147 - SOCIAL AND EMOTIONAL COMPETENCIES' PROFILE OF ADULTS WITH PHYSICAL DISABILITY'S CONDITIONS WHO PRACTICE WHEELCHAIR BASKETBALL

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INTRODUCTION

The human development's study is based on the way and the reason that the human organism grows and modifies itself during the life cycle; it can still be defined as the changes that occur to the long of the time in a neat and relatively durable way, altering the physical and neurological structures, the thought processes, the emotions, the social interactions forms and many other behaviors (NEWCOMBE, 1999).

The psychosocial aspect includes the emotions development, the temperament and the social abilities; and still, determines as important the influences of the family, the friends, the community, the culture and the society as a general rule (BERGER, 2003). It is still important to point out that, according to affirmations of Brito and Koller (1999), the relations that source relationship be able to offer support - emotional, instrumental or material - become the people most efficient in front of the stress situations, because it brings inherent a whole of personal and social resources, that become pleasant the negative effects of the adverse situations.

In more specific way, the emotional competency, for Saarni (2000), is the demonstration of auto-effectiveness in social transitions that produce emotion; auto-effectiveness is understood like the capacities and abilities necessary to reach a specific result that the individual believes to own. While that the social competency is the whole of abilities that results in a well-succeeded social operation with the acquaintance (COLE; COLE, 2004). And still, some studious affirm that the quality of the interpersonal relations in childhood will be able to cause difficulties in the adult life, like emotional and behavior problems (COLE; COLE, 2004; PAPALIA; OLDS, 2000).

Due to this, a physical activity and sports program for people with physical disability's conditions must consider, as well as reducing the physical limitations imposed by the disability, the capacity to develop several powerful competencies and that they depend only on the stimulation given and the understanding of them abilities (SERVIÇO NACIONAL DA INDÚSTRIA, 2001).

In this context, this research is justified because this proposes a systematization of instruments already validated and constructed to evaluate the emotional and social competencies, making possible that other researchers use the same methodology to lead new studies in others contexts. The importance of this study is also in the possibility to evaluate people with physical disability's conditions, who participate of a formal physical activity's group and to supply significant results to verify and to go with the development process of the integrants, aiming at the general development of the individual, the social inclusion and the citizenship.

OBJECTIVE

The objective was to evaluate the social and emotional competencies of people with physical disability's conditions who participate of a wheelchair basketball group.

METHODOLOGY

This research is characterized as descriptive-exploratory; because the premise of that the problems can be solved by the observation, analysis and descriptions, as well as the search of new ideas about a specific subject is the basis of this.

The participants of the research had been composed for 10 people with physical disability's conditions, of the masculine gender and integrant of a wheelchair basketball group of the Association for Physicals Disabilities of the Florianópolis - AFLODEF, in Florianópolis (SC). They had been selected in intentional way, according to inclusions criteria: to belong to the age between the 25 and 55 years and to integrate the group that practices wheelchair basketball at least 6 months.

As measures instrument was used *How to Mapping Your Emotional Intelligence* (COOPER; SAWAF, 1997) and it was elaborated a Psychometric Questionnaire about the social-affective acceptance in the sports scope (MORENO, 1972; BELTRAME, 2000). It was used the 3.5 version of the Questionnaire of Cooper and Sawaff (1997), It has the objective to evaluate emotional intelligence through 20 scales, and the part that compose the emotional competencies - Intentionality, Creativity, Resilience, Interpersonal Connections and Discontent Constructive - represents the section III of this, composed for 60 questions. The results were gotten from scores on, it had been analyzed through a Likert scale with degrees of 0 to 3, where the values had been classified between performance zones: Optimal, Proficient, Vulnerable and Caution. And the Psychometric Questionnaire was elaborated with basis in the descriptions and definitions of Moreno (1972) and the studies of Beltrame (2000), represented through 3 questions, with two options each other.

The procedures collection had begun with the sending of the project for appreciation of the Ethics Committee of the CEFID/UDESC. Parallel, it was made contact with the AFLODEF to put the research in practice. The research's objectives had been explained to the group's manager and later to the athletes. After the authorization and the participants' agreement, it had begun the collections. These had occurred during the training, with one athlete of each time and the athlete signed the consent term and filled in the questionnaire. For request of some athletes, the collection was did in the interview way, because they didn't understand the questions and the correctly way that they should answer.

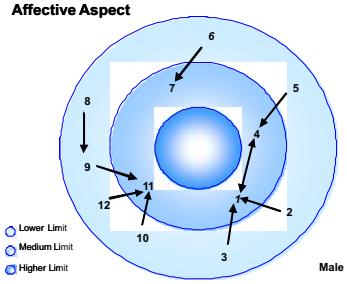
And, for the statistical treatment was used the Descriptive Statistics, through simple and relative frequency, and mean.

RESULTS AND DISCUSSION

At first, the results about Social Relationships will be present and next the results with related to the Emotional Competencies.

SOCIAL RELATIONSHIPS

The teammate's indications related to the affective aspect, in the sports scope, they can be observing in the picture below.



Picture 1 - Affective Aspects of the Social Relationships

There aren't any athlete is in the Higher Limit. In this way, this group doesn't realized leaders. In the Medium Limit, there are four athletes, and two of them received three indications (1; 11), one received two indications (4) and another one only one indication (7). And still, in the lower limit there are eight athletes (2; 3; 5; 6; 8; 9; 10; 12), that they didn't received any indication and they can be considered rejected for the group. No athlete was considered isolated.

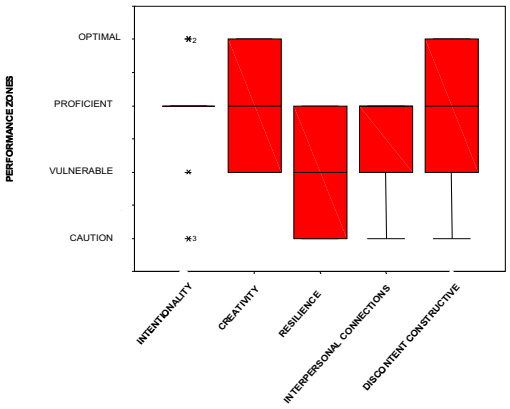
It was still noticed the occurrence of a reciprocal choice, through the pair 1 and 4, and this occurred between the athletes of the medium limit that is, between the most voted.

In the study of Costa, Tremea and Beltrame (2003), with people with different disabilities and who practice the aquatic activities, it was observed that there was a good affinity between the members of the group, this was the essential factor for the continuity and persistence in a physical activity, what allows to state an improvement in the quality of life of this population. This also was observed in the population related in this study that, even that most of athletes were considered rejected, everyone present a good relationship between themselves.

In another study, Costa and Beltrame (2005) researched on the people with visual disability's conditions practiced five-a-side football and they found results very similar than the previous, except for this don't present a strong leadership.

EMOTIONAL COMPETENCIES

The emotional competencies results will be presented in a general way and individually, showing a general prospect of the emotional profile of the people with physical disability's conditions who practice wheelchair basketball, through the five dimensions that compose the emotional competencies.



Graph 1 Emotional Competencies

In the most of the emotional competencies (4) the athletes presented steady and balance in the answers, what it represents the excellent results in the Intentionality, Creativity, Interpersonal Connections and Discontent Constructive aspects, in the most of the situations and even under pressure. This fact can be explained through some researchers (COLE; COLE, 2004; PAPALIA; OLDS, 2000), that they affirm that the emotional and behaviors problems that people present in the adult life can be reflex of the quality of the interpersonal relationships in childhood. And in this context still finds the elements used for the physical education, that constitute in a powerful stimulation for the promotion of the interpersonal relationship between the people who practice physical activity (GALLAHUE; OZMUN, 2001).

Comparing with the Costa's study (2005), that it was did with people with visual disability's conditions who practiced five-a-side football, and the athletes presented excellent results in three emotional competencies - Intentionality, Creativity and Resilience - and, difficulties in the others two - Interpersonal Connections and Discontent Constructive. In this way, the author believes that the participants had the interpersonal relationships of good quality in childhood, beyond the practice of a physical activity that has proportionate chances for the personal development of these.

Afterwards it will be presented and discussed the results concerning the emotional competencies in an individually way, in the beginning for the Intentionality.

About the Intentionality, splitting the scores into the limits, it was obtained that 8 athletes presented themselves in the Higher Limit, that include the *proficient* and *optimal* zones, what for Cooper and Sawaf (1997) represent steady and balance in demonstrating authenticity, to keep true dialogues, to express emotions and to act deliberately. In the meantime, in the Lower Limit, that includes the *vulnerable* and *caution* zones, there are only 2 athletes, what demonstrated the presence of some personal abilities and competencies, but frequently going through difficulties, keeping the intentionality in the actions for themselves, as well as a tendency to the impulsiveness. In this way, accordingly to Defalko, the performance variations are associates to specific abilities, that it can be present in the emphatic form, communication and taking of decisions (TKAC, 2004).

In the second emotional competence, Creativity, it was observed that the most of the athletes (6) are in the Higher Limit, in the *proficient* and *optimal* zones, what reflect on the great personal power and creativity, and also these people demonstrate steady and balance of the personal effectiveness, in the most of the situations. This group represents people, according to Kaufmann, with capacity to find new solutions for the difficult problems, where these present in a no-conventional way, being explicit an eminent creativity (AVERILL, 2002). A significant number, 4 athletes are in the Lower Limit, what demonstrates the presence of some personal abilities and competencies, but frequently there is the presence of the difficulties, representing a cognition restriction (COOPER; SAWAF, 1997). The total Emotional Quotient's performance is unstable and can float of situation for situation (COOPER; Q-METRICS, 1996, 1997). These people also can present self-confidence unsteadied and questioning the established behavior (AVERILL, 2002).

The results found for the Resilience aspect demonstrated that, 4 athletes are in the Higher Limit, in the *proficient* and *optimal* zones, what reflects a high resilience. According to Bee (1997), these people demonstrated behaviors that evidence protective factors, for instance the great intelligence, good coordination and easy temperament, which have a tendency to become the person more resilient. In spite of in the Lower Limit, that include the *vulnerable* and *caution* zones, there are 6 athletes, what demonstrate, according to Cooper and Sawaf (1997), difficulties of adaptation to the stress situations, a lack of flexibility when they are annoyed, tense and tired. These difficulties can be translated in behaviors that evidence limitations in recovering quickly from after to try some adverse experience (SAARNI, 2000).

In this regard to the Interpersonal Connections, the most of the athletes (6) is located in the Higher Limit, in the *proficient* and *optimal* zones, what reflects a variety in the social relationships and steady and balance of the personal effectiveness in the most of the situations. This fact can be attributed by the athletes' maturity in the use of the characteristics of this competence. The trust radius stands out like an important characteristic, what accordingly Cooper and Sawaf (1997) means the confidence link between the people and for the social life. Nevertheless in the Lower Limit, that includes the

vulnerable and *caution* zones, there are 4 athletes, what demonstrate to some personal abilities and competencies, but frequently, present difficulties, leaving the interpersonal connections inside of themselves and presenting a tendency for the isolation. Some of the necessary abilities for a good relationship with the people are confidence, and the lack of this can be to compromise the possibility to share with the others their difficulties and hopes (COOPER; SAWAF, 1997).

And for the last emotional competence, the Discontent Constructive, where the most of the athletes (7) are in the High Limit, in the *proficient* and *optimal* zones, what reflects a discontent constructive, that is learning and growing emotionally with the divergences and life's obstacles (COOPER; SAWAF, 1997). These people also own a control of them emotions, in relation to the environment and to the others, when they try to fulfill their objectives (BRENNER; SALOVEY, 1999). While that in the Lower Limit, that includes the *vulnerable* and *caution* zones, there are only 3 athletes, what demonstrates to the presence of some personal abilities and competencies, but this can be characterized as unstable, presenting a tendency to the contentment destructive in daily life (COOPER; SAWAF, 1997). The same authors still affirm that these people who use the discontent constructive in unstable way do not present the acceptance of discords and inevitable dissatisfaction and to the learning in new ways to have access to the creative energies.

FINAL CONSIDERATIONS

The people with physical disability's conditions who practice physical activity, in this case the wheelchair basketball, demonstrated to have good relations in the social scope. This aspect was evidenced for the good relationship between all the members of the group, however there are not any leader neither the isolated condition for any athlete. It is possible also to observe with this that the reason that takes the athletes to practice this sport in question is not only for the company of the others athletes, but the feeling like to practice this activity and the taste for the modality, since the most of them also practices others sports.

Concerning to the Emotional Competencies, the athletes of this research presented powerful competencies in the most of the emotional competencies, that is, they presented steady and balance in the answers of the following aspects: Intentionality, Creativity, Interpersonal Connections and Discontent Constructive, in the most of the situations and even under pressure. Nevertheless, they presented difficulties in the Resilience aspect. This aspect surprised exactly for being the competence that represents the overcoming the problems and difficulties, in this case in relation to the disability, for the practice of a physical activity.

It was perceived still that the difference between the interpersonal connections and the relations between the group's integrant derives from disillusions and conflicts, as well as of the preference and probable migration of some integrants for others modalities.

In this way, it believes that the good affinity between the group's members like an essential factor for the persistence in a physical activity, what allows us to affirm that occur an improvement in the quality of life of these people. Furthermore that it can infer that the participants of this research had interpersonal relationships of good quality in childhood, and the practice of the physical activity had proportionate chances for the personal and social development of these.

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SOCIAL AND EMOTIONAL COMPETENCIES' PROFILE OF ADULTS WITH PHYSICAL DISABILITY'S CONDITIONS WHO PRACTICE WHEELCHAIR BASKETBALL

ABSTRACT

The practice of physical activity for people with disabilities' conditions can provide several benefits, in special, emotional and social. The objective was to evaluate the social and emotional competencies of people with physical disability's conditions who participate of a wheelchair basketball group. This research was characterized as descriptive-exploratory. The participants of the research had been composed for 10 people with physical disability's conditions, integrant of an AFLODEF wheelchair basketball group. They had been selected in an intentional way, according to inclusion's criteria: to belong to the age between the 25 and 55 years old and to integrate the group that practices wheelchair basketball at least 6 months. As measure's instrument was used the questionnaire How Mapping Your Emotional Intelligence (COOPER; SAWAF, 1997) and it was elaborated a Psychometric Questionnaire about the social-affective acceptance in the sports scope (MORENO, 1972; BELTRAME, 2000). It was used the Descriptive Statistics, through simple and relative frequency, and mean. In this regard the social competence, the group did not present leaders, but there is one sub leader. No athlete was considered isolated and 8 were considered rejected for the group. There is a reciprocal choice, between two more voted athletes. And concerning to the emotional competence, the athletes presented powerful competencies in the Intentionality, Creativity, Interpersonal Connections and Discontent Constructive, in the most of the situations and even under pressure. Nevertheless, they presented difficulties in the Resilience aspect. It was perceived still that the difference between the interpersonal connections and the relations between the group's integrant derives from disillusions and conflicts, as well as of the preference and probable migration of some integrants for others modalities. In this way, it believes that the good affinity between the group's members like an essential factor for the persistence in a physical activity, what allows us to affirm that occur an improvement in the quality of life of these people. Furthermore that it can infer that the participants of this research had interpersonal relationships of good quality in childhood, and the practice of the physical activity had proportionate chances for the personal and social development of these.

Key-words: Social and emotional competencies. People with physical disability's conditions. Wheelchair basketball.

PROFIL DE LA COMPETENCE SOCIO-EMOTIONNELLE D'ADULTES HANDICAPES MOTEURS FAISANT PARTIE D'UNE EQUIPE DE BASKET-BALL HANDISPORT

RAPPEL

La pratique d'une activité physique par des handicapés moteurs leurs procurent de nombreux bénéfices, notamment, émotionnels et sociaux. Le principal objectif fut d'évaluer les compétences sociales et émotionnelles de ces adultes. Cette enquête se veut descriptive et analytique. Dix handicapés moteurs membres du AFLODEF, équipe de basket-ball handisport, furent interrogés. Ils ont été choisi intentionellement selon les critères suivants: -Tranche d'âge comprise: 25-55 ans. -Avoir intégrer l'équipe depuis au moins six mois. On a utilisé comme outil de recherche, le questionnaire “Comment utiliser au mieux son intelligence émotionnelle” (COOPER; SAWAF, 1997) et ellaboré un nouveau questionnaire sociométrique concernant l'aspect socio-affectif quant à l'intégration dans le milieu sportif (MORENO, 1972; BELTRAME, 2000). A été également utilisé, la Statistique Descriptive, à travers de fréquences simples et relatives. Quant à la compétence sociale, le groupe n'avait pas de leaders mais il existait un “chef” nommé par les dix membres. Aucun élément n'a été tenu comme écarté mais huit furent considérés rejetés par l'équipe. On a pu observer l'existence d'un choix réciproque, entre les deux éléments les plus votés. Et en ce qui concerne la compétence émotionnelle, les participants ont présenté des potentialités dans les domaines de l'Intentionnalité, de la Créativité, de Connexions entre Individus et une certaine Insatisfaction, dans la plupart des cas, sous une certaine pression. Entretemps, ils ont aussi montré des difficultés et des faiblesses dans l'aspect de la flexibilité ou de la Résilience. On a remarqué par ailleurs que la différence entre les connexions entre individus et les relations entre coéquipiers, est née de déceptions et de conflits, si bien que certains préfèrent se diriger vers d'autres disciplines sportives. Ainsi, on peut croire que les sujets de cette recherche ont entretenu durant leur enfance de bonnes relations, au-delà de la pratique d'une activité sportive qui leur a donné des opportunités pour un développement personnel et social.

Mots-Clés: Compétence socio-émotionnelle. Handicapés moteurs. Basket-ball handisport.

EL PERFIL DE LA COMPETENCIA SOCIO-EMOCIONAL DE ADULTOS CON CONDICIONES DE DEFICIENCIA FÍSICA PARTICIPANTES DE UN GRUPO DE BALONCESTO EN SILLA DE RUEDAS

RESUMEN

La práctica de una actividad física realizada por personas con condiciones de deficiencia puede proporcionar innumerables beneficios, en especial, los emocionales y sociales. El objetivo fue evaluar las competencias social y emocional de personas con condiciones de deficiencia física que participan de un grupo de baloncesto en silla de ruedas. La investigación fue caracterizada como descriptivo-exploratoria. Los participantes de la investigación fueron diez personas con condiciones de deficiencia física, integrantes de un grupo de AFLODEF de baloncesto en silla de ruedas. Estos fueron seleccionados de manera intencional, conforme los siguientes criterios de inclusión: tener entre 25 y 55 años e integrar el grupo de actividad física como mínimo hace 6 meses. Como instrumento de medida fue utilizado el cuestionario *Como Mapear sua Inteligência Emocional* (COOPER; SAWAF, 1997) y fue elaborado un Cuestionario Sociométrico referente al aspecto afectivo-social cuanto a la aceptación en el ámbito deportivo (MORENO, 1972; BELTRAME, 2000). Fue utilizada Estadística Descriptiva, a través de frecuencia simple y relativa, además de media. Cuanto a la competencia social, el grupo no presentó líderes, pero existe un sublíder. Ningún sujeto fue considerado aislado y ocho fueron considerados rechazados por el grupo. También fue observada la existencia de una elección recíproca, entre los dos integrantes más votados. Y en relación a la competencia emocional, los participantes presentaron potencialidades en las áreas de Intencionalidad, Creatividad, Conexiones Interpersonales e Insatisfacción Constructiva, en la mayoría de las situaciones y aún estando bajo presión. Sin embargo, presentaron dificultades y vulnerabilidades en el aspecto Elasticidad o Resiliencia. También se percibió que la diferencia entre las conexiones interpersonales y las relaciones entre los integrantes del grupo derivan de desilusiones y conflictos, así como de la preferencia y probable migración de algunos integrantes hacia otras modalidades. De esta forma, es posible decir que los participantes de esta investigación tuvieron relaciones interpersonales de buena calidad en la infancia, y que la práctica de una actividad física les proporcionó oportunidades para su desarrollo personal y social.

Palabras-Clave: Competencia socio-emocional. Personas con condiciones de deficiencia física. Baloncesto en silla de ruedas.

O PERFIL DA COMPETÊNCIA SÓCIO-EMOCIONAL DE ADULTOS COM CONDIÇÕES DE DEFICIÊNCIA FÍSICA PARTICIPANTES DE UM GRUPO DE BASQUETE EM CADEIRA DE RODAS

RESUMO

A prática de atividade física por pessoas com condições de deficiência pode proporcionar inúmeros benefícios, em especial, os emocionais e sociais. Teve-se como objetivo a avaliação das competências social e emocional de pessoas com

condições de deficiência física participantes de um grupo de basquete em cadeira de rodas. A pesquisa foi caracterizada como descritivo-exploratória. Os participantes da pesquisa foram compostos por dez pessoas com condições de deficiência física, integrantes de um grupo da AFLODEF de basquete em cadeira de rodas. Estes foram selecionados de maneira intencional, conforme os seguintes critérios de inclusão: pertencer à faixa etária entre os 25 e 55 anos e, integrar o grupo de atividade física há no mínimo 6 meses. Como instrumento de medida foi utilizado o questionário *Como Mapear sua Inteligência Emocional* (COOPER; SAWAF, 1997) e foi elaborado um Questionário Sociométrico referente ao aspecto social-afetivo quanto à aceitação no âmbito esportivo (MORENO, 1972; BELTRAEE, 2000). Foi utilizada a Estatística Descritiva, através de freqüência simples e relativa, além de média. Quanto à competência social, o grupo não apresentou líderes, mas existe um sublíder. Nenhum sujeito foi considerado isolado e oito foram considerados rejeitados pelo grupo. Observou-se também a existência de uma escolha recíproca, entre os dois integrantes mais votados. E em relação à competência emocional, os participantes apresentaram potencialidades nas áreas de Intencionalidade, Criatividade, Conexões Interpessoais e Insatisfação Construtiva, na maioria das situações e mesmo sob pressão. Entretanto, apresentaram dificuldades e vulnerabilidades no aspecto Elasticidade ou Resiliência. Percebeu-se ainda que a diferença entre as conexões interpessoais e as relações entre os integrantes do grupo derivam de desilusões e conflitos, bem como da preferência e provável migração de alguns integrantes para outras modalidades. Desta forma, acredita-se que os participantes desta pesquisa tiveram relacionamentos interpessoais de boa qualidade na infância, além da prática de uma atividade física ter proporcionado oportunidades para o desenvolvimento pessoal e social destes.

Palavras-Chave: Competência sócio-emocional. Pessoas com condições de deficiência física. Basquete em cadeira de rodas.