162 - WOMEN IN AMERICAN FOOTBALL BEACH ON RIO DE JANEIRO

ANLESSA CRISTINE ALMEIDA DE JESUS
ROBERTA DOS SANTOS SANTIAGO DE LIMA
MS. RENATA VELOSO VASCONCELOS
CENTRO UNIVERSITARIO CELSO LISBOA/UCL
RIO DE JANEIRO/RJ - BRASIL
anles.rj@gmail.com

INTRODUCTION

The sport was born in 776 b.c., through the first Olympic Games created in Greece, practiced, this time, only by men. The mere fact of hunting and fishing were considered sport, but with the advance of decades, the Olympics has been created, in which only men participated and women were prohibited from attending. The participation of women in sports scenario was considered an insult and could render punishment.

The woman over time was considered the "weak sex"; believed that these did not have skills, physical endurance to sports practice and, unaware of their bodies, were considered so sensitive that could not be subject to gross physical contact or deteriorating stages typical of the sport. But not all Greek cities saw the woman as sex weakened. In the city Spartan, the woman was seen as a fundamental part of society, she was responsible for the home and respected in society. About the sport, women have developed skills at Spartan races, fights, and javelin throw of disc, as well as participate in festivals, contrasting the idea that women in ancient Greece, developed physical activities with eugenic purposes, that is only for generate healthy children and resistant (RUBIO, SIMÕES, 1999).

After several editions of the Olympic Games without women's participation, in the year of 1900, in the second edition of the Olympic Games of the modern era, the woman was accepted as a participant in strict terms, which underscored the delicacy and not its affront to their physical integrity. Only sports such as golf and tennis were authorized by the organization of the event due to its non-physical contact between athletes.

(...) There is the assertion that the sport is an area of masculine reserve, as well as many areas of expertise of individuals in society. Therefore, women faced and still face, many obstacles on their participation in this field, especially barriers that comes out into biased attitudes (...) But they resisted and continue resisting as to achieve win spaces ever largest field sports (Borges, Lopes; Alves, Alves, 2006, p.107).

In contemporary times, the woman runs for important areas, including predominantly male. Football is one of them, a woman, even timidly, has been emphasizing in the world of soccer, taking part in world championships held just for them, as well as choices for best female category in the world.

In Brazil, soccer is still resistance male and female, in spite of having the best player mode in the world today, Marta Vieira da Silva. So what leads women to invest in the practice of a sport that still have resistance?

In the female American Football is no different, women have been entering and breaking paradigms that justify social roles on the basis of biological differences. These players move on and fight for their goals, even without any help or encouragement, as observed by the researchers, practitioners of this systematic method.

The American Football is a sport originally practiced in the United States since 1867. Each team has 53 players and each team can put 11 players on the field. The match is divided into 4 periods of 15 minutes and the teams have players specialists only for defense and only for the attack. Earn departing the team that made the highest number of points, either by Touchdowns, (when the athlete crosses the final line demarcated), or Field Goal, when the ball crosses a kind of goal mounted on top of the field. The field is 120 yards (109.72 meters) long and 53 1 / 3 (48.77 meters) wide.

It is a game that demands speed, agility, strength and tactical ability of the players. They need to defeat the enemy that it can't go on inside the territory. American Football is a sport not known in Brazil, the games are broadcast only on broadcast TV subscription and at a certain time of year, when the American championship happens. Despite the difficult access, the American Football is already quite practiced in Brazil, however, in different environments. In coastal regions, the sport is practiced on the beach and elsewhere is practiced in fields of grass, just as it is practiced in the United States. Brazil is the only country where American football is played on the beaches, especially when it comes to the city of Rio de Janeiro.

The American Football originated in Rio de Janeiro in 1986, when friends of Robert Segal and Thomaz Brazil joined 18 more friends and decided to play American football on the beaches of Rio, as it did not have proper conditions for fields and play it to fashion Americana. Only the ball and protecting the oral cavity. The female audience has made a difference in the state of Rio de Janeiro, since there are already registered teams, federations and leagues conducted by the state. Thus, this study seeks to identify and analyze the possible difficulties, as well as the factors associated with the adhesion of women practitioners of American Football at the Beach in Rio de Janeiro.

This research will contribute both to the studies in physical education from the perspective of gender, problematized and reflecting on the sports recognized historically as viris and thus associated with the male, and to enable visibility to sports and women that practice.

METHODOLOGY

This research approach is a kind of qualitative and descriptive, because it proposes to record and analyze the reality in order to make the object of study more familiar.

The population was composed of ten (10) female athletes who engage in the American Football on the beaches of Rio de Janeiro, aged between 18 and 25 years. The data collection instrument used was a semi-structured interview, in which the respondents agreed to participate voluntarily in the study and signed a Term of Free and Informed Consent delivered previously.

REVIEW AND DISCUSSION OF RESULTS

Because it is a qualitative research, we chose to work with data collected from the Content Analysis proposed by Bardin (1977).

According Bardin (1977), this technique aims to go beyond the apparent and said, capture and interpret the speeches, discovering the information necessary to make the most of scientific rigor.

For best results the organization of the instrument issues were grouped into the following topics: Characteristics of the subjects of the study; Encouraging the practice of American Football, difficulties / resistances to practices and expectations of

Sports and Transformations.

3.1 Characteristics of the subjects of the study

In this item were considered issues relating to age, form of integration into the American Football and time to practice in the sport.

As for the age we see that the (10) has interviewed aged 18 to 25 years.

On how to insert in the sport, the collaborators have reported that through friends or boyfriends (6), two (2) began to practice taken by relatives and two (2) interviewed reported that tried the sport on its own.

3.2 Incentives to Practice American Football

Here are the answers submitted regarding the questions about who encouraged the practice of American Football, what are the ideal characteristics of the sport in their opinions and if you believe that American Football is the sport ideal for them. Compared with the encouragement of the practice of American Football the athletes responded that he gave through friends practitioners of the sport (6), family (2), and family specified by brothers, also athletes and two (2) athletes reported that no one encouraged the and who have not received any kind of support.

On the issue concerning the ideal characteristics of the sport, the athletes responded that the sport needs ideally involve: health (2), entertainment (2); motivation (2), aesthetics (2), and aesthetic means the turning body; integration (2) strategy (2), discipline (1); pleasure (1) and two (2) athletes unable to respond.

The responses showed several collaborators on the characteristics of the sport ideally, each pointed interviewed a feature that would be important to you. Features such as health, entertainment, motivation, aesthetics, integration and strategy were cited twice each, while only one (1) athlete responded that the sport needs to give you pleasure ideal and one that the discipline is essential to characterize a sport as an ideal. Health was an interesting question suggested by athletes. The health, in their speeches, is related to the absence of disease and understood in a reductionist, as perceived from the speech: (...) **Well I have many, many points that I believe are linked to the sport: health is some of the key that have a sedentary lifestyle is not cool, try a sport** (...).(R1)

On the question it addresses is the football is the sport ideal for the athletes, all (10) reported that they did. About why the American Football is the sport ideal for them, those interviewed answered: because has union between the teams (2), because it involves specific skills (2); because relieves the stress (2) and it offers constant contact with the friends (2), because it requires physical contact (1); the environment where it is practiced, where the beach (1); for fun (1), motivating (1); because increases physical mobility (1). They say that is ideal for pleasure afforded to them by welfare (reduction of stress, as was pointed out) and the socialization because of being with her friends.

Among the attractions offered to athletes from the practice, the sociability is a relevant factor and perceived as the main reason for its adherence, as being close friends and union offered by the team at the time of drills, games, sets itself as a significant reason for the athletes of American Football, (...) **to be close to be a team that is so important to me is the main point and deal with others, integration** (...). (R1)

Another interesting question refers not to call for specific skills. The interviewees said that they never had specific skills to practice another form sports, which have always been clumsy and that in American Football, felt the desire for not need certain skills, (...) **a thing I could learn that is different English football that I think that you must have skills already, I did, even after learning of old** (...). (A3)

The American Football does not require that athletes have specific skills for the practice, unlike other sports such as volleyball, soccer and handball, which require specific skills and techniques to be charged with perfection. The American Football involves movements engines and basic characteristic of human beings, such as running, walking, embrace and fall. None of these movements need to be developed since they are included as natural skills (STAES AND DE MEUR, 1991).

3.3 Difficulties / Resistance to Practice of Sports.

On this issue, nine (9) of collaborators said finding difficulties because of your relatives or friends feel the sport violent and four (4) of them reported suffering relatives of opposition to the practice of this sport. When asked about the difficulties in practice the American football, three (3) cited lack of sponsorship, two (2) collaborators reported financial difficulties, two (2) lack of incentives and two (2) claimed to have difficulties in understanding the rules, already that many words have no exact translation from English to Portuguese.

(10) staff interviewed, only three (3) claim has no practical difficulties of American Football.

In the Female American Football, family and friends usually have a denial regarding its practice by women, by the fact consider the sport violent, should only be practiced by men.

According to Simões et al (2005):

the woman feels closely linked to the perception that possesses of herself and that is subject to a power that legitimizes the existence of a system of unequal privileges and values that are defined as male. (...), As the sexism leads to fundamental concepts in popular culture that justify the "superiority" of man on the woman. (...) Is part of the speech promulgated by the various segments family, educational, religious and institutional, which in turn shape the behavior women in society(p.02).

This passage exemplifies the difficulty of women in sports, such as viris by society and is always seen with other eyes and marked by mistrust, comes from ancient times by sexist society and dominating.

Lack of sponsorship is an important factor in relation to sport in Brazil, especially when it comes to Female American Football, being appointed by athletes as one of the most difficult factors to the adherence to the sport, because the materials must be borne with its own cost and generally there are championships outside of Rio de Janeiro, where the athletes need to travel, without sponsorship and bear the costs.

3.4 Expectations and transformations.

In this item will be discussed issues relating to expect that the athletes practicing this sport regularly, about their lives before and after practice of American Football, if there were changes and what were the most striking.

Table 1: Changes obtained after the practice of American Football

Categories	Subcategories	Total Events
Integration (2)	Working Group (3) Friendship (4)	9
Behavior (3)	Liability (2) Quiet (1)	6
there were no changes (2)	___	2

At issue which refers to changes, four (4) responded that the fact of making new friends was the most important change in their lives.

Learning to work in groups was made by the interviewees (3) three times as important transformation in their lives after the practice of football as well as the behavioral aspect (3). Two (2) athletes responded that they stop going out in all the weekends since it began the practice football, as train these days and must be under suitable conditions.

Table 2: Expectations on the regular practice of American Football

Categories	Subcategories	Total Events
Success Sports (7)	Search for medals (5) Recognition of Sports (1) Deepening the sport (1)	14
Health (2)	Quality of life (1) Disposition (1) Aesthetics (1)	5
Pleasure (1)	Leisure (1) personal satisfaction (1)	3

The above questions were divided into four categories: sports Success, Pleasure, socializing and Health. Sporting success has been divided into three subcategories such as: Search for medals, deepening in the sport and recognition of the sport. The category defined as a search for medals was described as the most - five (5) times - by pointing interviewed about what they expect of American Football in the future. The athletes expect the team to be champion, which expresses the explicit desire of athletes from the team that is recognized in the state and national scene in American Football. The health was indicated by the athletes two (2) times the quality of life was pointed one (1) one time, only one (1) replied that athlete wants to maintain the aesthetics and one (1) athlete noted the provision as expectation on the practicing the sport.

The pleasure and subcategories leisure and personal satisfaction, have been singled out one (1) time each.

FINAL CONSIDERATIONS

The study aimed to identify and analyze the difficulties and adherence of women in American Football in Rio de Janeiro. According to data obtained in this study, it was concluded that the interviewees had the main difficulties for the American Football practice, the lack of incentives, sponsorship and the refusal by relatives and friends feel for the sport violent. Due to lack of information, dissemination and the historical buildings on the sexual roles played by men and women, especially in regard to sports, is a bias on the part of the population, considering the sport as violent. The adhesion was centered on changes achieved by athletes, such as sociability, pleasure and changes in behavior. The grip also is focused on expectations of athletes in relation to sport, especially the quest for medals, sports and deepening recognition in the sport and health. The sociability as a whole is an important factor for the athletes as the main reason its grip since being close friends and union offered by the team at the time of drills and games are significant reasons for the adherence of athletes to American Football.

This study has limitations as are few publications specific about this relatively new modality sports scene in Rio. It is suggested that further research be undertaken to enlarge the knowledge of professionals of Physical Education and reflect on ways to encourage female American Football in Brazil.

Key words: Women. American Football. Adhesion. Difficulty.

REFERÊNCIAS BIBLIOGRÁFICAS

BARDIN, L. **Análise de conteúdo.** Tradução de Luiz Antero Reto e Augusto Pinheiro, São Paulo, Edições 70,1997.

BORGES, C. N. F., LOPES, S. M., ALVES, C. A., ALVES, F. P. **Resiliência: Uma Possibilidade de Adesão e Permanência na Prática do Futebol Feminino.** Revista Movimento Porto Alegre, v.12, n.01, p.105-131, janeiro/abril de 2006.

DE MEUR, A., STAES. L. **Psicomotricidade: Educação e Reeducação**. Editora Manole, 1991.

RUBIO, K., SIMÕES, A. C. **A conquista do espaço esportivo pelas mulheres.** Revista Movimento Ano V Nº 11 1999/2.

SIMÕES, A .C., KNIJNIK, J. D., MACEDO, L. L. **O ser mulher no esporte de competição: a mulher e a busca dos limites no esporte de rendimento.** Revista Virtual EFArtigos Natal/RN volume 03 numero 05 julho 2005. Disponível em: http://efartigos.atspace.org/otemas/artigo53.html. Acesso em 30/10/2008 as 17:50h.

Rua General Rodrigues, 19/301 Rocha Rio de Janeiro/RJ Brasil. Cep: 20950-110
Telefone: (21) 22414889
anles.rj@gmail.com
sbeta@ibest.com.br
renatavv@superig.com.br

WOMEN IN AMERICAN FOOTBALL BEACH ON RIO DE JANEIRO

ABSTRACT

The objectives of the study were to identify and analyze the difficulties and adherence of women in American Football in Rio de Janeiro. The participation of women in sports scenario was considered an insult and could render punishment. In contemporary times, the woman runs for public spaces varied, including the predominantly male. In the female American Football is no different; the woman has been entering and breaking paradigms that justify social roles on the basis of biological differences. This research will contribute both to the studies in physical education from the perspective of gender, problematized and reflecting on the sports recognized historically as viris and thus associated with the male, and to enable visibility to sports and women that practice. The population was composed of ten (10) female athletes who engage in the American Football on the beaches of Rio de Janeiro. Because it is a qualitative research, we chose to work with data collected from the Content Analysis (Bardin, 1977). It was concluded that women practitioners of American Football have difficulties relating to lack of incentives, sponsorship and the refusal by relatives and friends consider the sport violent. The grip was so focused on benefits earned by athletes through practice, especially on issues concerning socialization, health, pleasure and changes in behavior, as in questions concerning the expectations of success in the sport.

Key words: Women. American Football. Adhesion.

FEMMES DANS L' AMERICAN FOOTBALL DE PLAGE Á RIO DE JANEIRO

RÉSUMÉ

Les objectifs de l'étude ont été identifiées et analysées les difficultés et le respect des femmes dans Football américain à Rio de Janeiro. La participation des femmes dans le sport scénario a été considéré comme une insulte et pourrait rendre la peine. Dans l'époque contemporaine, la femme court à des espaces publics variés, y compris la prédominance masculine. Dans le football américain féminin n'est pas différent, la femme a été l'entrée et à briser les paradigmes qui justifient les rôles sociaux sur la base de différences biologiques. Cette recherche contribuera à la fois pour les études en éducation physique de la perspective de genre, de problématiser et de réflexion sur les sports reconnus historiquement comme viris, et donc associés à l'Homme, et de permettre une visibilité aux sports et les femmes qui la pratique. La population était composée de dix (10) athlètes qui se livrent dans le football américain sur les plages de Rio de Janeiro. Comme il s'agit d'une recherche qualitative, nous avons choisi de travailler avec les données recueillies à partir du contenu Analysis (Bardin, 1977). Il a été conclu que les femmes médecins de football américain ont des difficultés relatives à l'absence de mesures d'incitation, le parrainage et le refus par les parents et les amis examiner le sport violent. La poignée est ainsi mis l'accent sur les avantages acquises par les athlètes par le biais de la pratique, en particulier sur les questions concernant socialization, de la santé, de plaisir et de changements de comportement, comme dans les questions concernant les attentes de succès dans le sport.

Mots-clés: Les femmes. American Football. Adhérence.

LA MUJER EN LA PLAYA DE AMÉRICA DE FÚTBOL EN RÍO DE JANEIRO

RESUMEN

Los objetivos del estudio se identifica y analiza las dificultades y la adhesión de la mujer en América de Fútbol en Río de Janeiro. La participación de la mujer en el deporte escenario se consideró un insulto y podría hacer que el castigo. En la época contemporánea, la mujer corre por los espacios públicos variados, incluida la predominantemente masculina. En la mujer de América de fútbol no es diferente, la mujer ha sido de entrar y romper los paradigmas justificar que los roles sociales sobre la base de diferencias biológicas. Esta investigación contribuirá a los estudios en materia de educación física desde la perspectiva de género, problematiza y reflexionar sobre los deportes reconocidos históricamente como viris y, por tanto, relacionados con el sexo masculino, y también para que la visibilidad a los deportes y las mujeres que la práctica. La población estaba compuesta de diez (10) mujeres atletas que participan en el fútbol americano en las playas de Río de Janeiro. Puesto que se trata de una investigación cualitativa, optamos por trabajar con datos recogidos desde el Análisis de contenido (Bardin, 1977). Se llegó a la conclusión de que las mujeres profesionales de fútbol americano tienen dificultades relativas a la falta de incentivos, el patrocinio y la negativa de los familiares y amigos consideran el deporte violento. La empuñadura era tan centrado en los beneficios obtenidos por los atletas a través de la práctica, sobre todo en cuestiones relativas a la socialización, la salud, el placer y los cambios en el comportamiento, como en las cuestiones relativas a las expectativas de éxito en el deporte.

Palabras clave: Las mujeres. América Fútbol. Adherencia.

MULHERES NO FUTEBOL AMERICANO DE PRAIA NO RIO DE JANEIRO

RESUMO

Os objetivos do estudo foram identificar e analisar as dificuldades e a aderência das mulheres no Futebol Americano no Rio de Janeiro. A participação da mulher no cenário esportivo era considerada um insulto e poderia render punições. Na contemporaneidade, a mulher circula por espaços públicos variados, inclusive os predominantemente masculinos. No Futebol Americano feminino não é diferente; a mulher vem se inserindo e quebrando paradigmas que justificam papéis sociais em função de diferenças biológicas. Esta pesquisa contribuirá tanto para os estudos em Educação Física, na perspectiva do gênero, problematizando e refletindo sobre as práticas esportivas reconhecidas historicamente como viris e, portanto, associadas ao masculino, quanto para possibilitar visibilidade ao esporte e às mulheres que o praticam. A população foi composta por 10 (dez) atletas mulheres que praticam o Futebol Americano nas praias do Rio de Janeiro. Por se tratar de uma pesquisa qualitativa, optou-se por trabalhar os dados coletados a partir da Análise de Conteúdo (Bardin, 1977). Concluiu-se que as mulheres praticantes do Futebol Americano possuem dificuldades referentes à falta de incentivo, patrocínio e recusa de parentes e amigos por considerarem o esporte violento. A aderência foi centrada tanto em benefícios obtidos pelas atletas através da prática, especialmente nas questões relativas a sociabilização, saúde, prazer e mudanças de comportamento, quanto nas questões referentes às expectativas de sucesso no esporte.

Palavras-chaves: Mulheres. Futebol Americano. Aderência.