



# XXV Congresso de Iniciação Científica da Unicamp

October 18 to 20 Campinas | Brazil



## Eucalyptus Unicamp American Football and Flag Football: Serious Leisure?

Bianca I. L. Ferreira\*, Olívia C. F. Ribeiro.

### Abstract

Considering the possibilities to experience college sports in Brazil, the Serious Leisure Perspective was used to understand how the Eucalyptus Unicamp college athletes' are related to flag football. So, the objectives of this study were to analyze if the men's team Eucalyptus Unicamp present the serious leisure qualities in their involvement with the sport. Moreover, it was checked if the sport was significant in the participants' life. This study case is a match between bibliographic and exploratory research. The data were collected through non-participant observation, questionnaire and the Serious Leisure Inventory and Measure application, plus semi-structured interviews. The results showed that the athletes presented these qualities and flag football is so important, that their lives were organized according to it.

### Key words:

Serious leisure, college sports, flag football.

### Introduction

Football was propagated in the United States as a spectacle and the American way of life representation, due to television broadcast<sup>1</sup>. The same kind of popularization strategy is being used in Brazil<sup>1</sup>, and the sports' consumption is supposed to be similar to what happens in the US, but, if practice possibilities are considered, there are two main problems to be fixed in the Brazilian reality: expensive equipment and lack of physical preparation<sup>3</sup>. The flag football is an alternative practice for those who want to play football in Brazil because it has low cost and with fewer injuries possibilities<sup>4</sup>, what makes it a potential sport to be developed especially at school and college. A college team that plays flag football is Eucalyptus Unicamp, in which the athletes do not receive a scholarship for sports' participation, but are committed and seek an excellent performance. To understand their involvement with the sport, the Serious Leisure Perspective was used<sup>5</sup>. Serious leisure is described as "the systematic pursuit of an amateur, hobbyist, or volunteer activity sufficiently substantial, interesting, and fulfilling for the participant to find a career there acquiring and expressing a combination of its special skills, knowledge, and experience". Six serious leisure qualities (perseverance, career, effort, durable outcomes, unique ethos and identification with the pursuit) must be present in serious leisure pursuits<sup>2</sup>.

Considering this context, it was analyzed if the Eucalyptus men's team presented these qualities, through the Serious Leisure Inventory and Measure<sup>2</sup>, besides it was identified if and how flag football is significant to the participants' life.

### Results and Discussion

This study case is a match between bibliographic and exploratory research. The data were collected through non-participant observation, questionnaire and the Serious Leisure Inventory and Measure<sup>2</sup> application, plus semi-structured interviews. The qualitative data – questionnaire, and interviews - were analyzed through thematic analysis and were used to complete the discussion around what was obtained in the Inventory - quantitative data - that was organized in intervals (SD: Strongly Disagree, D: Disagree, N: Neutral, A: Agree, SA: Strongly Agree) and all answers obtained in the Inventory were separated in the six serious leisure qualities and their respective values were organized in percentage. It was verified that in all serious leisure qualities, the athletes' answers agreed with the serious

leisure qualities existence in their relationship with flag football. Besides, through interview data, all qualities were illustrated and better understood. An interesting fact about the interviews is verifying that the practices and games come first in the athlete's priorities in life, besides, injuries and medical restrictions are not enough to make them skip a flag football event or stop practicing.

Chart 1. Agreement with the serious leisure qualities

Distinctive Quality	% Answers				
	SD	D	N	A	SA
Perseverance	1%	3%	4%	35%	57%
Leisure Carrer	4%	3%	4%	33%	56%
Effort	3%	4%	12%	19%	61%
Durable Outcomes	11%	5%	14%	24%	46%
Unique Ethos	8%	9%	16%	33%	33%
Identification with Pursuit	8%	4%	19%	35%	35%

### Conclusions

Accomplishing the objectives of this study, we have that the Eucalyptus' athletes present the six serious leisure qualities. In addition to that, it was described that the flag football is so significant that it is central into the routines organization and athletes' life priorities. Furthermore, the Serious Leisure Perspective showed itself as interesting to understand the college sports experience at Unicamp, in which student athletes practice sports with commitment and effort, but no money reward or external stimulus.

### Acknowledgement

Sponsor Institution: Pibic/CNPq.

<sup>1</sup> CURTI, Anthony. *Manual do futebol americano*. Santos. Simolsen. 2016.  
<sup>2</sup> GOULD, James et al. *Development of the Serious Leisure Inventory and Measure*. Journal of Leisure Research, v. 40, n. 1, pp. 47-68. 2008.  
<sup>3</sup> MERLO, Thiago. *Prática e desenvolvimento do futebol americano de praia no Estado do Rio de Janeiro*. In: PRIMEIRA MOSTRA CIENTÍFICA DE EDUCAÇÃO FÍSICA DA UNIVERSIDADE CASTELO BRANCO, 1., 2005. Rio de Janeiro. 2005.  
<sup>4</sup> PERFEITO, Rodrigo et al. *Apresentação do flagfootball como possibilidade pedagógica*. Revista Augustus. Rio de Janeiro, v.17, n.34, jul/2012.  
<sup>5</sup> STEBBINS, Robert. *Dumazedier, the serious leisure perspective and leisure in Brazil*. World Leisure Journal, 58:3, 151-161, DOI: 10.1080/16078055.2016.1158205.