113 - BRAZILIAN SOUTH REGION PROFESSIONAL SOCCER PSYCHOLOGISTS PROFILE

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INTRODUCTION

The Sport Psychology is being more and more recognized as a sports science (in the theoretical field) and as a useful tool for sports clubs (in the practical field). The human behavior study, Psychology responsibility, is both complex and important. The Sport Psychology was officially recognized by American Psychological Association (APA) as a Psychology specialty in 1986. It studies behaviors and situations in the very specific environment of sport and physical exercise, significantly changing many athletes and sport professionals lives. It is only natural that the psychological aspects are considered essential training components, responsible for important differentials in the high performance sports, mainly when, more and more, the physical, technical and tactical factors are evened among teams and athletes (WEINBERG; GOULD, 2001; SAMULSKI, 2002; DANTAS, 2003; RUBIO, 2004).

The professional soccer involves vast financial interests and occupies considerable media space. In Brazilian History, soccer has well-known associations with Sports Psychology since 1958, with João Carvalhaes in São Paulo F.C. and 1962, with Athayde Ribeiro da Silva in the Brazilian National Team that won the country's second World Cup in Chile. More recently, Regina Brandão work alongside Filipe Scolari was noticed when Brazil conquered its fifth World Cup in Japan/Korea 2002. (BRANDÃO, 2000; BECKER JR, 2000, OSTERMANN, 2002). However, as this study carried through in 2004 shows that the Brazilian south region first state soccer division psychologists seem not to be conquering their due space.

METHOD

The present study is a descriptive research that aims to collect a population opinions, attitudes and beliefs, characterizing itself for the "direct interrogation of the people whose behavior the researcher desires to know" (GIL, 2002, p.42; 50).

The population is composed by psychologists who work or had worked in this decade in the 46 clubs of professional soccer in the 2004 state championships first division of Paraná, Santa Catarina and Rio Grande do Sul. Sixteen (16) acting psychologists participated in the research. The sample choosing was intentional, aiming to interview the totality of the professionals in activity in the south region that year.

This research aimed to identify how many Brazilian south region first state division teams counted on sport psychologists and in which forms these professionals associated themselves to clubs. In order to do so, sports managers and psychologists from the 46 first state division clubs of Paraná, Santa Catarina and Rio Grande do Sul were interviewed. It was possible to contact 43 teams, confirming the presence of 20 acting psychologists, 18 women and two men, being that 16 of them have agreed to participating of this research.

DATA PRESENTATION AND DISCUSSION

Paraná was the state with most non-contacted teams (two: one graduated little more than one year ago and another one with professional experience between 5 and 10 years); it was also the state where we had most difficult access to soccer clubs sport psychologists, not reaching three of them, and the bigges number of non-returned questionnaires (three). Consequently, it has the minor number of participants in the present research (two). Paraná has more baptized or re-baptized soccer clubs according to the new legislation for club-company, where we find S/C ou S.A.. in the official nomenclature, replacing the traditional F.C. or C.A. It is the only state where it was found associations between teams and city halls so that athletes could enjoy of psychological preparation.

Santa Catarina was the state with lesser number of participants in the first division of the South Region soccer (12). Still, it was impossible to keep contact with one of the teams. Its clubs presented the biggest level of recently graduated professionals hired by clubs (4), generally after academic training period in its teams. One of the smaller clubs even had two psychologists acting among its athletes. The state still counted with a professional psychologist with 1 to 5 years experience.

Rio Grande do Sul was the state with the biggest number of teams in the first division soccer (18), the only one where it was possible to make contact with 100% of the clubs and it counts with the biggest number of participants in the present research: nine psychologists, two graduated between 1 to 5 years prior contact and seven with experience superior to 10 years. Rio Grande also had the biggest number of clubs associated to universities so that athletes can count on psychological support, and the only one where sport psychologists also worked in police stations (two cases).

Table 1 presents the teams that do not possess psychologists integrating its coaching commissions, as well as teams that was impossible to establish contact with. Clubs that do not possess regular psychological attendance and/or sporadic interventions have not been taken into account. This decision is based on Samulski (2002): "The necessary psychological training, to be considered as an element of the daily training of the athlete and the technician, (...)must be carried through with permanent evaluation and observing to better control its processes and effect " (p.13).

Table 1: Teams that had not regularly counted on sports psychologists in 2004.

Reasons / States	No Contact	"But we will have one!"	"It's too expensive"	Sporadic Intervention	"We don't need one"	"Nobody asked for one"	TOTAL
Paraná	2	2	4	1			9
Santa Catarina	1		5	2			8
Rio Grande do Sul		2	6		1	1	10
TOTAL	3	4	15	3	1	1	27

It is important to remark the great amount of clubs that had alleged financial reasons as the main motive not to hire a psychologist in the coaching commission (15), expressing its dissatisfaction through phrases as "It is very expensive" or "It is all the soccer federation fault. If it did not charge such expensive transference taxes, people would hire psychologists. The teams really need one!". A soccer supervisor from a small Paraná club informed that, there, "we don't have a culture of hiring psychologists. If think it is an important issue, but the players find it odd. Then, in the start of a championship or when things aren't going so well, we call a psychologist, priest or shepherd ". This mentality does not limit itself to the athletes. A soccer director from a Rio Grande small club affirmed that his team did not have a psychologist because "it does not need". Perhaps, but the most curious situation involved one of the four gauchos semi-finalists in 2004, whose team does hire a Sports Psychology professional simply because "the coaching commission did not ask for one".

BIOGRAFIAS

From now on, we present the qualitative data of this research, with brief biographical descriptions about our participants. To keep the anonymity, their names have been replaced by silver medal winners in the Brazilian female soccer team in the 2004 Athens Olympics.

Mônica, psychologist from Paraná, works in a team of national expression during the 2004 state championship. At the research end, Mônica was not more in the club, having been replaced for another professional. She participated in the pilot study of the present research alongside two other sports psychologists.

Juliana, graduated between one and five years before our interview. She works in a teams from the Paraná countryside. Of the interviewed professionals, she is the only one to use yoga techniques minimize the athletes' negative aggressiveness. As for violence, she reccurs to the players' individual treatment, as a way to contain attitude before aggressive stimulatons. When adverse results happen, she tries to show her athletes that the group should share responsibility for the bad performance, “preventing solitary culprits from appearing”. She believes that the possibility of serious punishment for aggressive athletes is only 50% of the solution: “The less inadequate the punishment, more recurring the aggressive behaviors are”.

Maycon, from Santa Catarina, as Mônica, also participated of the pilot projetc of this research, and collaborated suggesting specialized bibliography and helping understand Psychoogy technical terms. With her aid, we got in touch with Kelly, another participant of her state. Maycon has been working for five years in one of most known soccer clubs of her state, since before if graduating, helping the professional soccer player and the younger categories. Graduated between 1 and 5 years before the interview, this psychologist already possesses master degree and employs dialogued expositions, lectures and visualization techniques to minimize her athletes aggressiveness. According to her, they commit more acts of spontaneous aggression due to anxiety and adrenalin rise. Currently, Maycon is also involved in the foundation of a interdisciplinary sports group.

Formiga and Pretinha had concluded their obligatory internship period in one of four semi-finalists of the 2004 Santa Catarina Soccer Championship. Graduated in August 2004, the two had participated of the project-pilot of this research, but they had not time enough to answer the questionnaire. Recently-graduated, they fully agree to the social learning theory explanations referring to the human aggressiveness. They received distinct questionnaires and diverge in some questions.

Kelly is also recently-graduated, and works with the younger categories of a national expression in Santa Catarina.

Rosana is also recently graduated and has founded a sports interdisciplinary group in her city, studying different sports teams. She specialized in Sport Psychology in São Paulo and, currently, it is writing the chapter of a book on the subject. Recently, she was hired by a top club of her state, where she applies cognitive development techniques among her athletes. She likes to work in partnership with the teams coaches and emphasizes the importance of the coaching commission language with soccer players.

Grazielle graduated more than ten years before the research She works in one of the most well-succeeded teams of the country. To reduce athletes' aggressiveness, she employs individual interviews and group visualization techniques. She believes that soccer has more instrumental aggression than affective aggression, therefore the high performance sport leads to tension for results: “Many athletes feel themselves pressured by the club managers, coaches and performance in championships, and they do not know how to deal with this. Even the most calm athlete presents alterations in this context ".

Renê, also collaborated in this research inception, being responsible for supplying contacts with Grazielle, Simone and Roseli. Graduated since 2002, he has already obtained a master degree and has moved away from the Soccer, working with Clinical Psychology in Porto Alegre city. In recent past, he worked with the younger teams from Grazielle's club. He used to employ relaxation and visualization techniques to counter the teams' aggressiveness, and he believes that a player with impulsive characteristics, instead of replying to the adversary, must concentrate his energy to kick the ball with strenght - “Result: goal!”.

Elaine very was well recommended her soccer club manager, in a city close to Porto Alegre. She graduated ten years before the research, and today also works in a police station. She affirms that aggressiveness was not a characteristic of her soccer group, and that the team coach and management used to talk to everybody that exceeded their behavior. Among the causes for aggressive incidents in her teams, she mentions group relationship problems.

Marta also graduated more ten years before the interview. She is psychologist of the younger categories of a gaúcho team that has already lived great moments of glory in the national scenario. Very interested in the results of this research, she believes that good part of the aggressiveness in the soccer field is instrumental, therefore athletes tend to take advantage of every possibility in a match - legal or not.

Cristiane is also from the Rio Grande do Sul countryside and graduated almost five years prior to this research. She believes that the well socially related player, who feels part of the group, has better conditions of sharing feelings and using collective strategies, not individual ones. According to her, the aggressiveness found in her club originates in the personality and the athletes' personal upbringing, and that its release depends very much on the orientation technique. In her opinion, “containing aggressiveness doesn't seem a good idea to me. It is much more productive to accept the proper aggressiveness and to canalize it in a adequate way. Aggressiveness is an essential energy for a player, therefore it enables it with initiative spirit, courage and persistence. “The contained aggressiveness tends to accumulate itself in the individual, externalizing itself, normally in inadequate forms”.

Glydiston graduated more than ten years before the interview. Aside from acting in a Rio Grande countryside team, he works in a police station. He believes that the family distance confuses his soccer club players, most of them young. When some of them receives a yellow or red card, he takes care of the problem individually, trying to understand the interviewed athlete, a “most adequate technique for a small club”.

The vice-president of another small club in the Rio Grande do Sul countryside praised Renata's work: “very professional”. She graduated more than ten years before this research. As soon as contacted, she made very clear: “I am not a sport psychologist. I am a clinical one, but club managers know me and asked for help". She detailed her work in two pages - she basically follows the same line of the other psychologists in this research: as soon as the soccer club management displays the team goals, Renata promotes a group dynamic working the athletes' integration, motivation and social cohesion. She clarifies some aspects “about being a soccer player in a 18.000 inhabitants city. Our people is proud to have a soccer team in the first division". Players are so valued that they visit APAE and give lectures in the city schools. According to this psychologist, “with this enthusiasm, the affection predominates and the violence diminishes”.

It was possible to contact Roseli thanks to Renê's aid. She graduated more than ten years before the present study. She is a Psychology doctor and teaches in a great Porto Alegre university. Roseli recently worked with Simone in a team of a city to Porto Alegre. She is glad that her team had a surprising good performance in a Brazilian Cup. As for the aggressiveness, her proposal was to examine with each athlete the lived situation and to try to search solutions alongside a colleague player. She affirms that, in very severe aggressiveness cases, she directed players for psychological attendance outside the soccer club.

Also graduated more than ten years ago, Simone obtained her master degree in 2003 and, generally, examines aggressiveness cases collectively and individually with her athletes, looking to deplete possibilities to prevent a new occurrence in a next match. She and Roseli use to give courses and lectures in scientific events of the Physical Education and Psychology areas and, since 2005, she teaches one discipline as guest teacher in a specialization course.

CONCLUSIONS

Notice that, among sports managers, there is a certain unfamiliarity about the sport psychologists works and possibilities, adopting itself professional resources little as, for example, to request the presence of priests and shepherds in the pre-matches

speeches when the team if finds in situation difficult in the competition - or same it is requested presence of psychologists, but for rare, sporadic interventions, going of meeting to the recommendation of that the work of the Psychology of the Sport must be implemented longitudinally, in the long run, so that it occasions efeito.

It is also noticed the smaller soccer clubs' (generally in the three states countryside) difficulty in keeping coaching commissions with a minimum number of qualified professionals. However, the present study also discloses solutions that may help modest income entities with counting on the psychological intervention among their players: special associations with local universities and city halls.

It is suggested that researchers carry through new surveys to verify if, four years later, the clubs situation continues the same as for sports psychologists day-to-day.

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ABSTRACT:

The present study aimed to identify and to quantitatively and qualitatively describe the Brazilian south region first state division professional soccer psychologists. Sixteen (16) acting sports psychologists in Paraná, Santa Catarina and Rio Grande do Sul participated, being interviewed about their clubs professional ties, graduation time and opinions on soccer aggressiveness. There were 4 recently graduated, 4 graduated between one and 5 years, one with 5 to 10 years experience, and 7 graduated more than 10 years before the interview. Of the 16, three were university associated, two had ties with the local city halls and 11 were club employees. It was possible to notice that a considerable number of the sports managers is unaware of the psychologist intervention possibilities working with soccer teams. Refering to the small clubs economic limitations, it was possible to notice that university or city hall association may be a viable solution in order to have a sports psychologist on the team.

KEYWORDS: Sports Psychology; soccer, professional profile

PROFIL DES PSYCHOLOGUES DU FOOTBALL PROFESSIONEL DE LA RÉGION SUD BRÉSILIENNE.

RESUMÉ:

La présente étude visant d'identifier et décrire quantitativement et qualitativement les psychologues professionnels du football de la première division du sud brésilienne. Seize (16) psychologues de sports dans Paraná, Santa Catarina et Rio Grande font Sul ont participé, étant interviewé au sujet de leurs associations avec les clubs, temps de repére et avis professionnels sur l'agressivité dans le football. Il y avait de 4 récemment reçus un diplôme, 4 reçus le diplôme entre un et 5 ans, un avec 5 à 10 ans d'expérience, et 7 ont reçu leur diplôme plus de 10 ans avant l'entrevue. Des 16 participants, trois étaient associée avec universitées, deux ont eu des associations avec les préfectures locaux et 11 étaient des employés du club. Il était possible de noter qu'un nombre considérable des directeurs de sports est ignorant des possibilités d'intervention de psychologue dans l'équipes du football. En référence aux limitations économiques des petits clubs, il était possible de noter que l'association avec les universités ou les préfectures peut être une solution viable afin d'avoir un psychologue de sports sur l'équipe.

MOTS-CLÉS: Psychologie du Sport; football; profil professionel

PERFIL PROFESIONAL DE LOS PSICÓLOGOS DEL FÚTBOL DE LA REGIÓN SUR BRASILEÑA

RESUMEN:

El presente estudio apuntó identificar y describir a cuantitativo y cualitativo a los psicólogos profesionales del fútbol de la primera división de la región sur brasileña. Dieciséis (16) psicólogos de los deportes en Paraná, Santa Catarina y Río Grande do Sul participaron, siendo entrevistados sobre sus lazos con los clubes, tiempo de la graduación y opiniones profesionales sobre l'agresividad del fútbol. Había 4 graduados recientemente, 4 graduados entre uno y 5 años, uno con 5 a 10 años de experiencia, y 7 graduaron más de 10 años antes de la entrevista. De los 16, tres eran asociados a universidades, dos tenían lazos con los pasillos locales y 11 eran empleados del club. Era posible notar que un número considerable de los dirigentes de fútbol es inconsciente de las posibilidades de la intervención del psicólogo que trabajan con los equipos. Refiriendo a las limitaciones económicas de los clubes pequeños, fue posible notar que la asociación con el pasillo o la universidad locales puede ser una solución viable para tener un psicólogo de los deportes en el equipo.

PALABRAS-CLAVES: Psicología del Deporte; fútbol, perfil professional

PERFIL DOS PSICÓLOGOS DO FUTEBOL PROFISSIONAL DA REGIÃO SUL

RESUMO:

O presente estudo objetivou identificar e descrever quantitativa e qualitativamente os psicólogos do futebol profissional das primeiras divisões estaduais da região sul do Brasil. Participaram 16 psicólogos do esporte atuantes no Paraná, Santa Catarina e Rio Grande do Sul, sendo entrevistados quanto à sua associação com os clubes, tempo de formação e opiniões sobre a agressividade no futebol. Encontrou-se 4 recém-formados, 4 formados há mais de um e menos de 5 anos, um com experiência entre 5 e 10 anos, e 7 formados há mais de 10 anos. Dos 16, três participavam por convênio com universidades, dois por convênio com prefeituras e 11 trabalhavam diretamente no clube. Notou-se que uma parcela considerável dos dirigentes desconhece as possibilidades de atuação do psicólogo do esporte junto a equipes de futebol, sendo que os convênios observados podem apontar a saída para as limitações econômicas dos clubes do interior dos 3 estados.

PALAVRAS-CHAVE: Psicologia do Esporte; futebol; perfil profissional.