67 - THE MEANING OFCOMPETITION IN THE VOICE OF ELDERS IN MASTER SWIMMING. A STUDY ON A VIEW OF A GENDER.

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Introduction.

In our society the elder are still marked because they have an identity with many negative aspects. Among them are weakness, fragility, dependency, disability, impossibility, etc.

Old age is seen with concern. Many people since their youth are afraid of this stage in life. The difficulty to face old age might be the same as to think of the future; to be conscious of time and of ones own existence. For Monteiro(2003) the human being gets older in ones own time. An internal time SUBJETIVO, that belongs to each one. Time is not an enemy, but a totality, existence, possibility of achievements.

Old age is marked by big transformation occurred by a biological that follow with changes of individual character and social-cultural and the importance of the social function of the elder becomes inexpressive. With this thought we use the words of Beauvoir (1990) where it is affirmed that old aged is the result and extension of a process. It's not only one process, but many. Although they are different processes, they all have a decline characteristics generally physical, with social and psychological alternation. In the author's opinion, age changes our relationship with time. Along the years, our future shrinks and at the same time our past becomes heavier.

Human beings are multidimensional, living a complex net of relationships with everything and everybody, and old age can not be summarized in only one way down, but should e seen as a continuous process of transformation that passes the physical, biological and psychological phenomenon, social and cultural interdependent. There are many social and emotional problems that come from old age; as for the psychological problems when the elder feel separated of the society. Some typical behavior starts to appear. These behaviors are sometimes called “mania” obsession that are consequence of inferiority feeling and less value adding up to low self esteem. According to Paiva (2001,p.5), “Self esteem is the result between identification / identity in a group, that is, the more the individuals are integrated to the world around them, fulfilling needs, they try to improve their life quality”.

We think it is important to point out that self esteem can be directly linked to social relations between sexes. The domination of the male gender in which a detriment happens with the inclusion of the female gender. This creates a unequal social relation. This contact occurs in a different way in society, according to different models and ideals of genders. According to Scott (1995), gender is a building element of social relations based on differences between sexes, being a primary form of power. The author refers as a term used to indicate “cultural construction, an entire social creation of ideas in rolls of men and women”.

Scott, Louro (1995) and Romero (2005); consider gender as social and historical construction male and female. In this study focussed in elders, this influence is shown with grater power. As they live a historical construction process with the youth nowadays. The elder today grow. The sexual social rolls were more defined in the past. This way, to be a men or to be a women means to assume a strong position in a established society according to the biological sex.

The female sex was to assume the condition of only accepting responsibilities of double shifts, being a mother and a professional, not allowing the engagement of any sport activity. With these rules it became hard, not to say impossible, to practice physical activities. On the other hand, the social rules were, dominating, aggressive and active for men. From them were expected the responsibility of providing material need for the family and avoiding to show any kind of emotion.

In spite of the transformation of behaviors of men and women in the last decades there are intangible marks present in our beliefs and in the social imaginary, both determine behavior of women as much as it attributes to men. As social construction female and male occupant different *locus* in power terms. Louro (1995) emphasizes that there are differences in all this as much as distribution of power. That means that gender implies conception of power.

A sexual biological body is an explanation to identify men from women in each culture and the gender is this dimension is a relational category. Considering this, elder of today live in big resection and social discrimination that brings out deep wounds in their lives: low self esteem direct result of physical and social-cultural change.

Many elders decrease their physical activities because they are unable to recycle their goals and lose their motivation, consequently, show signs of physical decline, lack of muscle strength, lack of articulator flexibility and sharp alteration of body movements, making physical, psychological and social performances more difficult. Teixeira (1996) calls our attention to the tendency of elder in a vicious circle taking to an inactive life and lose of physical condition, decrease of aerobic capacity, bringing an unstable muscle-balance. With this losing independent life style. This results a lack of motivation and self esteem, creating anxiety and depression.

One of the ways to have a quality life style and to stimulate social activity among people in old age is group physical activity. Sport activities in competitive character is also a great tool for people of all ages in especial elders to have am excellent social conviviality (TRINDADE, 2002). In the words of Okuma (1998) physical activity is an important resource to decrease degeneration caused by old age allowing the elder to have a good life quality.

According to the literature in which we researched the practice of physical activity in any faze of life is fundamental. It's a complete behavior in the process of adaptation in human history. Being in a good physical state, but with on helpful activity is psychologically and socially impossible. It's an essential reason or the survival of the elder. Physical activities decrease the degeneration caused by old age, allowing the elder to maintain an active life quality (DANTAS, 1997 a, b; MONTEIRO, 2003; OKUMA, 1998),

Sports have a socializing characteristic allowing an increase of emotional an physical well being. It's a continuous change process an development focussing in biopsycosocial health. In this context that this study refers to. We are focussed in the elder that practice competitive Master swimming.

According to Pável (1992); Santiago (1993) and Devide (1999), Master swimming can fulfill the elder's time motivating internal changes. Making that simple knowledge, elders are still able to compete maintaining and / or improving their ability, strength, confidence and help deny the unable feeling brought to them by society. This makes the athletes resign the image of an old handicap non participant elder.

As for all that we have shown, the objective of this study was to analyze and interrupt the speech of these elders swimmers about the meaning of competition. These elders still can continue tracing their paths, demolishing the image and stereotype of an unhappy , unable old person that society labeled.

Material And Method

The present investigation is circumstance of an phenomenal approach and composed of 12 subjects, 6 male and 6 female with ages between sixty five and eighty nine. All of them are part of the Brazilian Master Swimming Association ABMN,

living in the states of Rio de Janeiro, São Paulo and Minas Gerais. As a tool a semi- structured interview was used in which the questions were about the path of elder in competitive swimming and a daily journal was also used. The data was gathered during 3 national and international competitions that happened in different Brazilian states. We clearly that athletes are divided by age. This division is done under every five years. This way the swimmers have at the most five years of difference among them. The analyses the answers we follow to Orlandi (2000), approach.

It's a way to understand a language that makes sense. While symbolic work, general social part, construction of mankind and his history. The author also defends the idea of the kind of study that brings better knowledge from what makes mankind special and its capacity of meaning and being meaningful.

Results and Discussion.

To interrupt the swimmers speech it was necessary to understand the meaning of this group, as well as its history and its social values to find what they are not saying between the lines. We consider this a study of old people that live historical and value changes in their lives. This way the Master swimming competition develop elder's self esteem, confidante and give better social integration. This practice changes in a human way the relation with the world being a competitive practice in ones daily life, allowing a socialization, successful life with winners.

As one gets older new challenges and new experiences bring comfort to them. According to Trindade (2002), physical limitation, bias and stereotype created by society are changed by the Master swimmers that overcome each training, by each competition.

The answers given are compared to the literature researched.

"I like to compete, I really like to be with the group I know for years." (M.S. 75+).

"[...] relatives, friends when come to my place I show it all to the ones that don't know yet, That haven't seen and they become happy. They look at them and don't expect so many meddles. I'm very proud of this." (S. V., 75+).

"Competition is the best thing. [...] Happy Day" (swimmer)"Cleans my soul! I forget everything...if I'm sad or depressed, I swim and I feel better". (O.M.S. 85+).

"Gives me disposition to live. Victory is a different vibration even think that rejuvenate." (W. 70+).

This information is connected to Pável (1992); Santiago (1993) e Devide (1999), which appoints that swimming can fulfill free time of elders motivating them. Taking under confederation, this study shows even with a big social-historical background these elders break the stereotype of old people are unable, unproductive, always worried about life quality associated to social integration.

The meaning of the competition takes a special place in a different way of these elders. On the speech there are particularities that show men and women participants have different consumption

"I was the Carioca Champion, Brazilian Champion of children swimming. I have many meddles."(L. S., 70+).

"[...]on the first year I got second place of Brazilian ranking on the second too." (T. U. 75+).

Women show that competition give them pleasure.

"[...] I'm very happy! I feel alive when I'm competing. Very happy to compete." (O. O.G. 80+).

"[...] I like to compete! It's a pleasure to live and to be with everybody, but in the water I don't pass my limit. I do what I can." (L.S. 70+).

These answers don't have connection with the literature. According to Paiva (2001), people notice they are integrated in the world around them in the same degree of identification / identity. That influenced directly in the self esteem that runs the same way of the results of our study.

For all of those who were interviewed the competition is a moment to verify ones accomplishments. They understand that in this stage of life, it's hard to improve their time, but face the test as a outdo moment, and victory with a meddle translated effort, an overcome. Once more the speech between men and women are different when they talk about victory, meddles, after race.

Competition is a moment of spirit and determination. The results are the consequence of will power in showing they can, that they are able, helping change the stereotype of inability that affects men. These swimmers associate victory, as a consequence, a meddle a test of honor. Romero (2001) emphasizes that society changes men's capacity of holing on whatever it takes, without weakness. And this is shown in their speech.

"[...] race with your friends is to have a moment of strength to arrive with the other and fight until the end. I don't let go if I'm racing in the finals. There you can be sure that I will find a way to win. Because I always find a way to overcome myself." (G. S., 65+).

"[...] I swam 10 races and won 8 of them.[...]I swam 400 I won and broke records, I swam the 800, won, I swam the 100 back, won and the 200 back, won. The 4 meddled were rotation."(GG 65+).

On the other hand the women's speech showed mer modesty, that the fact of being a winner justified their well being.

"[...] in the competition I always win first place, third place. I win meddles, because I deserve them and I improve." (C.F.P. 89+).

"It's good to win, a feeling that I can't explain but the best is to be able to compete." (A.P. 75+).

Competition can man to be better than your opponent. In the speeches, the victory represented by meddles is a way to show their physical athletic capacity. Physical activity has an effect in the increase of personal capability. The fact of being successful make them feel competent and determined. (OKUMA, 1994; SIMÕES, 1998; DANTAS,1997 a e b)

We understand Beauvoir (1990) that competitive practice brings prestige and show they are still able, redeeming the self esteem and trying to break the barrier the separates elders from social conviviality. These elders live in a time in which the stereotype show another roll for the elder. According to Romero (1998) men had a roll of providing the their families and women, when they weren't only housewives, helped in the family income with a double shift. The author shows that men worried about work and had no tome to practice sports and women didn't practice physical activities because of their homes and children.

"I started when I was 9. I stopped when I was 17 to get married. I spent 35 years without swimming. Grandchildren raised, Children raised, than I restarted again 15 years ago." (Y. Â., 70+).

" I started to swim late[...] I started after I raised my kids I already had grandchildren."(F., 75 +).

On the other hand, the speech of the males how a different style of man, worried with diets, clothing and body shape. Focussing in youth, however the social patterns do not show these characteristics in the profile of elder. These male swimmers are concerned with aesthetics.

"[...] the satisfaction of maintaining a young physical shape." (H. P. 65+).

"I'm better now than when I was 50and not only physically. My ability to run, I can run up the stairs 8 floors and it's hard for people to keep up with me ." (H. F., 65+).

Conclusion

The elder Master swimming group analyses and interpretation of the speech, with the data of the daily journal allow us to unveil the meaning of competition for the athletes, that enjoy a new style on man that worry about youth, shape and

physical conditions. The data infer that the athletes have a need of self value and recognition. As Romero (1998) affirms participants of sport activities in special Master swimming group have the opportunity to value self esteem and auto-image as long as they recognize their potentiality in sports.

Elder athletes try to maintain social status, helping to transform the negative stereotype of unable and worthless good for nothing person. Regarding the genders, these swimmers maintain a healthy, beautiful body, these are facts that are linked to youngsters and women. These competitors resign the image of old through competitive swimming, being a factor of socialization and integration among them.

Considering that swimming is one of the sports mostly connected to leisure, entertainment and integration among older people as they notice physical limitation that must be fulfilled with a new desire, making their lives have sense as human beings. These master swimmers are always changeling the stereotype of "being old" and reject the false worthless image .

With the present study focussed as physical activity specifically master swimming, this competitive practice develops for elders self esteem, increases confidence and improves self image which provide integration and social conviviality. It's a human relation with the world and the swimming practice changing expressively their daily lives.

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THE MEANING OFCOMPETITION IN THE VOICE OF ELDERS IN MASTER SWIMMING.
A STUDY ON A VIEW OF A GENDER.

Summary: The objective of this research was to analyze and interpret the masters´ swimmers speech about practicing competitive swimming on the view of the gender. 12 swimmers participated in which 6 male swimmers and 6 female with the age between 60 and 89 all are enrolled in the Brazilian Master Swimming Association ABMN in many Brazilian states. As a tool they participated in a semi structured interview about what does it mean to compete. A daily journal was also used. This data was collected during 3 championships in national and international levels which occurred in different stated in Brazil. The answers were reported to the analyses of (ORLANDI, 2000) speed. The results that were analyzed and appointed to self-appreciation of these elders, that implies in a high self esteem. The information also showed that men are concerned of physical appearance As for women, gave very little importance for this matter. They were concerned in health aspects. On the gender's view, there are evidence that the stereotype related to an old retired man is being broken. The swimmers associate social conviviality of the master group to fraternity, to friendship, to trips as a way to feel good in this stage of life. It's concluded that the people who were interviewed, reject the image of the old people ignored by society, and that competitive swimming is presented to be a factor of improvement besides being a factor of socialization and integration among them.

Key Words: Elders - Self Esteem - Gender

LA SIGNIFICATION DE COMPÉTER DANS LÊ VOIX DÊS ÂGÉ DEDANS MAÎTRES DE NATATION. UN ÉTUDE SOUS LE REGARDE GÉNERO.

Résumé l'objectif de l'étude était analyser et interpréter le discours des maîtres nageurs sur la signification de compéter, sous le regard générale. Ils ont eu 12 participés nageurs, étant 6 du sexe masculin et 6 de le féminin, avec des âges entre 60 et 89 années, tous les sont associé de la Brésilien Association Maître de Natation - ABMN, des états divers Brésiliens. Comme l'instrument a été utilisé une entrevue de semi-structural, avant une question que a dit le respect à la signification de compéter. Aussí, la observation et le quotidien du champ avaient été employés. Les données avaient été rassemblées pendant 3 championnats dans le niveau national et international, exécuté dedans différents états du Brésil. Les réponses s'étaient référées l'analyse de lo discours (ORLANDI, 2000). Les résultats avaient démontré une auto-valorization de ces

derniers âgée, avec l'implication dans auto-estime qu'ils estiment. Les données avaient également révélé qui l`hommes sont soucieux au sujet de l'aspect corporel, à l'étape qui les femmes avait donné peu l'importance à cette question, étant inquiété pour les aspects de la santé. Le regard générale, indique une rupture de l'estereotipy relié à age retraiter. Les nageurs associent la convivialité sociale du groupe Maîtres a la fraternization, aux amitiés et aux voyages comme forme à soyez senti bien en cela étape de la vie. On conclut qu'interviewé rejette l'image du vieux marginalizée pour la société et la natation concurrentielle si il présente comme facteur de l'amélioration d'auto-estime, sans compter qu'être un facteur de socialisation et intégration entre tout l´âgées.

Clef de mots: Âgées - Auto-Estime - Gênero

EL SIGNIFICADO DE LA COMPETICIONE EN LAS VOCES DE ENVEJECIDO DE LA NATACIÓN MASTER . UN ESTUDIO BAJO MIRADA DE LA CLASE

El objetivo del estudio fue analizar y interpretar el discurso de los nadadores masters en el significado para competir, bajo mirada de la clase. Doce nadadores, siendo seises del sexo masculino y seises de el femenino habían participado, con edades entre 60 los 89 años, todos los filiados Association brasileña Master de Natacion - ABMN, del estados brasileños diversos. Pues el instrumento fue utilizado una entrevista de la mitad-structuralized yo afirme una pregunta que dijo respecto al significado para competir. También el comentario y el diario del campo habían sido utilizados. Los datos habían sido recogidos durante 3 campeonatos en el nivel nacional y internacional, llevado a través en diversos estados del Brasil. Las respuestas lo habían referido el análisis del discurso (ORLANDI, 2000). Los resultados habían evidenciado una automóvil-valuación de éstos envejecieron unos, implicando en un aumento de la una auto estima. Los datos también habían divulgado que los hombres si preocupación sobre el aspecto corporal, al paso que las mujeres poca importancia habían dado a esta pregunta, siendo preocupado más de los aspectos de la salud. La mirada de la clase, indica que además el estereótipo relacionó a pensionista envejecido. Los nadadores asocian el convivio social del grupo máster al confraternização, a las amistades y a los viajes como forma que se sentirá bien en esta etapa de la vida. Uno concluye que entrevistados con rechazan la imagen de la vieja guardada fuera de sociedad por la sociedad y la natación competitiva si los presentes como factor de la mejora de la automóvil-estima, más allá de ser un factor de la socialización y de la integración entre ellas.

Llave de las palabras: - auto estiman - clase - envejecidos

O SIGNIFICADO DE COMPETIR NAS VOZES DE IDOSOS NA NATAÇÃO MASTER. UM ESTUDO SOB O OLHAR DO GÊNERO.

Resumo. O objetivo do estudo foi analisar e interpretar o discurso de nadadores masters sobre o significado de competir, sob o olhar do gênero. Participaram 12 nadadores, sendo 6 do sexo masculino e 6 do feminino, com idades entre 60 a 89 anos, todos filiados a Associação Brasileira Master de Natação - ABMN, de diversos estados brasileiros. Como instrumento foi utilizada uma entrevista semi-estruturada contendo uma questão que dizia respeito ao significado de competir. Também foram empregados a observação e o diário de campo. Os dados foram coletados durante 3 campeonatos em nível nacional e internacional, realizados em diferentes estados do Brasil. As respostas reportaram-se à análise de discurso (ORLANDI, 2000). Os resultados evidenciaram uma auto-valorização desses idosos, implicando numa eleva da auto estima. Os dados revelaram também que os homens se preocupam com a aparência corporal, ao passo que as mulheres pouca importância deram a essa questão, preocupando-se mais com os aspectos da saúde. O olhar do gênero, indica a quebra do estereótipo relacionado ao idoso aposentado. Os nadadores associam o convívio social do grupo máster à confraternização, às amizades e às viagens como forma de sentirem-se bem nessa etapa da vida. Conclui-se que os entrevistados rejeitam a imagem do velho marginalizado pela sociedade e a natação competitiva se apresenta como um fator de melhora da auto-estima, além de ser um fator de socialização e integração entre eles. **Palavras chave**: idosos - auto estima - gênero.