

## 94 - STATE OF HUMOR SWIMMERS, 15 TO 17 YEARS OFTEN A SOCIAL PROJECT IN THE CITY OF AUSTIN, IN MUNICIPALITY OF NOVA IGUAÇU-RJ

FABIO RICARDO DUTRA LAMEGO  
MAURO MORAES MACÊDO

Universidade Castelo Branco/Meta Produções, Rio de Janeiro - RJ, Brasil  
[fabiolamego@gmail.com](mailto:fabiolamego@gmail.com)

### INTRODUCTION

The act of floating in the water by using one's body or with the help of some materials can be called swimming. Since earlier times, men use swimming not only as a way of moving in the water, but also as a surviving way. This surviving practice has been improved as time goes by. It has been gradually changing and in modern society, it is practiced for pleasure and for high performance training. (PAVEL et. al., 2004; LIMA, 2003)

According to Lima (2003), men are not a water being, but we can adapt ourselves to that environment. Nowadays men are able to reach deep waters which could not be practiced before. We cannot see very well underwater nevertheless we use masks and goggles which make swimming in very deep places easier, the use of fins is one more example of the men's adaptation to the liquid environment.

Water brings us pleasure, so practicing exercises in the water gives participants a comfortable and enjoyable sensation (of pleasure), and this is changed into much loyalty to the proposed activities, both in swimming itself and the practice of water fitness. On the other hand, when the activity is practiced in high volume or intensity, these practices are not pleasant anymore, they become stressful, changing the participants' mood completely.

There are four swimming styles: butterfly, backstroke, breaststroke and crawl which is also called freestyle. This last one is the fastest of all and the easiest to be learned. People associate swimming with the turning of the arms. (PAVEL et. al., 2004)

Psychology has a direct relation with sports practice. In 1888, the following sentence was mentioned: "the mental qualities of the athlete were highly responsible for his success". (DUDLEY apud TANNER, 2008) For many years we have seen this whole relationship of physical activity with the mood state. Our reality is that of people who have a hard daily schedule, which means this citizen is exposed to daily stresses; sometimes the person gets back home completely exhausted. We have to see our student / athlete as a whole being, we must have a holistic view, we have to know how to identify when that person does not have any conditions to perform the activity we proposed to him.

Humour is the variation of the emotional state of euphoria towards apathy or vice versa. These changes can make the person have great difficulty to develop daily regular activities, it depends on his/her variance (DALGALARRONDO, 2000).

When a human being receives any kind of stimulus, he notices these pieces of information and assimilates them, this way, the person emits an answer according to the received stimulus, it also depends on his previous experiences; all these facts are directly related to his personality. (BARRETO, 2003)

To Gazzaniga et. al. (2005), elements like emotion, affection and humour are important, they have to be taken in consideration and they must be in constant harmony, so that we will not have a negative change in the person's personality.

The profile of mood states (POMS) is a questionnaire whose intention is to evaluate humour and emotion, it is applied, first, in psychic studies, but as time went by, it started being used in populations without any apparent psychological change. This is an important evaluation tool not only for investigation, but also for intervention. Getting into the sporting area, POMS is widely accepted because it is able to capture the emotional variations resulting from physical activities and psychosocial well-being. (HAYWARD et. al.; SPENCE et. al. apud VIANA, 2001)

To Modolo et. al. (2009), the increasing of volume of activity is connected to the search of wellbeing for some athletes, as its researches showed running athletes improved their volume of training with this aim. This phenomenon is known as exercise dependence. The excessive increase of volume of activity leads to several possibilities of lesions.

Studies show that after the practice of physical activities, women show a more elevated level of vigor. In a study published by Lamego et. al. (2010), with 15 women who practiced jump classes, there was a significant increase in the vigor scores after activity, on the other hand, there was a decrease in the scores of depression and anger, due to this reduction we could notice better humor in those women after the activities.

According to the studies of Coellho et. al. (2005), who used a sample of 20 male individuals practicing weight lifting, using from 55% to 80% of the maximum cargo of those individuals, it was showed a decrease of vigor and an increase of fatigue after the practice of activities using weights with that cargo. While there was no significant alteration in any of the 6 slopes in the practice of activities using 80% of the cargo.

Porcu et. al. (2008) showed that during 12 weeks of practice of hydrogym, twice a week, classes of 50 minutes each, with a group of 18 women, vigor was increased  $12,67 \pm 2,69$  points, there was also reduction in the other factors.

This paper aims to justify the author's interests, in swimming (he has been working in this area for over 6 years) and also in the application of the questionnaire of mood state. The paper is relevant as it helps in the formation of new researches, also increasing the number of primary bibliographies, helping in possible questions, critics and research.

The objective of the work is to analyse the Profile of the mood state in swimmers, aging from 15 to 17, participating a social project in the city of Austin, district of Nova Iguaçu, Rio de Janeiro.

### METHODOLOGY

A transversal field descriptive research (THOMAS et. al., 2003). The total population studied used 29 individuals, 13 female and 16 male, aging from 15 to 17.

The instrument used in this research was the POMS questionnaire with 65 items, evaluated in a scale of 5 items, from zero to 4 (zero means "nothing", 1 means "a little", 2 means "some", 3 means "enough" and 4 means "extremely"). The questionnaire is has been validated since 1971 by McNair. It was applied 10 minutes before the practice of swimming and the immediately after class. We used the Excel 2003 program for the tabulation of the collected data.

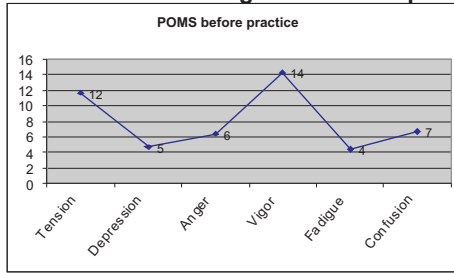
The research was made in just a day, in 4 different groups, in 4 different schedules in no more than 40 minutes of practice (each class), using light to moderate stimulus. All the volunteers practiced swimming for more than 6 months. As they all

aged under 18, each parent signed a document allowing the child to participate the reasearch one week before it was done. (Resolução 196/96)

**RESULTS**

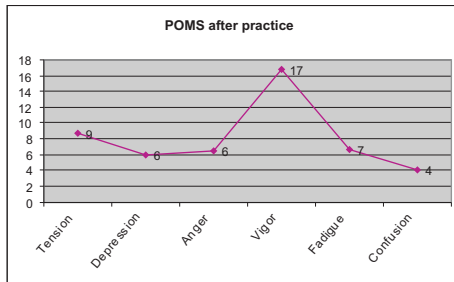
The graphs 1, 2 and 3 show the female scores, while graphs 4, 5 and 6 show the male ones.

**GRAPH 1: Result of the profile of mood state with girls before the practice.**



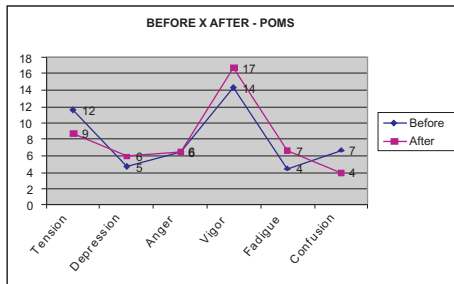
In graph 1, it is showed that before the training they showed score 12 in tension, 5 in depression, 6 in anger, 4 in fadigue and 7 in mental confusion, any way they showed score 14 to vigor.

**GRAPH 2: Result of the profile of mood state to girls after the practice**



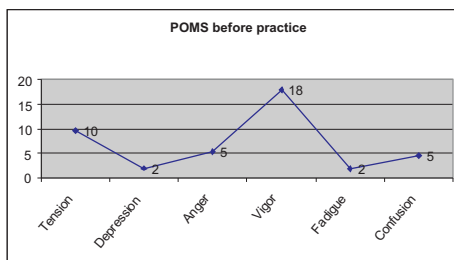
Graph 2 shows that after the practice of activities, those girls showed score 9 in tension, 6 to anger and depression, 7 to fadigue and 4 to mental confusion, but they showed score 17 to vigor.

**GRAPH 3: Final result of the profile of mood state in girls before and after the practice.**



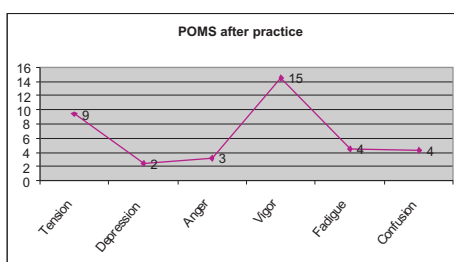
In graph 3, we can see the total modification of results. Considering tension and mental confusion, there was a reduction of 3 points; there was no significant modification in depression and anger, on the other hand there was an increase of 3 points in fadigue. The positive point on this graph is the result on the score of vigor which was elevated in 3 points.

**GRAPH 4 Result of the profile of mood state in boys before the practice**



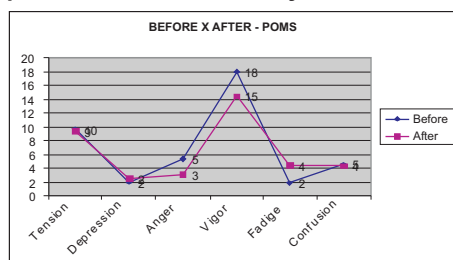
In graph 4, it is showed that before the practice, the boys showed a score of 10 to tension, 2 to depression and fatigue, 5 to anger and mental confusion. They showed score 18 to vigor.

**GRAPH 5: Result of the profile of mood state to boys after the practice**



In graph 5, it is showed that after the practice they showed scores of 9 in tension, 2 in depression, 3 in anger and 4 in fatigue and mental confusion. Vigor showed a score of 15.

**GRAPH 6: Final result of the profile of mood state in boys before and after the practice.**



Graph 6 shows the result before and after the practice. Considering tension, depression and mental confusion, there were no significant modifications; but there was a reduction of 2 points in the scores of anger and an increase of 2 points in the score of fatigue. There was a reduction of 3 points in vigor.

### CONCLUSION

As we observe the studies which have been presented before, we notice that there is an upgrade in humor for the female gender before and after the practice of exercises, which does not happen to men. Through the analysis of the data described in this article, we conclude that when female teenagers receive an stimulus from light to moderate, in the case of swimming, they show an increase in the score of vigor. We believe this result appeared because the stimulus was from light to moderate, this result is in accordance to previous literature. A study made by Coelho et. al. (2005) with men in the practice of resisting training out of water showed that there was a reduction of vigor and increase of fatigue when the exercises were performed with the intensity of 55% of the 1 RM cargo.

### REFERENCES

- BARRETO, João Alberto. **Psicologia do Esporte para o atleta de alto rendimento**. Shape. Rio de Janeiro, 2003.
- COELHO, Emerson F. et. al. **O efeito agudo dos exercícios físicos com pesos nos estados de humor**. Ver. Cient. da FAMINAS. v.1 n.1 sup.1 p.31 Jan-Abr. Muriaé, Minas Gerais, 2005.
- DALGALARRONDO, Paulo. **Psicopatologia e semiologia dos transtornos mentais**. Artmed. Porto Alegre, 2000.
- GAZZANIGA, Michael S., et. al. **Ciência Psicológica: mente, cérebro e comportamento**. Artmed. Porto Alegre, 2005.
- LAMEGO, Fabio R. D., MACÊDO, Mauro M. **Perfil do estado de humor de frequentadoras praticantes de aulas de jump de uma academia de campo grande, zona oeste do rio de janeiro**. Fiep Bulletin, ISSN-0256-6419. V.80, Edição especial. Foz do Iguaçu-PR, 2010.
- LIMA, Edson Luiz de; **A prática da Nataç o para beb s**. Fontoura. Jundia , S o Paulo, 2003.
- MCNAIR, D. M., et. al. **Profile of Mood States Manual, POMS**. Educational and testing service. San Diego California, 1971.
- MODOLO, Vladimir Bonilha, et. al. **Depend ncia de exerc cio f sico: Humor, Qualidade de vida em atletas amadores e profissionais**. Rev. Br s. M d. Esporte – Vol. 15, n 05. 355/59 – Set/Out, 2009.
- PAVEL, D. A. C., FERNANDES FILHO, J. **Identifica o dos perfis dermatogl fico, somatot pico e das qualidades f sicas b sicas de atletas de alto rendimento em modalidades de nata o em provas de meio-fundo e fundo**. Fitness & Performance Journal, v.3, n.1, p.18-27. Rio de Janeiro, 2004.
- PORCU, Mauro et. al. **Influ ncia do exerc cio f sico no humor e na depress o cl nica em mulheres**. v.14 n.2 p.179-186, abr./jun. Motriz. Rio Claro, 2008.
- TANNER, David A. et. al. **Nata o: manual de medicina e ci ncias do esporte**. 2 ed, Manole. Barueri, S o Paulo, 2008.
- THOMAS, Jerry R., et. al. **M todos de pesquisa em atividade f sica**. 5 ed Artmed. Porto Alegre, 2007.
- VIANA, Miguel Faro, et. al. **Adapta o portuguesa da vers o reduzida do Perfil de Estado de Humor-POMS**. An lise psicol gia, 1 (XIX): 77-92, 2001.

### STATE OF HUMOR SWIMMERS, 15 TO 17 YEARS OFTEN A SOCIAL PROJECT IN THE CITY OF AUSTIN, IN MUNICIPALITY OF NOVA IGUA U-RJ

#### ABSTRACT

Since earlier times, men use swimming not only as a way of moving in the water, but also as a surviving way. This surviving practice has been improved as time goes by. It has been gradually change and in modern society, it is practiced for pleasure and for high performance training. Mood is the euphoria emotional state variation towards apathy or vice versa. These variations can make the subject face great difficulty to develop daily life activities. If depends on the variance. The profile of mood states (POMS) is a questionnaire created to evaluate mood and emotion, it is applied. First, in a psychic studying, how ever as time went by, it stated being used in populations which did not show any apparent psychological changing. The objective of the work is to analyze the POMS in those who practice swimming, the age ranged from 15 to 17 years old, the subjects attended a social project in Austin, Nova Igua u, Rio de Janeiro. It was a descriptive field transversal research, the studied population was of 29 people; 13 female and 16 male ones. We concluded that when female receive a slight to moderate stimulus, considering swimming, they show an improvement in their mood, while the male teens showed a reduction in their vigour score.

**KEY-WORDS:** POMS, Humor and swimmer.

### ETAT DE L'HUMOUR NAGEURS, 15 A 17 ANS SOUVENT, UN PROJET SOCIAL DANS LA VILLE DE AUSTIN, DANS MUNICIPALIT  DE NOVA IGUA U-RJ.

#### R SUM 

Depuis nos d buts, l'homme n'a pas utilis  la piscine seulement comme un moyen de locomotion dans l'eau, mais comme un moyen survie. Cette pratique de la survie  tait am lior e au fil du temps, peu   peu chang  dans la soci t  contemporaine et il a  t  pratiqu e depuis le loisir de la formation de haut revenu. L'humour est le changement d' tat  motionnel

euphorie sens à l'apathie ou vice versa. Ces modifications peuvent provoquer l'individu d'avoir une beaucoup de difficulté à développer des activités communes de au jour le jour, en fonction de sa variance. Le profil de l'humeur (POMS) est un questionnaire conçu pour l'intention d'évaluer l'humeur et des émotions, être appliquée, d'abord, directement à l'étude de l'empreinte psychique, mais avec le passage du temps est venu pour être appliquée dans populations sans changement apparent psychologique. L'objectif est d'analyser le profil de l'État Les nageurs de l'humeur, de 15 à 17 ans, clients d'un projet social dans la ville d'Austin, dans Nova Iguaçu, Rio de Janeiro. Rechercher description du champ de la population en coupe, étudiés avaient un total de 29, et 13 femmes et 16 hommes avec des âges allant de 15 et 17 ans. Nous avons conclu que les adolescentes de recevoir une stimulus d'intensité légère à modérée dans le cas de la pratique de natation, montrent une amélioration dans son humeur. Depuis les adolescents ont diminution de score vigueur.

**MOTS CLES:** POMS, l'humeur et la natation.

#### **ESTADO DE HUMOR NADADORES, 15 A 17 AÑOS A MENUDO UN PROYECTO SOCIAL EN LA CIUDAD DE AUSTIN, EN MUNICIPIO DE NOVA IGUAÇU, RJ.**

##### **RESUMEN**

Desde nuestros inicios, el hombre no hizo uso de la piscina sólo como un medio de locomoción en el agua, sino como una forma supervivencia. Esta práctica de supervivencia estaba siendo mejorado con el tiempo, poco a poco cambiado en la sociedad contemporánea y ha sido practicado desde el ocio a la formación de alta ingresos. El humor es el cambio en el estado emocional sentido de la euforia a la apatía o viceversa. Estos cambios pueden hacer que el individuo tenga una grandes dificultades en el desarrollo de actividades comunes de día a día, dependiendo de su varianza. El perfil de estado de ánimo (POMS) es un cuestionario diseñado para intención de evaluar el estado de ánimo y la emoción, que se aplica, Inicialmente, directamente al estudio de la huella psíquica, pero con el paso del tiempo llegó a ser aplicado en poblaciones sin ningún tipo de cambio psicológico evidente. La objetivo es analizar el perfil del Estado Nadadores del estado de ánimo, de 15 a 17 años, los clientes de un proyecto social en la ciudad de Austin, en Nova Iguaçu, Río de Janeiro. Búsqueda campo de descripción de la población de la sección transversal, había estudiado un total de 29, y 13 mujeres y 16 varones con edades comprendidas entre los 15 y 17 años. Llegamos a La conclusión de que las adolescentes a recibir una estimulación de leve a moderada en el caso de la práctica de natación, muestran una mejora en su estado de ánimo. Dado que los adolescentes tienen descenso de la puntuación la fuerza.

**PALABRAS CLAVE:** POMS, el humor y la natación.

#### **ESTADO DE HUMOR DE PRATICANTES DE NATAÇÃO, DE 15 A 17 ANOS, FREQUENTADORES DE UM PROJETO SOCIAL NA CIDADE DE AUSTIN, NO MUNICÍPIO DE NOVA IGUAÇU-RJ.**

##### **RESUMO**

Desde nossos primórdios, o homem utiliza da natação não só como forma de locomoção em meio aquoso, mas como forma de sobrevivência. Essa prática de sobrevivência foi sendo aprimorada com o passar dos tempos, sendo gradualmente modificada e na sociedade contemporânea ela vem sendo praticada desde o lazer até o treinamento de alto rendimento. O humor é a variação do estado emocional de euforia em sentido à apatia ou vice versa. Estas alterações podem fazer com que o indivíduo tenha uma grande dificuldade em desenvolver atividades comuns do dia a dia, dependendo de sua variância. O perfil de estado de humor (POMS), é um questionário criado com a intenção de avaliar o humor e a emoção, sendo utilizado, inicialmente, diretamente em estudo de cunho psíquico, mas com o passar dos tempos, passou a ser aplicado em populações sem alguma alteração psicológica aparente. O objetivo do trabalho é o de analisar o Perfil do Estado de Humor de praticantes de natação, de 15 a 17 anos, frequentadores de um projeto social na cidade de Austin, no município de Nova Iguaçu, Rio de Janeiro. Pesquisa descritiva de campo de corte transversal, a população estudada teve um total de 29 indivíduos, sendo 13 do gênero feminino e 16 do gênero masculino, com idades que variam entre 15 e 17 anos. Concluí-mos que as adolescentes ao receber um estímulo de leve a moderado, no caso da prática da natação, apresentam uma melhora em seu estado de humor. Já os adolescentes apresentaram redução do escore de vigor.

**PALAVRAS CHAVE:** POMS, humor e natação.