

FOOTBALL AS A MEDIA FOR SOCIAL INCLUSION OF CHILDREN AND ADOLESCENTS: A MINI REVIEW

Caio Vinícius Gomes da Silva Pinheiro⁵, Ana Patrícia da Silva Souza^{3,4}, Mariluce Rodrigues Marques Silva^{3,4}, Ana Beatriz Januário da Silva^{3,4}, Taciane Silva do Carmo^{1,4}, José Maurício Lucas da Silva^{1,4}, Mayara Lucécia da Silva^{1,4}, Maria Eduarda Rodrigues^{1,4}, Roberta Karlize Pereira Silva^{1,4}, Patrícia Celina de Lira¹, Karolayne Gomes da Silva^{1,4}, Waleska Maria Almeida Barros^{1,3,4}, Gabriela Carvalho Jurema Santos⁶ and Matheus Santos de Sousa Fernandes^{3,5*}

¹Departamento de Fisioterapia, Centro Universitário Osman Lins (UNIFACOL), Vitória de Santo Antão – PE, Brasil.

²Núcleo de Nutrição, Centro Acadêmico de Vitória, Universidade Federal de Pernambuco (CAV) - UFPE, Vitória de Santo Antão – PE, Brasil.

³Programa de Pós graduação em Neuropsiquiatria e Ciências do Comportamento – Universidade Federal de Pernambuco (UFPE), Recife/PE – Brasil.

⁴Centro Integrado de Tecnologias em Neurociência (CITENC) - Centro Integrado de Tecnologia e Pesquisa (CINTEP) - Centro Universitário Osman Lins (UNIFACOL), Vitória de Santo Antão – PE, Brasil.

⁵Faculdade de Comunicação e Tecnologia e Turismo de Olinda.

⁶Programa de Pós graduação em Nutrição, Universidade Federal de Pernambuco.

*Corresponding Author: Matheus Santos de Sousa Fernandes

Faculdade de Comunicação e Tecnologia e Turismo de Olinda.

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ABSTRACT

Fruit of a historical generation of social inequalities, Brazil still carries with it a great burden of social injustice, which is not far from the reality of several children and adolescents in this country. It is understood that the period of childhood and adolescence is marked by profound discoveries and transformations, with their full experience of great importance, but it is known that many children and adolescents do not have due opportunities. Therefore, football as a national passion, is an alternative for the inclusion of children and adolescents, working on biopsychosocial aspects in search of promoting living opportunities for these individuals. Thus, the objective of this research is, through a literature review, to analyze and discuss football as a means of social inclusion for children and adolescents. For this purpose, Lilacs, Pub Med, Periodicals Capes and Digital Library of Theses and Dissertations were used as databases, and, through selection through inclusion and exclusion criteria, four articles were selected. Finally, it was possible to measure the importance of building social projects through football, which is an effective alternative for the social inclusion of children and adolescents.

KEYWORDS: Soccer. Child. Adolescent. Inclusion.

1 INTRODUCTION

In Brazil, the 2nd article of the Child and Adolescent Statute (ECA) defines that a child is that individual up to the age of twelve, and a teenager that is between twelve and eighteen years old. As a result of a historical heritage of social inequalities, Brazil still carries with it a great burden of social injustice in the face of aspects such as race, gender, education, regionality and, mainly, social class (NETO et. Al., 2015). It is known that childhood and adolescence are periods marked by profound changes, due to the need to build the “I” and its life goals (PINTO, 1997). Faced with the inequalities rooted in this society, several children and adolescents do not have the opportunity to live in their integrity, since the realities compel them to take other directions in their lives.

Thus, nowadays, there are many state projects, as well as

Non-Governmental Organizations (NGOs), which aims to ensure a path of quality of life for these children and adolescents who live marked by social inequalities (NETO et. Al., 2015). Therefore, strategies such as inclusion through sport have taken a large space, since for Vianna and Luisolo (2011), sport is a passive socialization channel for social inclusion, understanding that it is possible to developed the broad biopsychosocial aspects through practice.

Therefore, since soccer is a national identity of the Brazilian people, as well as the most popular sport in the world, according to Coelho (2004), it shows itself as a possibility for the inclusion of children and adolescents due to the space they already occupy in life. of these individuals, who from an early age are able to experience the culture of football in Brazilian society, with the

popularization of televised games, as well as the habit of going to stadiums and having a cheer for a team as a family tradition that is still quite strong today.

For Wilpert (2005) a social project is directly involved in the educational process of children and adolescents and still points as a major limitation for these initiatives to difficult withdrawals of children and adolescents from the realities in which they are inserted, being an effective alternative to the proposition inclusion through correlation with the school environment, often even as a complement to their time after school. Therefore, the soccer school scene has become a space that promotes possibilities for children and teenagers to have their initiations to the sport and to integrate themselves into a social group. For Fernandes *et. al.* (2008), schools play a fundamental role in the teaching and learning process, such as using sport as a means of social inclusion and also with the objective of providing opportunities for the future in sport, as well as achieving high performance.

It is possible to understand that football is an alternative that doesn't need so many devices, being just a minimally adequate place and a ball, one of the reasons for its great popularity, in addition, you can see in the reality of world football, the social rise of young people who had little opportunity in life like the player Neymar, a great Brazilian idol and the inspiration of many children and adolescents who are victims of social inequality and who dream of having a better future. Therefore, the objective of this work is to analyze and discuss football as a means of social inclusion for children and adolescents, identifying its possible forms of use, in school environments or through projects in

communities or even in football clubs, as well as describing how the subjects participating in this process feel: the individual child / adolescent facing this reality. The hypothesis of this research is that football can promote the social inclusion of children and adolescents.

2 METHODS

A literature review was carried out, based on the bibliographic research of original articles on football as a means of social inclusion for children and adolescents. As inclusion criteria, used to carry out this investigation, we adopted: 1) Articles published in Portuguese and English; 2) Published in the last 10 years (2010 to 2020); 3) Articles from field research / original studies. And as exclusion criteria: 1) Articles that are not related to the theme. To carry out the research, the health descriptors "Soccer", "Inclusion", "Child" and "Adolescent" were used as well as their equivalents "Soccer", "Inclusion", "Child" and "Adolescent" combined with the Boolean operator "And". The selection and inclusion of articles were carried out through a search in the following databases: PubMed, Lilacs, Capes Periodicals and Digital Library of Theses and Dissertations.

3 RESULTS

The research was based on the analysis of the following scientific articles related to the theme of football as a means of social inclusion of young people and adolescents, detailed in Table 1. After the complete reading of these studies, all contents were analyzed specifically with a focus on the objectives of the study and considerations. The works are organized according to the focus of the objective discussion and according to the year of publication.

Table 1: Survey of the articles included in the review..

Title	Author/Year	Objective	Methods	Main Results
"We wouldn't of made friends if we didn't come to Football United": the impacts of a football program on young people's peer, prosocial and cross-cultural relationships"	NATHAN <i>et. al.</i> , 2013.	The study had by objective report the impact of a program sport for the development in Australia, the Football United.	The research was performed with 142 young people with average age of 14 years with about 23% of sample composed by girls with analysis in four schools Australian. Two of the schools included Football United and others two schools were characterized as the Group Control. O instrument of	Individuals Football United had scores significantly get you shorter on the scale of problems of pairs and scores significantly higher in the scale pro-social that boys in the Group Control. Individuals Football.

			research led		
			in count		
			symptoms		
			emotional,		
			problems in		
			relationships		
			,		
			behavior		
			prosocial,		
			feeling of		
			belonging and		
			resilience, from		
			interviews.		
"The experience with sport and education Instituto Bola Forward: from project a Technology Social" "The experience"	SANTOS, 2018.	The focus of this study is the experience of Instituto Bola Forward, seeking out Contribute to a better understanding of these concepts and evaluate your contribution for promotion Social.	The study was performed on Instituto Bola Forward under an analysis direct from your procedure methodological and social impacts promoted by inclusion of children and teenagers by middle of practice of football.	From the realization of census demographic, the Institute can verify a relevant impact on level of schooling your audience recipient, with membership school with about 94% of young people in school. Starting of an analysis it is understood that that aspect if reverts to a social promotion and savings for the state as well how impact in the index of crime and unemployment.	
"O futebol como ferramenta de inclusão social e escolar"		BALZANO <i>et al.</i> , 2019	The objective of the study was check that the football can be a tool of social inclusion.	They were part research students of Sport project. Social of a school. The study was carried out from Note direct from classes of Education physical and events proportionate by school in day to day environment	Football is showed how middle of inclusion and school being a tool powerful for young people reach their goals. a factor identified was that experience In the project provided young people a security and

			in addition to	maturity for
			participation in	deal with
			spaces	situations and
			meeting of	difficulties of
			teachers.	life as well as
				face the
				possible
				obstacles.
				Besides that,
				it was found
				a better one
				resourcefulness
				within
				structures
				schoolchildren. Still
				so, learn
				dealing with
				differences
				sociocultural
				it was a point
				important
				worked on
				project.
"School football as inclusion Social"	FELISBERTO <i>et. al.</i> , 2010.	The objective of the study was describe the profile and demonstrate the social inclusion From participants to from the Project Good Ball. The objective of the study was describe the profile and demonstrate the social inclusion.	The method used was the search descriptive with application of quiz to 49 participants aged 11 and 14 years old. In addition, a other questionnaire was applied for 10 professionals Education Physics.	The results indicate that the project was go away importance since that great part presented prospects for future, keeping up away from drugs as well such as possibility of provide a future better for your family as well as the search by the rise social and financial through recognition through the soccer.

4 DISCUSSION

The study by Nathan *et. al.* (2013) had a sample of 142 young people with an average age of approximately 15 years, two schools analyzed had a Football United program and the other two were used as a control group. The research had as instruments the evaluation of these young people through interviews, seeking to evaluate emotional aspects related to inclusion, I understand

problems of peers and relationships, pro-social behaviors, feeling of belonging, inclusion, and resilience, as well as their participation in the group. The results indicate that the young people participating in the program, have better resourcefulness in the analysis of these emotional aspects evaluated, and Football United is able to provide a means of inclusion for these young peoples.

Santos' research (2018) analyzes a project by the Bola pra Frente Institute, with the Social Sport program that includes 938 students, divided into three sub-projects: Craque de Bola and Escola, has 200 children aged 6 to 9 years and offers sports and educational activities; ARTilheiro promotes artistic, cultural and sports interventions for 549 children and teenagers from 10 to 14 years old and the Citizenship Champion includes sports activities and professional qualification for teenagers from 15 to 17 years old. The institute also has three other projects, such as Saúde em Campo, which offers opportunities to improve the quality of life of its members and their families, Craque dos Craques which offers family support and the Toque de Mestre that works in the schools of the meeting.

In this way, the author conducts an analysis focusing on the experience of sport with education, being these allies in the process of training and inclusion of children and adolescents.

The stories of the Institute's social work are reflected in the results of the research, which point to social technology, which is an integral part of the methodological organization of this space, as being a remarkable differential, with intervention in several areas of operation and enabling the solution to be appropriate for each reality. , understanding the particularities of each individual or group and promoting the inclusion of these people in the social media of reference, sports and also in the labor market, providing quality of life, promoting health and contributing to the educational and integral development of these children and adolescents.

Balzano *et. al* (2019) brings in its study a direct analysis of the experiences of the participants of the Projeto Esporte Social, with the direct realization of classes, as well as of the events promoted teachers' meeting. We sought to analyze the experiences of young people in the project, as well as the expectations and participation of the family during the process, in addition to understanding what the prospects for future professionals of these individuals are, in addition to the integration into the school environment promoted by the project, considering the differences socio-cultural aspects that these students present, as they come from the community and are mostly black. Therefore, the research addresses significant points of the inclusion process through sport, with an initial approach on the importance of the scholarship opportunity for these individuals, which is a key point for the motivation of these young people who seek through sport, more specifically of football, a future of life as an objective, even so, points a little of the difficulty of integration of these students in a private school that is embedded in realities and perspectives distant from those experienced by these boys, but shows that football is placed as a key point in this integration. Still, the research points to an analysis of the relationship of these young people with the environment of football and school, with the project being a differential that

manages to promote inclusion and integration in the social relations of young people, highlighting aspects such as possible competitiveness promoted in the sports environment, this being an inert thing in this environment, mainly in soccer, that many boys seek financial and social ascension based on that, but it places the project as a key point in promoting less aggressive and competitive relationships among students, highlighting the importance and the role of the Physical Education Professional approach in these aspects, seeking inclusion of these young people. The study also points out the important role of the family in these processes that need to understand the difficulties and specificities of that teenager, as well as encourage and demand results. In addition, the research provides insight into the influence of the project in the community, as the football culture is rooted in our society, which promotes these children opportunities for viewing before the people around them, promoting greater maturity and security for dealing with adverse life situations.

Finally, the research by Felisberto *et. al.* (2010) brings with it an analysis of another project called Bom de Bola, with a sample of 49 individuals aged between 11 and 14 years, with an analysis of the possibility of inclusion through sport through the application of a questionnaire. The study initially brings in its results an importance of the Physical Education Professional as a motivating individual of interest in football, in addition to highlighting aspects brought by these young people, such as the need to keep away from drugs, football being a key aspect in this process. Even so, the perspectives of the present were listed by the young people, namely: playing outside the country; earn a lot of money to help the family; earn a lot of money to acquire material goods; be famous and play for the Brazilian team. In addition, the following perspectives for the future were also highlighted: becoming a coach of a great team; open a football school in search of new talent and invest in a social inclusion project based on football.

Therefore, it is possible to perceive that the work highlights and corroborates the aspects raised in all the others, such as soccer being an important means of social inclusion, as it promotes a future perspective for children and adolescents, promoting health and quality of life through sport, as well as the possibility of social and financial ascension and also the improvement of their interpersonal relations before society and school. Thus, through the aspects evidenced in the studies presented that corroborate the completeness of studies in the literature, the hypothesis of this review is true, since football is able to promote the social inclusion of children and adolescents, acting that in improving the quality of life as a whole of these individuals and their families, with intervention through the practice of soccer, a complementary alternative to the school development of these children and adolescents, being important to highlight the role of the Physical Education professional as an integrating principle of the practice of soccer

intervention proposal as a possibility for the inclusion of children and teenagers.

5 FINAL CONSIDERATIONS

According to what was exposed at work, it is possible to conclude that inequalities are a historical mark in our country and that their aggravations affect the integrality of several children and adolescents, making it impossible for them to live a dignified life with opportunities. Thus, social inclusion projects through physical exercises have been shown to be of great importance because they offer new perspectives for these individuals. Given this, football proved to be an extraordinarily successful alternative for the inclusion of children and adolescents, due to its popularity and the possibility of integrating people towards others.

Based on the reviewed works, it is possible to measure the importance of building social projects considering the social inclusion of children and adolescents through football, which are well designed, respecting the individualities of each group and understanding the specificities and difficulties imposed in life. of these people, as well as it is important to mention the importance of the methodological procedures adopted and the monitoring of a Physical Education professional to monitor this process. Thus, the present study is of great importance for correlating important aspects of football and promoting the inclusion of children and adolescents, highlighting the great need to create greater opportunities, as well as studies and characterizations of these projects, which are still ongoing. are scarce in the literature.

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