



## The influence of family on gymnasts' performance: a study carried out at the XVI National Gymnastics Tournament Rhythmic Gymnastics – Fortaleza/2011

*The family influence in the performance of gymnasts: a study on the XVI National Tournament of Rhythmic Gymnastics - Fortaleza / 2011*

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**Abstract:** This study aimed to discuss the influences exerted by the family on the performance of gymnasts participating in the XVI National Rhythmic Gymnastics Tournament, held in Fortaleza/2011. The methodology used was an exploratory study, with a qualitative approach, and the instrument was a semi-structured interview conducted with 12 gymnasts officially registered in the event and their respective mothers, totaling 24 subjects. In the end, it can be seen that the family plays a great importance in the performance of gymnasts, since it is a source of motivation and support for them, considering that they can count on food, dedication from family members, such as taking them to training daily, and even with all the financial difficulties, they are often able to accompany them during competitions. And more than that, even with all the difficulties they face, such as their sadness after losing a championship, injuries due to heavy training, not eating things considered tasty because they have to maintain their diet, and spending more time training than at home, their families continue to support them at all times and are proud to have them in the GR.

**Keywords:** Family. Rhythmic Gymnastics. Gymnasts. Influences. Motivation.

**Abstract:** This article is an excerpt from my monograph of specialization in rhythmic gymnastics entitled “The influence of the family in the performance of gymnasts: a study in the XVI National Tournament of Rhythmic Gymnastics - Fortaleza / 2011”. The general objective was to analyze the influences exerted by the family on the performance of gymnasts in the tournament in question and determine together the family, how the gymnasts behave near competitions and how the family helps the same participation. Was used as exploratory study methodology with a qualitative approach in interviews with the gymnasts and their mothers, the survey also included a bibliographic support to its theoretical basis. At the end one can see that the family has great importance in the performance of gymnasts, considering that it is a source of motivation and support for them.

**Keywords:** Family. Rhythmic Gymnastics. Gymnasts. Influences. Motivation.

## 1 INTRODUCTION

Rhythmic Gymnastics (RG) is a female-specific sport at the competitive level, distinguished by its elegance and beautiful movements. It began to be practiced at the end of World War I, but it lacked specific rules and a specific name.

In a mix of traditional Artistic Gymnastics exercises with music, in 1946, it received the name Rhythmic Gymnastics, precisely because it uses music and dance during the execution of the movements.

According to Gaio (2007) Rhythmic Gymnastics emerged in Central Europe and was influenced by masters of at least four fields: Dance, Art, Performing Arts, Music and Pedagogy.

Róbeva and Rankélova (1991, p. 55) emphasize that it is of great importance that RG athletes have contact with the apparatus from the beginning, because "in the first year they must learn the elementary rules of the touch technique [...]", since it is the coordination between the handling of the apparatus and the elements that forms the criterion of greatest appreciation. Also according to the aforementioned authors, if the athlete is still a child, it is important to adapt the apparatus to their body size, to prevent errors caused by inability with apparatus disproportionate to the child's size and handling ability, causing sadness and frustration with Rhythmic Gymnastics.

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During championships, regardless of the discipline, it's common for gymnasts to feel nervous and pressured to be the best, often hampering their performance. Athletes experience a range of emotions during competition, and the presence of family can be one of them. In the case of the XVI National Rhythmic Gymnastics Tournament, the nervousness is no different, considering the weight of a competition that brings together gymnasts from all over the country, striving to achieve their best to win first place. Thus, the following question arises: What influences did family have on gymnasts' performance at the XVI National Rhythmic Gymnastics Tournament held in Fortaleza, Ceará, in 2011?

In this context, the general objective of this research is to discuss the influences exerted by the family and the gymnast's performance in the XVI National Rhythmic Gymnastics Tournament in 2011, as well as to investigate, together with family members, how the gymnasts behave when competitions are close and how family members help them in this participation.

## 2 METHODOLOGY

It was decided to carry out an exploratory study, with a qualitative approach, because this methodology makes it possible to describe the complexity of the problem investigated, which is the influences exerted by family members on the performance of gymnasts.

Field research consisted of a section of the empirical reality that was investigated based on the theoretical choices made to address the object of investigation. For Markoni and Lakatos (2006, p. 188), field research: [...] is that used with the objective of obtaining information and/or knowledge about a problem, for which an answer is sought, or a hypothesis, which one wishes to prove, or, even, discover new phenomena or the relationships between them.

Thus, this type of research made it possible to compare what the authors studied stated and what family members and the gymnasts themselves said about the influences exerted by the family on the gymnast's performance in the XVI National Rhythmic Gymnastics Tournament.

As our study had a qualitative approach, a semi-structured interview was used as an instrument. An interview was conducted with both the gymnasts and their families. The interview method involves an interviewer who asks the interviewee questions. In this study, the interview was conducted in person with the gymnasts and their families, using a semi-structured interview guide. It is also worth noting that before the instruments were applied, everyone signed the Free and Informed Consent Form (FICF).

The research was conducted during the XVI National Rhythmic Gymnastics Tournament held in the city of Fortaleza, Ceará state, from May 19 to 22, 2011, as part of the Brazilian Gymnastics Confederation's national calendar. The event featured athletes from 14 Brazilian states, totaling approximately 190 gymnasts from 43 different clubs. This provided this study with a variety of answers.

Because this was a study on family influences on gymnasts' performance, only gymnasts accompanied by family members were chosen for the interview. Interviews were conducted with both the family members and the gymnasts themselves. Twelve mothers and 12 gymnasts were interviewed, always mother and daughter, to achieve the objectives outlined in this monograph and address the problem raised, resulting in a total of 24 participants.

The semi-structured interviews were conducted personally by the researcher with the gymnasts and their families, during the competition, using a prior script involving questions



related to: family support; feelings and reactions to Rhythmic Gymnastics; and the difficulties faced in the sport.

Thus, as the participants answered the questions, they were encouraged to speak more about the subject. The interviews were recorded using a traditional recorder and then transcribed by the author herself, so that the data could later be analyzed using a qualitative approach, based on the content analysis proposed by Bardin (2006).

### 3 ANALYSIS AND DISCUSSION

This section describes the results obtained from the analysis of the interviewees' statements, followed by a discussion of the data. Interviews with the mothers and the gymnasts themselves were analyzed, analyzing their statements, totaling 24 participants. The selected participants came from different Brazilian states: Minas Gerais, Alagoas, São Paulo, Amazonas, Rio de Janeiro, and Paraná. For ease of reference, we will describe the mothers using the letter M and the interview sequence number, for example: mother number 1 will be M1, and so on. And the gymnasts will be identified using the letter G and the interview sequence number, for example: gymnast number 1 will be G1, and so on.

#### Theme 1: Time spent practicing Rhythmic Gymnastics, motivation for choosing and support.

In the first part of the interview, the mothers and gymnasts were asked four questions related to their initiation into rhythmic gymnastics. The questions asked were: How long have your daughters been practicing rhythmic gymnastics? Why did your daughter choose this sport? Was it your choice? Does she feel supported?

According to their mothers, the gymnasts have been practicing rhythmic gymnastics for ages 3 to 6. Their choice of sport varied; some indicated it was their own, others their daughter's, and others said they chose it together with their daughter. The reasons for choosing the sport varied: some were recommended by friends, others because of a selection process at their school, and others claimed it had been a passion of theirs since childhood. The following responses demonstrate the results:

"It was my choice, because it was my dream as a child to be a gymnast, and since I couldn't do it, I tried to get my daughter into it. I had the opportunity to be a dancer, but today I have a daughter who is a gymnast and I'm very proud of it" (M2).

"It was influenced by our whole family, she studied in the afternoon, she was very idle, her day was just spent watching television and using the computer, so we decided to choose gymnastics." (M3).

"I have two daughters who are gymnasts. They started with ballet. Then, through ballet, a friend introduced me to gymnastics because she said my daughters were very elegant. My ten-year-old daughter has a lot of energy, while my other daughter is more laid-back. So, I looked for the place my friend recommended, which is in the Olympic Village, far from where I live, and enrolled her. They started practicing and fell in love. The moment I saw her, she was hyperactive and stayed home alone, I took her to see her other sister training, and she ended up getting interested too. Before she accepted, I said, 'You'll want to see your sister grow up, becoming beautiful, beautiful, with a leotard that's always very beautiful. This thing, the fascination really, even we would like to wear the leotard, so after I bothered her so much, she ended up joining in.'" (M6).

"I fell in love with the sport at school. My daughter started from nothing, I heard a lot of people say it wouldn't work, but I persisted and today I have a daughter who stands out." (M10).

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All mothers report being very encouraging of their daughters, believing they truly feel supported in practicing Rhythmic Gymnastics and participating in championships. We found that their daughters' initiation into the sport was often initiated by their mothers' will and then adopted by their daughters. There is also evidence that mothers provided their daughters with opportunities to practice the sport they were unable to practice.



The gymnasts, in turn, say they began practicing at their schools, where there was a selection test, and decided to do it. Others report that their mothers' friends told them about gymnastics, so for some it was their own choice, and for others, their mothers'. All say they feel strongly supported by their families.

A similar result was found in research carried out by Fraser-Thomas, Côté, Deakin (2008) who state that parents are responsible for introducing children to sports, and it is essential that they provide the necessary means and resources for their children to remain engaged in sports.  
sport.

Ewing et al. (2002), in turn, state that for a child to actually want to continue in sport, it is essential that parents have an active participation, providing the child with a positive experience with sport, any problem during the experience can be detrimental to this continuity.

Thus, it can be seen that despite being a parental initiative, for the child to continue playing the sport and excel in it, it is important that they have had a positive experience and feel motivated to continue practicing it.

## **Theme 2: Feelings about participating in a national Rhythmic Gymnastics tournament.**

In the second part of the interview, the mothers and gymnasts were asked how their families felt about seeing their daughter compete in a national rhythmic gymnastics tournament. Below are the responses given by some of the mothers who participated in the survey:

"I feel great pleasure, I'm excited, I really like it, it's good for them, they learn to be independent, and to go in search of something, so we teach our children to want something, they will go after it and achieve it." (M6).

"It's very good, gratifying as if I were the one there, I see that all my effort, even if my husband often fights, I will always be with my daughter no matter what, even if parents want their children to do an activity, I think it has to come from them as well."  
(M5).

The mothers were unanimous in expressing their happiness and pride in seeing their daughters participate in a tournament of this caliber. Some even added that regardless of the size of the tournament, be it municipal, state, national, or international, it is always rewarding to see them compete. Their responses reflect the true spirit of competition, which is participation, demonstrating that the mothers interviewed are not concerned with the results, but rather with their daughter's involvement in the competitive event. The gymnasts also felt extremely happy and honored to participate in competitions, stating that they love traveling and competing.

It is worth highlighting what Ewing et al. (2002) mention, parents are gratified to see their children participating in a sport like Rhythmic Gymnastics, becoming deeply involved in their children's sporting lives, playing different roles, from coach, to driver and financier, without ceasing to be spectator and cheerleader.

4 According to gymnasts, their families' greatest contributions to the practice of Rhythmic Gymnastics are taking them to practice daily, accepting that they spend more time training than at home. Andery (2003) states that the importance of parents in a child's development is not limited to the bond established between them, but also to the way they interact with each other. It is through this interaction and the experiences they provide their children that parents contribute to the formation of children as individuals.

In this way, a feeling is perceived, where parents stop assuming just one role, starting to



be the one who works in all aspects of his daughter's career as a gymnast, especially in promoting his daughter as a gymnast.

### **Theme 3: Reaction when they don't win a championship**

In the third category of analysis of this study, participants were asked about their reactions when their daughters failed to win a championship. We also asked them to report whether they perceived their daughters' lack of motivation as a result, and how they reacted to the loss. According to the mothers, the feeling of sadness is inevitable; although many are already prepared, they cannot hide their discontent with the loss. However, according to the mothers, they do not feel demotivated; on the contrary, they actually want to train more to better prepare for future competitions. It is noteworthy that regarding the family's reaction, the mothers state that they fully support them, encouraging them for future competitions.

Based on the gymnasts' responses, it's safe to say that it varies greatly from one tournament to the next, as most report feeling sad for a while, but then their sadness shifts to disappointment that so much training didn't lead to victory, but they then feel good again. Many also stated that they were prepared to lose, as it's normal for them.

They all stated that this is not a reason to discourage them, and that their family provides full support during these times, feeling sad with them, but encouraging them.

Gagne et al. (2003) state that, for the most part, parents are responsible for shaping their children's sporting experiences, motivating them and contributing to their self-concept. It is worth noting that parental encouragement is of paramount importance in sports, being considered a factor of pleasure and satisfaction for individuals involved in sports, especially during competition. Harris (1996, p. 89) emphasizes that "a child may strive for certain achievements not for the pleasure of skill, but to gain parental approval."

Therefore, the presence of parents throughout the individual's sports development process is essential.

### **Theme 4: Barriers faced when accepting a daughter as a gymnast**

In the fourth category of analysis, mothers were asked if they faced any barriers in accepting their daughter as a gymnast. The difficulties cited by mothers revolve around the demands of practicing Rhythmic Gymnastics, such as lack of time, diet, fatigue, and injuries. Rhythmic Gymnastics is not an easy sport to practice. Mothers say it's difficult to see their daughters craving delicious foods, like sweets and pasta, but not being able to, or having time to play and have fun like other children and adolescents. They also cite the fact that they can't always be around during training and competitions.

In turn, the gymnasts' responses focused on spending a lot of time away from home, more time training, making it difficult for them to be away for long periods. Injuries were also cited as difficulties, as was the fact that they feel sad and thoughtful when they lose a competition.

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This issue of diet, discipline, and dedication to Rhythmic Gymnastics is explained by the technical rigor this sport demands. Rhythmic Gymnastics is a competitive sport aimed at women. It consists of combining expressive body movements with the technique of using or not using apparatus, accompanied by musical accompaniment, harmoniously combining gymnastics with music, choreography, body expression, and apparatus.

According to Paoliello and Toledo (2010 p. 401) Rhythmic Gymnastics "is a sport that is based on the association between rhythm, body movements, with or without displacement, and the handling of equipment



specific to the modality". It is, therefore, a modality that enchants because it involves lightness, rhythm, agility, flexibility, and the grace and beauty of movements, something that is innate to human beings.

It was also verified whether Rhythmic Gymnastics brought any contribution to the citizenship formation of gymnasts, so mothers were asked if they noticed changes in their daughters after practicing RG.

All the mothers reported that practicing GR brought countless benefits to their daughters, including changes in behavior and various aspects, such as dedication, responsibility, punctuality, and more. Mothers even cite GR as the best thing in the world, feeling very happy that their daughters practice it.

Taking advantage of the question about the changes they noticed in their daughters after Rhythmic Gymnastics, the mothers were asked to name three changes they had noticed in their daughters. The main changes they mentioned in their daughters were: responsibility; education; self-confidence; becoming more loving; focused, balanced; committed; easier school learning; discipline; nutrition; and flexibility. Thus, as we can see, Rhythmic Gymnastics brought countless benefits to the gymnasts, according to their mothers.

Regarding the changes the gymnasts themselves perceived, most stated that they had indeed undergone changes, becoming more confident and happier. Some stated that they believed they were the same as before practicing Rhythmic Gymnastics. Since the gymnasts had indeed mentioned changes after practicing Rhythmic Gymnastics, they were asked to name three characteristics in which they had noticed changes in themselves: responsibility, confidence, happiness, balance, flexibility, commitment, nutrition, discipline, awareness, education, persistence, strength, elegance, and determination were the most frequently mentioned terms.

They were also asked what changes they had noticed in their daughters, both at school and in the family, and whether they believed these changes had occurred as a result of Rhythmic Gymnastics. The mother's words below demonstrate these changes:

"Discipline, responsibility, and schedules. So, I can't even get ready by myself; before, she would get ready. Before, she didn't have that autonomy; I was always laying out clothes for her to wear, shoes for her, and now she's not very independent." (M5).

The mothers stated that they did indeed notice changes in their daughters after practicing GR, citing among the main changes: concentration, school grades, education, confidence, optimism, flexibility, friendships, autonomy, discipline, responsibility, nutrition, perception.

Based on the gymnasts' responses, it is possible to say that their biggest changes are in the school environment, given that most gymnasts need to get good grades at school to continue practicing RG, so they mention improvements in grades, behavior, and commitment.

Thus, it can be noted that GR in fact influenced the gymnasts' behavior in a positive way, verified both in the mothers' speeches and in their speeches.

These issues are also verified in the literature. Pallares (1983) states that Rhythmic Gymnastics, when practiced correctly, enriches the child's development in physical, emotional, intellectual, and social aspects, thus contributing to psychomotor education, as rhythm stimulates repetition, allowing the incorporation into their body scheme of mastering new forms of movement.

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For Barros and Nadialkova (1999), gestures and movements, adapted to learning processes, stimulate the improvement of the quality of high *performance* experienced by the child, thus developing their capacities for perception, attention, space-time organization, and structuring of the body scheme and body image as previously mentioned.



## Theme 5: Family support for gymnasts

To assess family support for gymnasts, mothers were asked how they reacted when their daughters returned from a tournament without medals. The mothers expressed their displeasure at witnessing the effort they put into winning a championship and failing to do so. However, they all stated that they welcomed their daughters lovingly, hugging and kissing them, and providing the necessary encouragement for their best performance. The following responses demonstrate the results:

"I receive it well, but I'm always saying that we need to train more, because from watching so many training sessions we end up being a bit technical too." (M7).

"I welcome them, but I give them a few dirty looks, because every sacrifice I see them make, I want them to at least get third place, but of course I hug them, I kiss them." (M6).

"I welcome her, give her a hug, and tell her that next time she'll win, because that's what we should tell our children: she'll always have my arms open, win or lose. Although I wish she were a champion." (M 4).

We realize that the discourse on the importance of participating in a competitive event is left aside, as many mothers admit that they demand greater performance from their daughters in order to achieve medals. There is a natural contradiction between participating freely and the commitment to results, which according to Minicucci (2001) both the child and the parents have similar values and attitudes, behaviors and expectations, which are the result of their interaction.

All the gymnasts stated that their families fully support them at this time, welcoming them with affection and giving words of encouragement such as: "you are the best here", "for us, you are the best", "you almost won, next time you can do it", which is of great importance to them, because when they feel supported, the sadness of having lost quickly passes.

It is worth noting, based on Nunomura and Oliveira (2014), that excessive parental involvement can be a negative influence on the Gymnast, since the pressure for results and unrealistic expectations can culminate in a negative experience in the sport. Therefore, it is essential that parents seek balance, not putting excessive pressure on their daughters for the best result, not confusing pressure with encouragement.

## Theme 6: Impediments related to monitoring gymnasts in championships

In this analysis category, participants were asked if there were any impediments to accompanying gymnasts at championships. All stated that there was indeed such an impediment. A regulation in Rhythmic Gymnastics states that family members can only be present remotely and are not allowed to be near the gymnasts. According to the mothers, this is understandable due to the overprotective nature of all mothers. Many claim that seeing their daughters nervous and/or injured makes them want to take them home. Seeing their mothers worried and nervous would only hinder the gymnasts' performance. Another frequently cited factor was the lack of financial resources to pay for travel, accommodations, and meals, preventing them from accompanying their daughters, even from afar. We know that financial factors are present in many amateur sports, such as

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the GR.

According to the gymnasts, family members can accompany them, however, they must cover their own travel expenses and cannot be close by during the competition. For this reason, they often fail to attend, but whenever they can, they will support them during the competitions, even from afar.



It is important to mention that the financial issue has been a difficulty for many athletes in this sport, with a constant lack of financial support for GR, so much so that many parents even form associations to help with this issue, as highlighted by Nunomura and Oliveira (2014), raising funds occurs through bingo, parties, canteens, for example, and expresses the concern and effort of parents in order to offer adequate conditions so that their children can compete or guarantee the necessary material for training.

### Theme 7: Regret of having a gymnast daughter

The final question asked the mothers whether they regretted having a daughter who was a gymnast and how they felt about letting their daughters train more than with their family. All the mothers responded that they had no regrets, and that despite often wanting to give up, they were proud to have gymnastic daughters. Only one mother did not explain why she had no regrets, as demonstrated by the following responses:

"I don't regret it, but I wish I could be more present to take care of her, because I know the training is tough and doesn't let her eat. (M1)

"I don't regret it, because I thought a lot about choosing a sport for my daughter, so my dream came true for my daughter, I'm very happy, I'm still going to see my daughter on the podium a lot." (M2).

"I don't regret it, but I can say that it's a sport that demands a lot from my daughter. I often feel like giving up, especially when she arrives without winning." (M3).

"Today I have no regrets, because she is among the best and that makes me very happy, because every sacrifice we make is worth it to see the smile on her face." (M4).

"Wow, I love gymnastics, I love my daughter, for me she is the best of the best, because I see her commitment, both in training and in diets and in taking care of injuries, which is the worst for me, even so, I am very happy." (M5).

"I don't regret it, on the contrary, I'm very satisfied. My daughters receive a scholarship because they are professional athletes and this little money I receive goes towards their sport, because everything is very expensive, we wouldn't be able to afford it. After their friends found out that they receive scholarships, their mothers contacted me to find out how to get their daughters into sports, but their daughter is already 14 years old and has already left the sport. When I got my daughters into sports, I didn't even know that scholarships existed. I got them out of love for the sport." (M6).

"No, I never regret it, we are all very satisfied with her performance" (M7).

"No, if I had to choose again, I would choose rhythmic gymnastics again, because our family has become much closer." (M8).

"I don't regret anything, I would do it all over again, to see her suffer, hurt, even though I cried behind my back seeing all this suffering, today I am very happy to see that she is happy" (M10).

"There is no regret, I wish I could be able to keep a close eye on my daughter" (M11).

"No, and I hope not to. It would be a dream to be with my daughter. Who knows, maybe one day I'll be able to." (M12).

For Santana (1996), family members are among the key players in sports initiation. They form what he calls the "family fan base," responsible for motivating, encouraging, and believing in the potential of their athletes, who so desperately need their support. It is important to emphasize that parents are crucial not only in the child's daily life but also in the process of encouraging sports.

Thus, as we could see, the mothers who participated in this research demonstrated that they gave their daughters full support, worrying about training, championships, nutrition, and their general well-being, always being ready to motivate their daughters, whether winning or losing a competition.



On the other hand, the gymnasts feel some regret on the part of their mothers, in their speeches: “Sometimes I think, because my mother complains a lot, but she says she is happy that I am very good, so I don’t really know.” (G1).

“Nothing, they especially love my mother because it was her dream to be a gymnast and she didn’t achieve it and you can see it in me, she does everything for me, even if she could she would train for me, (laughs)”. (G2).

“No, they just feel sorry for me sometimes, but happily.” (G3).

“No, sometimes I notice my mother’s jealousy of the techniques.” (G4).

“No, on the contrary, she says she wanted to have 10 gymnast daughters.” (G5).

“I don’t think so, because my family seems very happy, my mother even helps to embroider the tights.” (G6).

“Sometimes he says it when he’s jealous of me (laughs), but I know it’s just lip service.” (G12).

Minicucci (2001) states that interpersonal influences develop as a process that involves components such as ways of being, thinking, feeling, acting and changing behavior.

In the context of the relationship between parents and children, when the direct focus is on sports initiation, both the child and the parents have similar values and attitudes, behaviors and expectations, which are the result of their interaction.

Thus, the gymnasts' perception is that some mothers sometimes regret having a gymnast daughter, even though none of the mothers who participated in the study mentioned this, their daughters mentioned that this happens occasionally. Thus, it is believed that, in reality, it is only a momentary regret due to an isolated incident. Many gymnasts mentioned their families' satisfaction with having a gymnast daughter, mentioning the happiness and support provided by their relatives.

## FINAL CONSIDERATIONS

Family represents the foundation of any individual, where one seeks support, encouragement, affection—in short, all the foundations necessary for human development. In the sports world, it's clear that family is the primary source of motivation for starting sports. It's believed that family encouragement and support for their children's sports activities are factors that generate pleasure and satisfaction for athletes, especially during competitions. Knowing that there are people there ready to give their full support, whether in defeat or victory, is a great benefit.

In rhythmic gymnastics, as demonstrated in this study, family influences are quite positive. Both the gymnasts and their mothers spoke of the pride the practice brings, even though it is a very difficult sport to train, considering that good financial resources are necessary to accompany the gymnasts to all their competitions, as well as understanding for the times when they spend more time training than with their families.

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Thus, to balance the positive and negative influences of family, Rhythmic Gymnastics regulations prohibit family members from being near the gymnasts during a competition; they can only watch from the stands. This provides support from family members who can be present, and prevents potential harm to the gymnasts' performance.

Finally, we realized based on the research carried out, that the family assumes great importance in the lives of gymnasts, considering that they can count on food, dedication from family members, such as taking them to training daily, and even with all the financial difficulties often



being able to accompany them during competitions. And more than that, even with all the difficulties they face, such as the sadness after losing a championship, injuries from heavy training, not eating things considered delicious because they have to maintain a diet, and spending more time training than at home, their families continue to support them at all times and are proud to have them in the GR.

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