

## ABSTRACT

COMPETITIVE SCHOOL SPORTS: AN ANALYSIS OF SITUATIONAL STRESS  
ASSOCIATED TO GROUP COHESION

Author: LUIZ CARLOS DELPHINO DE AZEVEDO JUNIOR

Adviser: PROF.DR. ANTONIO CARLOS SIMÕES

The schooling sports have its first registry by Thomaz Arnold in 1828. This educator at that period of time systemized existing games to develop disciplinary skills through sports. Currently, the practice of sport in schools is similar to high performance sports, but it has not made many adjustments to contribute to the development of student/athlete. The intense force of pressure within the high level competition has generated impressive patterns of stress which has influenced the behavior of one individual, which can be defined as “Behavior Pattern Type A”, interfering in the dynamic of group and/or team interaction. As part of this study 240 students/athletes of 24 primary schools of São Paulo, as well as participants of competitions organized by the “Federação do Desporte Escolar do Estado de São Paulo year 2007, within 4 categories, basketball, indoor soccer, handball and volleyball. All teams presented high levels of “Behavior Pattern Type A”, in which such behavior influenced the correlation between all teams, statically 73.3% basketball, 90.6% indoor soccer, 63.7% handball and 74.8% volleyball. It can be concluded that an average level of “Behavior Pattern Type A” is wished to be around 50 to 60% to keep a steady and fine correlation within a group performance.

Keywords: Schools Sport, Behavior Pattern Type A, Group Cohesion