11 - SPORTS PHYSICAL ACTIVITY IN ADOLESCENCE: A SURVEY ON THE REASONS FOR PRACTICING

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INTRODUCTION

In the last decades, the presence of physical and sports activities in the social lives of members of contemporary society, particularly in the period of adolescence, has led to relevant discussions among scholars who are interested in this phenomenon and in questions linked to it. Within the characteristics investigated, the identification of who motivates teenagers to practice physical and sports activities stands out. (WHALEY; KAMINSKY, 2003)

Nowadays, the practice of physical and sports activities is considered as one of the relevant components within a healthy lifestyle, since its practice in a regular systematic way and with certain intensity constitutes a factor which promotes health and prevention of different disorders, due to the important physiological and psychological benefits associated with this practice. Hence, it its known that the practice of physical and sports practice pervades the physiological ground and affects the social ground as well, what makes it important to know who motivates teenagers to practice certain activities. With that, it is searched for a strategy for suggesting measures both to prevent dropping out of physical and sports activities in adolescence, and to establish policies that aim their promotion as well.

METHODOLOGY

The present research, characterized as a quantitative investigation, of non-experimental methodology has as a study type, the Transversal one. The research instrument used was a questionnaire, submitted to students in the public education system in the city of Novo Hamburgo, in the State of Rio Grande do Sul. On account of the nonexistence of a qualified questionnaire to meet the research questions which involved teenagers and the reasons for not practicing physical and sports activities, there was the need for elaboration and later for an evaluation of the reliability of the information collected. After drawing up the questionnaire, there was the blind inter-peer assessment, carried out by three health professionals, with technical knowledge in areas related to teenagers and physical and sports activities.

RESULTS AND DISCUSSIONS

The identification of who motivates teenagers to practice physical sports activities is represented in Table 1. In a general context, a friend was the most quoted option as the responsible for motivation, that is, it was chosen by 39,7% (253) of the sample. In second place, it was observed the option yourself, remembered by 35,5% (226) of the sample, in third place family as an institution stands out, through the choice of a member of the family, quoted by 14,9% (95), followed by the option a teacher, recalled by 9,1% (58) of the teenagers.

Table 1. *Who motivates* teenagers to practice physical and sports activity.

Motivation	Num. quotes	Freq. %
a friend	253	39,7
yourself	226	35,5
a member of the family	95	14,9
a teacher	58	9,1
didn't answer	5	0,8
TOTAL	**637**	**100**

Num. Quotes: number of quotes per teenager.

In general scope, the following results were found: 39,7% (253) of the sample quoted friends as responsible for their motivation, whereas 35,5% (226) answered yourself. Therefore, one can perceive that society is a fundamental force which motivates individuals to practice physical activity. Besides, usually when an athlete or sport gets to a national or international level, many people, in particular young people and teenagers, choose playing the sport in order to immitate their new idol. This phenomenon was identified by Mauss (1974) as "prestigious immitation". In the present study, it was not possible to evidence such influence from society, since the social dimension was restricted to the teenagers' friendship circle. In short, based on the results of this study, one can affirm that friends were the main responsibles for the motivation of teenagers to practice a physical and sports activity, what coincides with Fraga-Maia and Santana (2005), Torre (2002)'s studies.

The results obtained here permit us to infer in addition that the influence of friends is more associated with male teenagers than females. In this context, it is quoted the study of García Ferrando (2005), carried out with Spanish youths, in which "being with friends" was the alternative most voted by male teenagers as na influence in the practice of physical activities, in relation to females. In that sense, results coincide also with the study of Gálvez (2007) who, analyzing the usual physical activiy in teenagers from the region of Murcia in Spain, stated that male teenagers valued more positively the social-affective function of friends, when compared to females. Another study which meets that premise is Hellín's (2003), which suggests the relationship between genders and motivation to the practice of physical sports activities, evidencing that the option friends was more associated to males than female teenagers.

Secondly, regarding the results on who motivated teenagers to practice a certain physical and sports activity, it was found that the answer yourself, which, in other words, means that nobody motivated them, but themselves. Thus, the teenager understands that the motivation to practice a physical activity came from himself or herself.

Still regarding who motivated teenagers to practice the refered activity, as a third option chosen by 14,9% (95) of the sample, it was found family. In various moments, children seek in their parents the refernce and model for their lives, therefore, family becomes a motivational instance in the children's decisions. This can be observed in the studies of Guareschi (2001), in which it is stated that "family is the first institution with which a person is in touch in their life", which could not be different as for motivation to practicing a physical and sports activity. It's important to reflect about the fact that teenagers may suffer influences of

a family member or, also, they may be searching in the practice of an activity, for similarity with their parents. In that sense, Colombo (1997) reached the conclusion that “children introject the models and the respective roles of their parents”.

Various sutdies have already pointed out the relevance of family as a motivational source so that teenagers practice physical and sports activity, which indicates that more sedentary students are those who have non sportsperson parents, while those who have a family member who practices physical activity regularly are more motivated to practice it (GALLO et al, 2002). It is known, therefore, that parents serve as a model to immitate and consist of an important factor in physical activity habits (CASIMIRO; PIÉRON, 2001).

Finally, as the fourth most voted alternative on who would be the motivational agent to the practice of physical and sports activities, it was evidenced the teacher, chosen by 9,1% (58) of the sample. This fact caused a certain surprise and concern, because it is common to find, in specialized literature, references to the teacher figure as an influential and motivational agent for teenagers, regarding the habit of practicing a kind of sport. This thought can be identified in the words of Rangel–Betti (1992), in a study which states that the teacher's behavior and his or her encouragement towards the students helps with their autonomy process as for the practice of physical activities so that, in the future, they can keep on practicing them without the aid of a specialist, if they wish so.

The teacher's conduct regarding teenagers, in addition to his or her role as a motivator, starting from Physical Educational lessons, their pleasure in practicing the physical activity, as well as the consequent transformation of it in a healthy life habit is discussed by various scholars.

CONCLUSION

Drawing up conclusions, a stage considered as a finishing point, begins to turn into a starting point too. It is known that, to understand the approached theme in a greater way, that is, teenagers and physical and sports practice, there is the need of new discussions and reflections which, in a certain way, may be latent. These new reflections are certainly relevant to draw up policies which aim for the participation of teenagers in physical and sports activities programs. It is considered that it could make possible the adoption of an active lifestyle, which would be maintained throughout the teenager's life, since adolescence is a decisive stage in the acquisition and consolidation of lifestyles.

The analysis of results from the present study, which aims to investigate who motivates teenagers to practice physical and sports activities, allows for announcing that friends, themselves, family members and the teacher are the main motivational agents to practicing those activities. It is considered that, taking into account the answers cited by the teenagers, that there's the need for Physical Education teachers and physical and sports activity professionals to be able to articulate alternatives in order to encourage teenagers not to drop out these activities. Finally, in spite of the characteristics and limitations of this study, it is suggested the accomplishment of other investigations with other methodological designs, which can confirm or refute the results obtained here.

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SPORTS PHYSICAL ACTIVITY IN ADOLESCENCE: A SURVEY ON THE REASONS FOR PRACTICING.

ABSTRACT

The practice of physical and sports activities on a regular basis, has been considered as one of the relevant components within a healthy lifestyle. The present study attempts to establish who motivates 15, 16 and 17 year old teenagers in the public education system in the city of Novo Hamburgo, in the State of Rio Grande do Sul, to practice physical and sports activity. This investigation is characterized as quantitative, of non-experimental methodology, has as a study type, the Transversal one and a questionnaire as an instrument. As results, it was found that the ones who motivate teenagers to practice activities, in their own opinion, are friends, themselves, family and the teacher.

KEYWORDS: Teenager, Exercise, Sport.

ARBORE L'ACTIVITÉ PHYSIQUE À L'ADOLESCENCE: UNE ENQUÊTE SUR LES RAISONS DE LA PRATIQUE.

RÉSUMÉ

La pratique des activités physiques et sportives sur une base régulière, a été considéré comme l'un des éléments pertinents dans un mode de vie sain. La présente étude tente de déterminer qui motive 15, 16 et 17 ans, les adolescents dans le système d'éducation publique dans la ville de Novo Hamburgo, dans l'État du Rio Grande do Sul, à la pratique des activités

physiques et sportives. Cette enquête se caractérise aussi quantitative, de la méthodologie non-expérimentales, comme un type d'étude, le Transversal un et un questionnaire comme un instrument. Comme résultats, il a été constaté que ceux qui motivent les jeunes à des activités pratiques, dans leur propre opinion, sont des amis, eux-mêmes, la famille et l'enseignant.

MOTS-CLÉS: Adolescent, l'exercice, le sport.

DEPORTES ACTIVIDAD FÍSICA EN LA ADOLESCENCIA: UNA ENCUESTA SOBRE LAS RAZONES DE LA PRÁCTICA.

RESUMEN

La práctica regular de actividad física deportiva viene siendo considerada un de los componentes relevantes dentro de un estilo de vida saludable. El presente trabajo procura establecer quien motiva los adolescentes de 15, 16 e 17 anos de la educación pública de la ciudad de Novo Hamburgo, del Provincia del Rio Grande do Sul que practiquen actividad físico-deportiva. Esta investigación tuvo la metodología cuantitativa no-experimental, tiene como tipo de estudio el Transversal y el instrumento un cuestionario. Como resultados, se observo que por los amigos, por ele mismo, los familiares y el profesor son para los adolescentes quien les motiva a practicar actividades.

PALABRAS CLAVE: Adolescente, Exercício, Deporte.

ATIVIDADES FÍSICO DESPORTIVA NA ADOLESCÊNCIA: UMA PESQUISA SOBRE OS MOTIVOS PARA SE PRATICAR.

RESUMO

A prática regular de atividade física desportiva vem sendo considerada um dos componentes relevantes dentro de um estilo de vida saudável. O presente trabalho procura estabelecer quem motiva adolescentes de 15, 16 e 17 anos17 anos da rede pública da cidade de Novo Hamburgo, do Estado do Rio Grande do Sul a pratiquem atividade físico-desportiva. Esta investigação caracterizou-se como quantitativa, de metodologia não-experimental, tem como tipo de estudo o Transversal e o instrumento um questionário. Como resultados, observou-se que amigos, por ele mesmo, os familiares e o professor são para os adolescentes quem os motiva a praticar atividades.

PALAVRAS-CHAVE: Adolescente, Exercício, Esporte.