

## Capoeira and Emotions. The expression of emotions in male gender in Capoeira Workout 1x1

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### 1. Introduction

This study is based on the International Investigation Project “Games and Emotions” created by Lavega et al. (2008), at the Research Centre of Praxeological Studies of Lleida University. This Project was developed in different research centers throughout Europe and in South America.

Our study aimed at presenting the benefits of using a non-conventional content in Physical Education classes in Portugal, concentrating on the analysis of students' emotional expressiveness when practicing gymnastic “Capoeira”, as we recognize in its specific ways of expression distinct manifestations, many of which according to the aims established in the Portuguese MEC programme. Considering that in Portugal the practice of “Capoeira” is barely explored in its distinct perspectives, we promote this approach as a school subject, highlighting its benefits and application possibilities in the Portuguese school context, as “Capoeira” basic principles have shown to be adaptable to the contents integrated in the PNEF, mainly in corporal wrestling practices, gymnastics, rhythmic expressiveness and traditional games.

### 2. Methodology

The objectives of this study aimed at identifying, describing and interpreting the emotional expression tendencies in the Gymnic1x1 workout sessions participants, in socio-driving forces of competition-free situations, taking into account the emotions in general and each one's uniqueness, the gender involved and the type of relationship established, whether equitable-mixed or uneven-mixed.

The chosen method was the quasi-experimental (Campbell & Stanley, 1963), using the GES (Games and Emotion Scale) for emotions identification. The considered variables were the dependent emotions (positive, negative, ambiguous); gender (male, female); type of relationship (MxM, WxW, MxW). To development training in the Capoeira workout 1x1 was created a specific implementation protocol, applied in two separate 80 minutes sessions: the first, from the equitable mixed relationship and the second by the uneven mixed relationship. Data analysis was done using Microsoft Excel 2010.

The study population consisted of 20 university individuals (10 men / 10 women), aiming an equitable mixed and uneven mixed relational structure. For analysis, however, was only considered the data of the 10 male individuals, despite their relationship with the opposite sex in the development of the second session.

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### 3. Discussion of results

From the collected data, we conclude that in gymnastic cooperative nature activities through the Capoeira workout 1x1, positive emotions were the most significant for males, regardless the type of relationship developed, being joy and happiness the most expressive in both sessions, not finding significant differences when both sexes related.

The expression of ambiguous emotions in males, regardless relationship type, presented more relevant values than those expressed by negative emotions, although significantly lower than those expressed by positive ones, being anxiety the most significant emotion in both sessions.

### 4. Discussion and conclusion

It became evident that applying cooperative nature activities in school environment is important as a tool for emotional education of students, as showed by the results expressed in a different logic from that of winning and losing, generating a relaxed and friendly atmosphere among participants, regardless the agonistic nature of Capoeira fight here expressed in a gymnastic model.

The data showed by the participants in this study, also highlight the imperative need to introduce alternative teaching subjects in school environment, able to provide greater involvement of students in Physical Education practices.

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