96 - A REFLECTION CONCERNING MATURE DEVELOPMENT OF PSYCOSOCIAL NATURE OF PRACTICING ADOLESCENT ATHLETES OF RHYTHMIC GYMNASTICS

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Introduction

Sport is a manifestation that exerts substantial influences in society nowadays. Its capacity to provoke emotions exceeds limits, between practitioners, spectators, irelatives and sporting commissions involved in the process. The rhythmic gymnastics is a sportive activity characterized by the plasticity of the corporal movements and by the challenges that the manual devices provides, along with the personal possibility to exceed, the modality attracts gradually more practitiones among adolescent girls.

The adolescence is a phase that shows a process of great changes in different scopes, such changes are considered essential for the Human development, in this phase and on posterior phases.

Necessarily, competitive practise of rhythmic gymnastics imposes a high level of efficiency in performance of motor activities. To reach the requirements in the high level of performance, the gymnasts dedicate many hours on training and inherent activities of the modality, what might somehow move them away from the reality of the surrounding world. Sendo assim, há a possibilidade de prejudicar o desenvolvimento maturacional de natureza psicossocial das atletas. So, there is the possibility of causing harms to the mature development of phycological nature of the atletes.

The present article was based on the research in conclusion phase, as partial require, for attainment of the heading of Master in Science of the Motricidade Human being, in the Castello Branco University. The methodology used was first and the second stages, of the fenomenological method proposed by the germany philosopher, Edmund Husserl (1859 -1938). In the third and last stage substitute for the thought of Miguel Reale (2005) that it makes possible a strategy of operation in the description-axiológica reflection and dialectic.

The boarding considers a reflection concerning the aspects that involves the life and the world of practicing adolescent athletes of rhythmic gymnastics, in Plinio Leite in Niterói achool and thus, discovering solutions that minimize the observed problem.

Development

Of the begning of the evolution of the Man[1], according to Ramos (1982), the practical of physical activity played different roles. In pre-history in the fight for surviving with utilitarian practise and sacred rituals. In the antiquity, the asian peoples, etruscans, egyptians and mesopotâmian, they are with seated thought and action in the philosophy, in the moral and the religion, to cultivate the agility, the force and the resistance essential qualities for the combats or practical recreativas, they were exercised regularly.

Is the classic period of the civilization occidental person is important to consider the greek and the roman civilization. The physical exercise was one of the foundations of the greek culture. Platão (429-347.C.) affirmed that gymnastics joined the cares whit the body to the perfectioning of the raised honest and just thought. Influence of the etruscans and the greek people, the physical activities in the roman age in a period only aimed the military preparation, later it accented the warlike predominance. From Greece, they had been removed hygienical and sporting, practise the time of the Empire, they had kept practise and little by little the abandon completely, execepted by circus shows and blood.

In the midle ages the physical exercises by a time weakened by decay of the romans, they had lost plus its importance. To the end of the medieval times, the transistion of the modern age gradually appeared the fusing of the greco-roman civilization and the christianity. Inspired the greek and roman civilization whom knowing directed toward a bigger knowledge valued by and a culture capable to develop the potentialities of the Human being condition appear, in Europe during the Renaissance the Humanism (HOUAISS, 2001), that conciliates the moral, intellectual and physical education.

So great it was the largeness of the Olimpics Games of Old Greece, that, they provided truce among the States in war. A winning athlete was considered almost a god. Homero, first greek cronicle writer: "He is always distinguished and above all fist excessively." (RAMOS, 1982). It fits here to stand out the meaning of the great champion and even of the practitioner of a competitive modality.

With trends directed toward the study of Letters, History, Philosophy, Pedagog and satureted by the greek culture, the Frenchman Pierre de Fredy, Baron ofw Cobertin was the responsible by in 1894 she was accepted the proposal of recriated the Olímpics Games of the Modern age. Was accepted the Olimpíacs Games represents the biggest sportive event of the humanity, with enormous interest of the media in spreading it in the mass culture. In this wave, other esportivos are also expose and arrive in far way residences swoing sport's heroes and awaring interst in the practise several modalities.

The sports involves a gamma of feelings, capable to exert determinative influence in the life of The who practises it. This allure leads to the valuation and devotion sometimes almost exclusive the competitive demands. It fits here to stand out that the sportive activity with competitive objectives makes possible to bring benefits for the participant, but, it is important to consider the possible damages responsibly.

The rhythmic gymnastics has its roots in the modern gymnastics in the midle of the century XIX, in the Central Europe. It was developed simultaneously with the evolution of the artistic movement. (CRAUSE, 1985). This practise was influenced by different peoples, trends and received contribution from at least four chains: dance, scenic art, music and pedagog. Thus originating the rhythmic gymnastics as natural expression of the total man.

After its sprouting, the modality evolved considerably until the present time in, to the degree of difficulty of the demanded movements. We can define it as: a competitive sport, that it uses manual devices of small transport (rope, arc, ball, massues and ribbon), with individual tests and set tests. In practise, the participants present logical sequences of movements in perfect harmony with instrumental musics, in a delimited space. Their performances are estimated an arbitration board, with rigorous criteria established in a punctuation code, elaborated for the International Federacy of Gymnastics. It only participates of official competitions female rhythmic gymnastics.

On presenting a series of rhythmic gymnastics in official competitions, a gymnast must present precision in the corporal movements and the control of the devices. It's the essencial development of physical qualities suchs flexibility, motor coordination, balance, force, agility, rhythm and resistance. A sequence presented in varied form, dynamics, iprecise and with

great degree of difficulty will reach, better results. The minimum imprecision results in removing punctuation by the arbitration. Beyond the severity a gymnast must present itself with elegance, plasticity in the movements and corporal and face expression, everything harmonized with different musical styles.

Aparently was boarded here could move the gymnasts away from practisig it, but, its complexity makes the sports so fascinating and e, gradually it involves each of the practitioners leading them it to defy its requirements.

After clarifing the severity of the gymnastics competitions, it remains to clarify, as the training occurs. The routine of gymnasts in the youthful category between 12 and 15 years old and adult from the 16 ,normally is of four daily hours in six meetings week. In these categories the series must present greater difficulty degree, therefore, this load of work is essential.

Considering the hours of pertaining to school lessons, the time between feeding, transfer for college, house, place of trainings and the return for residence again. Little time surplus for studies and leisure. The social life of these girls is limited to the school and team of training. This reality implies in an exales that exalta well-taken care in feeding, and the body and discipline in the fulfilment of tasks. The boarded aspects are beneficial for the adolescent. What it worries is "redoma of glass" of this circumstance. According to this concern Papalia, Olds and Feldmam affirm:

The adolescence is a time of chances and risks. The adolescents are in the threshold of the love, of the professional life and the participation in the adult society. But the adolescence also is a time where some young behaves iways that exclude options and limit possibilities. Today, the research concentrates each time more to help young whose environments are not the best ones to prevent dangers perigos that can avoidthem carry through its potential. (2006).

Carried through researches had resulted in excellent briefings concerning the human development. In the adolescence an abrupt change in the physical appearance in visible and also invisible form occurs. (PIGOZZI, 2002). In the girls with sexual hormones produced by the ováries, the body gains a new aspect, with widening of the hips, sprouting of hair, increase of the breats and of the extremities as: nose, feet hands and legs. In function of a disproportionate growth of the heart the arteries, the sanguineous pressure suffers increase. In this occurs, first menstruation. The hormonal torrent also intervenes with the behavior, in the emocionalidade, sexual alternation of mood and in the aiming of the energy and sexual necessities. (PAPALIA, OLDS AND FELDMAM, 2006).

For the theoretician Robert Havighust the development "[…] is the process of learning throughout the way of the life of the individual." (GALLAHUE and OZMUN, 2005). For Havighust the successful development is concomitant with the domain several tasks. Gradually the Man finds new social requirements. For him the significant delay has as consequence the misfortune and great difficulty with future tasks.

The author considers that period of the adolescence 13 to the 18 years olds, being able to present flexibility, related to the chronological age, in the incorporation of the tasks. Therefore, in the end of the adolescence probably, it must be reached mature relations with both the sexes. Since the rhythmic gymnastics is only practised by girls, the probability of contact with the same sex much bigger. The competition team, or better, adolescents who have started the practical of this sport they are children, or better, with the same reality, it constitutes the main group which these girls are related to may cause demages in the. What the relationships with people of the opposite sex exactly in this probable phase of preparation for the marriage and the familiar life.

Socially the athletes are admired by their facts, mainly inside of the sportiv context. Other scopes can suffer damages, for example, the to school income, in detriment the valuation of the physical activities. Moved by the context which they are inserted, many gymnasts aim to follow the career of technician of the modality. However, one very good competitor does not guarantee success in the performance of professor (permitted) or technician (bachelor) of the area of physical education, and, it is very probable to occur such influence, exactly in this phase of preparation for a economic career. Such trend could be or not the best professional choice, but, the limited and tendencious universe reduces possibilities of choice.

The considered author Erik Erikson (1998), a developed, a theory of psycossocial nature, has pointed as main task of the adolescent, to collate with the crisis of identity versus confusion of identity. Based in its proper history, therefore, he rised in German, by Danish mother and Jewish adoptive father, he felt confused when he had that to redefine its identity when he wents was for the United States as immigrant. Although exausting training extenuantes, to recognize the proper limits, to face losses, victories and maintenance of the conquest, the athlete of rhythmic gymnastics passes from infancy to adolescence with the identity of being gymnast. This means that, the reality of a life is not only this.

The danger of the confusion of identity is the delay of the conquest of the psychological maturity. Independent of the delay or not of this conquest, taking of decisions does will be socially demanded, what will possibly cause mistaken choices if the maturity does not present adequately with the lived phase. Probably at seventeen, eighteen years old the adolescent are being prepared to get in university. At the beginning of the third year of average education, he prepares itself for the tests specifies, therefore, it will be necessary to define the area of the elect profession.

The adult age probably will be full by events as: partner choice, being with friends, beginning of a family and an occupation.

Erikson presents three important questions: choice of an occupation, adoption of values and a sexual identity. For the author, in his search of the formation of a proper identity, the adolescent shows intolerances with the differences, impulsiveneness, non-reflected actions until serious negative consequences.

Although this period of crisis difficulties, the questioning and exploration of possible choices are determinative for the future. The transistion between infancy and the adult age, call for Piaget (1896-1980) period of training of formal operations the adolescent graduallly becomes capable to present the hypothetical-deductive reasoning. The capacity to abstract propitiates to formulate and to test hypotheses and to construct proper social values (PALANGANA, 2001). Therefore, to limit, to reduce choices and to act authoritarianly, despite apparently increases the relationship between the parts, underestimate an important potential and will possibly disable "higher flights".

The adult age will probably be full by events as: partner choice, being with friends, beginning of a family and an occupation. The Spanish philosopher Ortega y Gasset (1883-1955), comments: "The man relieves the maximum of his capacity when he acquires full conscience his circumstance." (1947). How to prepare technically the gymnasts without forsaking them of the happening of the life? The podium conquested is a very great joy, after a hardwork. But the responsibility of the technician does not finish there, it must be capable also to contribute positively with the general formation of the athlete.

The axiollogy or theory of the values allowed to identify the lacks of different natures. Segundo Beresford (2004):

We understand a phenomenon or axiologically when we inquire on the causes and variations of direction, of meaning as structural quality, that is, when we search the immediate and mediate necessary nexuses of antecedence, of consequence, of capable interdependence and purpose able to brings us of in them bringing clarifications, radicals, on the due or correct identification for the positive fulfilling of the lacks, privations or gaps, or on the values structure of the factsphenomena or of investigated objects of study ("illuminating" the problem or the main lack that involves the motor being of the Humam beings and

its behaviors), it wants either in the fhenomenic or fhenomenological dimension of the same ones.

Thus, in a scale of values, the main lack was: the difficulty that adolescent athletes with the age understood between 12 and 16 years, practitioner of rhythmic gymnastics finds in presenting maturity of psycosocial nature, adjusted in function, mainly, because they dedicate almost with exclusiveness due to the requirements that a training of high performance imposes.

The identification of the main lack and other lacks is in the fhenomenical dimension, or better, biofhisics, they make possible to extend the understanding of the cited beings.Knowing of the lacks allowed the author to presente motor behaviors, capable of at least in part filling them positively.

The gymnastics team fulfills an annual calendar of official competitions promoted by the Federacy of Gymnastics of the State of Rio De Janeiro and Brazilian Confederation of Gymnastics. These events happen inside and outside of the State. During the year the gymnasts of the categories youthful and adult participate on average of five events of bigger importance. Other events with different objectives as: pantries, paties, commemorations and presentations, part of the routine.

Elaboration of the series, the specific development specific technician, repetitions conscientious of movements with the intention to reach precision and security in the competition, these are some of the itens considered in the exploitation of the training time.

Some strategies had been added to the training with the intention to minimize the main lack. The thought of the French philosopher Merleau-Ponty (1909-1961) concerning the body: "[...] is a vehicle to be in the world." The conscience of the world occurs "[…] by means of my body". (1999). By then the challenge is presented: this body that enchants, that provokes emotions when presenting in public, it is the same that transforms. But it is necessary to perceive the world, to pay attencion to the social, cultural and ambient challenges.

An important tool is to provoke, to stimulate and to make possible the dialogue contemplating subjects as professions, politics, affective relationships, sexuality, etc. Together with this position, collections of toys had been programmed later and visits the orphanages for delivery of those and the asylums, with intention to live deeply different realities.

Another strategy was the elaboration of a choreography wicth focusin the problem related to the improper consumption, pollution and wastefulness of water in the world.

Conclusion

Concluded that, the brainstorming, for the presented problem leads to new possibilities and proposals, also crested by practitioners. Such chances, probably including dialogue possibilities, they will not be wasted, since, author intants to exploreof the diverse situations for of awaking the conscience, of each practitioner of its potential of transformation and responsible participation in the world.

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A REFLECTION CONCERNING MATURE DEVELOPMENT OF PSYCOSOCIAL NATURE OF PRACTICING ADOLESCENT ATHLETES OF RHYTHMIC GYMNASTICS

Abstract

The Rhythmic Gymnastics is one of the sports that are mixed with beautiful arts, in terms of movements, by means of questions of aesthetic nature, for the plasticity, the corporal expression, the narrow harmony with music and movement and for the stimulants challenges presented by the rope, arc, ball, maces and ribbon. The adolescence presents excellent visible and invisible alterations, it is, an important phase of transistion between infancy and the adult age, so considered by diverse authors. Fascinated by the rgour, degree of difficulty and precision of the movements demanded in the competitions, athletes of this esportiva modality of sport and dedicate almost exclusively to its practise, which may harm the development. It fits here to stand out that this a sporting activity with competitive objectives brings benefits to the participant, but, it is also important to consider the possible damages responsibly. Based in the fhenomenological method and operations in the reflection description-axiológic reflection and dialectic, what was intended in this study was to lead through a reflection on the difficulty on presenting a matur development of adjusted psychosocial nature in the age understood between 12 and 16 years, in practicing adolescent athletes of rhythmic gymnastics, and thus, discovering solutions that minimize the observed problem.

Key words: adolescence, maturity and psycossocial development.

UNE RÉFLEXION CONCERNANT LE DÉVELOPPEMENT MATURACIONAL DE NATURE PSICOSSOCIAL D'ATHLÈTES ADOLESCENTS PRATIQUANTS DE GYMNASTIQUE RYTHMIQUE

Résumé

la Gymnastique Rythmique est un des sports qui se confondent avec de beaux arts, dans des termes interprétatifs des mouvements, au moyen de questions de nature esthétique, par la plasticité, l'expression corporelle, l'étroite harmonie avec musique et le mouvement et par les stimulants défis présenté par la corde, arc, boule, massues et ruban. L'adolescence présente d'importantes modifications visibles et invisibles, et, est considérée par de divers auteurs une importante phase de transition entre l'enfance et l'âge adulte. Fascinées par la sévérité, degré de difficulté et précision des mouvements exigés dans les concurrences, des athlètes de cette modalité esportif valorisent et ils se consacrent presque qu'exclusivement à sa pratique, ça peut derrranger le développement. Il contient ici rejaillir que l'activité esportf avec des objectifs concurrentiels rend possible apporter bénéfices pour le participant, mais, il est important de considérer responsablement les possibles préjudices. Basé sur la méthode fenomenológique et operacionalization dans la réflexion historicque-axiológicque et dialectique, ce que s'est prétendu dans cette étude a été réaliser une réflexion environ difficulté de présenter un développement de la maturité de nature psicossocial appropriée dans l'âge compris entre 12 et 16 ans, dans des athlètes adolescents pratiquants de gymnastique rythmique, et ainsi, rendre propice des solutions qui miniamisent les problèmes observés.

Mots clés : adolescence, maturité et développement psicossocial.

UNA REFLEXIÓN REFERENTE AL DESARROLLO MATURACIONAL DE LA NATURALEZA PSICOSSOCIAL DEI PRACTICA DEPORTISTAS ADOLESCENTES DE LA GIMNASIA RÍTMICA

Resumen

la gimnasia rítmica es uno de los deportes que si confunde con las bellas artes, en términos de los interpretativos de los movimientos y por medio de questiones de naturaleza estético, para la plasticidad, la expresión corporal, la estrecha armonía con musica y el movimiento y por los desafíos presentados por la cuerda, aro, pelota, clavas y cinta. La adolescencia presenta alteraciones visibles e invisibles y es considerado por muchos autores como una importante fase de cambios entre la niñez y la edad adulta. Fascinadas por el rigor, el grado de dificultad y precisión de los movimientos exigidos en las competiciones las deportistas en esta modalidad valoran y se dedican casi que exclusivamente a su práctica, lo que puede a dañar el desarrollo. Cabe aqui presentear que la actividad deportiva con los objetivos competitivos trae beneficios para aquellosque participan pero, lo importante es considerar responsablemente los posibles perjuicios. Basado en el método y el fenomenológico y operacionalização en la reflexión historico-axiológica y dialéctica, lo quese pretendió en este estudo fue reaizar una reflexión hacia la dificultad de prensentar un desarrollo maturacional de la naturaleza psicossocial adecuaado a la edadd entre 12 y 16 años, en los deportistas adolescentes practicantes de la gimnasia rítmica, y así, posibilitar soluciones para que reducir el problema observado.

Palabras claves: adolescencia,

UMA REFLEXÃO ACERCA DO DESENVOLVIMENTO MATURACIONAL DE NATUREZA PSICOSSOCIAL DE ATLETAS ADOLESCENTES PRATICANTES DE GINÁSTICA RITMICA

Resumo

A Ginástica Rítmica é um dos esportes que se confunde com belas artes, em termos interpretativos dos movimentos, por meio de questões de natureza estética, pela plasticidade, a expressão corporal, a estreita harmonia com música e movimento e pelos estimulantes desafios apresentado pela corda, arco, bola, maças e fita. A adolescência apresenta relevantes alterações visíveis e invisíveis, e, é considerada por diversos autores uma importante fase de transição entre a infância e a idade adulta. Fascinadas pelo rigor, grau de dificuldade e precisão dos movimentos exigidos nas competições, atletas desta modalidade esportiva valorizam e se dedicam quase que exclusivamente à sua prática, o que pode vir a prejudicar o desenvolvimento. Cabe aqui ressaltar que a atividade esportiva com objetivos competitivos possibilita trazer benefícios para o participante, mas, é importante considerar responsavelmente os possíveis prejuízos. Baseado no método fenomenológico e operacionalização na reflexão histórico-axiológica e dialética, o que se pretendeu neste estudo foi realizar uma reflexão acerca dificuldade de apresentar um desenvolvimento maturacional de natureza psicossocial adequado na idade compreendida entre 12 e 16 anos, em atletas adolescentes praticantes de ginástica rítmica, e assim, propiciar soluções que minimizem o problema observado.

Palavras chaves: adolescência, maturidade e desenvolvimento psicossocial.