a training proposal that prioritizes the general development of the child balancing motor and psychological skills.

According to Abreu (1993) the Drop-Out phenomenon can be defined as a situation in which the athlete transfer the sport or totally abandon the practice of sports, because he feels physically, emotionally or mentally exhausted.

The demand from big brands in high-performance is inserting very young athletes in the fight for better results. This poses a great concern with respect to the level of training and choice of appropriate charges. Psychological and social factors have an important role in the improvement of children in sport. Thus early specialization may influence both positively and negatively on the growth and development of the child's personality (Abreu, 1993).

Focused on 40 swimmers, aged between 7 and 12 years in the categories pre-Mirim (7 and 8 years), Mirim 1 (9 years), mirim 2 (10 years), a Petiz (11 years) and Petiz 2 (12 years) of "Estrela do Oeste Clube" from Divinópolis city (Minas Gerais), the study was conducted. We raised the most important reasons that lead athletes to transfer or abandon it altogether, because they feel physically and emotionally exhausted.

METHOD

This study integrates concepts of Sport Psychology and Swimming Sportive Discipline and has a descriptive and observational nature (approved by the Ethics Committee of Itaúna University, protocol number 017/11). The study sample consisted of 40 male athletes, aged between 7 and 12 years old categorized in groups pre-Mirim (7 and 8 years), Mirim 1 (9 years), mirim 2 (10 years) Petiz 1 (11 years) and Petiz 2 (12 years), and entered into a systematic training program at 'Estrela do Oeste Clube' in Divinópolis / Minas Gerais. For the data collection a questionnaire adapted from Pussieldi (2007) was used for the identification of the most important reasons that lead to the abandoment or transfer of swimming athletes. It contained 19 closed questions for athletes to grade each reason. It also included a term of informed consent, an authorization of the club and an authorization of parents or guardians. For the process of analyzing the data obtained through the questionnaire administered to the athletes, the statistical base percentage was used from Excell 2010.

RESULTS AND DISCUSSION

Reason	Very relevant	
	Nº of responses	Percentage (%)
I do not like waking up early	8	20
I do not like training in the winter (cold water)	6	20
My father (or parents) forces me to do a sport	6	18

Trips every weekend	3	8
Tiredness	3	8
I like swimming, but no to train	3	8
Swimming hinders my social life	1	5
Training load	2	5
My trainer pushes me a lot in training and competition	3	5
My trainer is nervous or stressed	2	5
The sport is individual	0	5
I am emotionally and mentally exhausted	2	5
Swimming disturbs my studies	1	3
My father (or parents) forces me to compete	1	3
Hours of training	0	0
Weekly frequency	0	0
Long-term training, training fund, or long distances	0	0
Competition every weekend	0	0
My father (or parents) do not let me travel	0	0

The most relevant response to the abandonment, found on this research, was 18% that reported "my father (or parents) force me to do a sport,". This is in line with a study by Verardi (2008) in which 14.52% also reported that the family requires sports. This difference can be given to the fact that the questionnaire includes only three questions on family issues "encourages", "not encouraging" and "forces you to play sports."

One more important reason for abandoning the practice of swimming 8% of responded to “physical exhaustion”, whereas Filho and Garcia (2008) found 33%. This difference can occur as a result of the difference in sample size in the study of Garcia and Filho (2008) being higher (332 adolescents) and having a less amount of reasons (14 reasons). Son and Garcia (2008) also found as a reason 16% as parent's decision, and this research as 18%.

The reason for the decision of parents is also similar to Figueiredo (2000), who cites the reason for significant others (problems with teammates, pressure from the coach and parents, conduct of referees and fans), is important to abandon the practice.

Also in this study 8% of the sample reported "physical fatigue" as a factor highly relevant to the possible abandonment of sports. In a study by Oliveira (2006) 9% report "tired of the routine of intense training" as a factor. This little difference can be explained from the fact that the survey had been conducted on 12 ex-swimmers female and male.

For the reasons "I do not like waking up early," "I do not like training in the winter (cold water)," "I like swimming, but not to train," "Trips every weekend," could not found in Portuguese literature.

Children aged 7-12 years old have to develop physically, emotionally and mentally before entering the high performance sport.

A good training program for children should arouse the interest, motivation, pleasure and satisfaction for completion of training. The program should be multidisciplinary, in other words, be diverse and could be done inside and outside the water, always trying to be playful, avoiding fatigue, boredom and stress. These athletes, when inserted early in the competition are exposed to failure and distaste for the sport, may abandon it permanently or transfer to another sport through the emergence of the phenomenon Drop-Out.

To avoid this loss, the child's learning cycle must be respected, so that he does not get tired of training or does not feel unable to carry it out completely. In the training his confidence/ autonomy must be worked, giving opportunity to know his capabilities and limits, learning to stop when necessary, respecting his development, giving him an expectation for his training, increasing his interest in the sport.

FINAL CONSIDERATIONS

Analyzing the results of this study were found as the most relevant reasons for the possible abandonment of swimming: wake up early, train in cold water, parents who force the child to practice, train every weekend, physical stress and like swimming but not to train . These are the reasons that must be worked on by parents and coaches to avoid the appearance of the phenomenon Drop-Out.

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ABSTRACT

A growing number of children leave swim training early when they take on the practice of competitive sports too early. The reasons for this are complex and varied. This study intends to identify the most important causes that lead to the drop-out or transfer of male swimmers aged between 7 and 12 years of Estrela do Oeste Clube from Divinópolis city (Minas Gerais). The sample consisted of 40 athletes in the aforementioned age group. A questionnaire of 19 closed questions addressing the reasons which contribute to the abandonment or transfer of the sport, an informed consent clause, the authorization of the club and the authorization of parents or guardians. From the questionnaire it can concluded that discouragement is due to overtraining, cold water at winter time, physical fatigue, mental and emotional, and pressure from parents and coaches to sports's practice. These are important reasons for the abandonment of swimming. These reasons teach us to respect the child's learning cycle and avoid training that does not match his ability. This way the child does not get tired of training or does not feel unable to carry it out completely. In the training, his autonomy and confidence must be worked, giving him opportunity to get to know his capabilities and limits, learning when to stop, respecting his development, telling the child what to expect from his training and increase his interest in the sport.

KEYWORDS: swimming, relevant reasons and drop out.

IDENTIFICATION DE LA DÉCLARATION LA PLUS IMPORTANTE QUI CONDUIRAIT À OUT OU DE TRANSFERT (DROP-OUT) DE LA NATATION ATHLÈTES MASCULINS ÂGÉS ENTRE 7 ET 12 ANS DE STAR CLUB DE L'OUEST VILLE DIVINOPOLIS / MG.

RESUME

Un nombre croissant d'enfants qui quittent la natation tôt pour commencer à la pratique des sports de compétition trop tôt. Ses raisons sont complexes et variées. Cette étude vise à identifier les raisons les plus importantes qui conduisent à quitter ou à transférer (Drop Out) mâle nageurs âgés entre 7 et 12 ans de Star City Club de l'Ouest Divinópolis Minas Gerais. L'échantillon était composé de 40 athlètes dans ce groupe d'âge. Nous avons utilisé un questionnaire avec 19 questions fermées contenant de l'intensité des raisons qui contribuent à l'abandon ou le transfert de ce sport, une durée de consentement éclairé, une autorisation du club et une autorisation des parents ou tuteurs. Nous avons observé que le découragement en raison de surentraînement, de l'eau froide en hiver, la fatigue physique, mentale et émotionnelle et la pression des parents et des entraîneurs à la pratique sportive, sont des raisons importantes pour l'abandon de la natation. Connaître les raisons importantes pour l'abandon possible du sport peut respecter la formation de l'enfant du cycle d'apprentissage en évitant que ne correspond pas à leur capacité, de sorte qu'il ne se fatigue pas de formation ou de ne pas se sentir incapables de le réaliser complètement. Il devrait fonctionner dans la formation de leur confiance, l'autonomie, en donnant la possibilité de connaître leurs capacités et leurs limites, apprendre à arrêter en cas de besoin, sur son élaboration, ce qui lui donne une attente de leur formation et à accroître leur intérêt pour le sport.

MOTS-CLÉS: natation, les raisons pertinentes et d'abandon.

IDENTIFICACIÓN DE LA DECLARACIÓN MÁS IMPORTANTES QUE CONDUCEN A O CESIÓN (DESERCIÓN) DEL MACHO ATLETAS DE NATACIÓN CON EDADES ENTRE 7 Y 12 AÑOS DE STAR CLUB WEST CIUDAD DIVINÓPOLIS / MG.

RESUMEN

Un número creciente de niños que salen del baño temprano para empezar la práctica de los deportes de competición antes de tiempo. Sus razones son complejas y variadas. Este estudio se propone identificar las razones más importantes que conducen a la salida o transferir (Drop Out) hombres nadadores con edades comprendidas entre 7 y 12 años de Star Club Ciudad de West Divinópolis Minas Gerais. La muestra estuvo compuesta por 40 atletas en este grupo de edad. Se utilizó un cuestionario con 19 preguntas cerradas que contienen la intensidad de las razones que contribuyen al abandono o la transferencia de este deporte, el término de consentimiento informado, la autorización del club y la autorización de los padres o tutores. Hemos observado que el desánimo debido a la sobre-entrenamiento, el agua fría en invierno, la fatiga física, mental y emocional y la presión de los padres y entrenadores para la práctica deportiva, son razones importantes para el abandono de la natación. Conocer las razones importantes para el posible abandono del deporte se puede respetar al niño de la formación del ciclo de aprendizaje para evitar que no coincida con su capacidad, por lo que no se cansa de la formación o no se sienten incapaces de llevar a cabo completamente. Se debe trabajar en la formación de su confianza, la autonomía, dando oportunidad de conocer sus capacidades y límites, aprender a dejar de ser necesario, respetando su desarrollo, dándole una expectativa para su formación y aumentar su interés en el deporte.

PALABRAS CLAVE: natación, razones pertinentes y abandonan.

IDENTIFICAÇÃO DOS MOTIVOS MAIS RELEVANTES QUE LEVARIAM A SAÍDA OU TRANSFERÊNCIA (DROP-OUT) DE ATLETAS DA NATAÇÃO DO SEXO MASCULINO COM IDADE ENTRE 7 E 12 ANOS DO ESTRELA DO OESTE CLUBE DA CIDADE DE DIVINÓPOLIS/MG.

RESUMO

Um crescente número de crianças abandona a natação precocemente por iniciar a prática do esporte competitivo muito cedo. Seus motivos são complexos e variados. Esse estudo pretende identificar os motivos mais relevantes que levariam a saída ou transferência (Drop-Out) de atletas de natação do sexo masculino com idade entre 7 e 12 anos do Estrela do Oeste Clube da Cidade de Divinópolis Minas Gerais. A amostra deste estudo foi composta de 40 atletas nessa faixa etária. Foi utilizado questionário com 19 questões fechadas contendo o grau de intensidade de motivos que contribuiriam para o abandono ou transferência do esporte, um termo de consentimento livre e esclarecido, uma autorização do clube e uma autorização dos pais ou responsáveis. Observamos que o desânimo devido ao treino excessivo, água fria no inverno, cansaço físico, mental e emocional e a pressão dos pais e treinadores à prática do esporte, são motivos relevantes para o abandono da natação.

Conhecendo os motivos relevantes para o possível abandono do esporte podemos respeitar o ciclo de aprendizagem da criança evitando um treinamento que não condiz com sua capacidade, para que ela não se canse do treinamento ou não se sinta incapaz de realizá-lo por completo. Deve-se trabalhar dentro do treinamento sua confiança, autonomia, dando oportunidade para conhecer suas capacidades e limites, aprendendo a parar quando necessário, respeitando seu desenvolvimento, dando-lhe uma expectativa para seu treinamento e aumentando seu interesse pelo esporte.

PALAVRAS-CHAVE: natação, motivos relevantes e drop-out.