



Childhood swimming: perception of benefits in the conception of family members

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1 INTRODUCTION

The aquatic environment has been part of human beings' lives since the beginning of time, since swimming was seen as a necessary activity for survival, either for fishing or to avoid drowning. However, in early childhood swimming has its formative role, recognizing child development from a health promotion perspective.

Activities in the water add physiological benefits to individuals, such as the reduction of spasms, muscle relaxation, mitigation of muscle and joint pain, strengthening and greater muscle endurance, circulatory development, improvement in posture, and a better condition in static and dynamic balance, according to Costa and Duarte (2000). The child gets a better coordination of his movements, ensuring his autonomy for Damasceno (2012).

The objective of the present study will be to explain how swimming contributes to the lives of children in early childhood.

2 METHODOLOGY

The study design is cross-sectional and qualitative in nature. The cross-sectional study is characterized by defining the population of interest, studying this population through a census, and determining the presence or absence of the conclusion and clarification for each of the beings studied, according to Bastos and Duquia (2007).

The keywords that guided the research were: children's swimming, benefits of swimming, psychomotricity, and psychology.

The research was conducted with a questionnaire for six parents of children aged 2 to 6 years old of both genders in a private school in Fortaleza-CE. The criterion for the selection of parents was determined through the saturation of information.



To reach the result were used empirical variables, which refers to data collection using evidence obtained through observation. The present study was collected through conversation and the method was content analysis, which can be understood as a set of research techniques that aims to find meaning for the work in question, according to Campos (2004).

The parents answered the following questions that are inserted in the table.

| | What benefits do you believe swimming provides for your child? | Have you noticed any behavioral evolution and greater autonomy on his part? | What encouraged you to get your child into swimming? | How long has your child been swimming? |
|----|--|---|--|--|
| P1 | Socialization and trust. | I noticed the improvement in the quality of his sleep. | Survival. | About 1.5 years. |
| P2 | Aquatic safety, making new friends. | Yes, he already imposes himself to change by himself. | Prevent drowning. | 1 year. |
| P3 | Improvement in cardiorespiratory condition. | Yes, he is already very confident in the water and with more breath. | He has an asthma condition. | 3 months ago. |
| P4 | In socialization and better development. | Yes, I notice that she is more outgoing. | So that she would not be a sedentary child. | About 3 years. |
| P5 | Trust. | She is more willing for other tasks. | For her survival, so she wouldn't drown. | It has been a year, more or less. |
| P6 | Improved respiratory conditioning and development. | I notice that she is in a better mood and more independent. | So that she would practice exercise from an early age. | It has been 4 years. |

Source: The authors.

3 RESULT

About 50% of the parents who participated in the survey reported that the biggest incentive to get their children into swimming was safety. The other half answered that it was for health reasons and to avoid a sedentary lifestyle.

Parents also reported the perception of improved socialization and better physical fitness. Thus, Silva *et al* (2015), report that it is known that the stability of physical exercise helps in quality of life, especially in childhood, because during this phase it is crucial that the motor development is worked, in order to bring body confidence and potential.

Thus, swimming is a physical activity indicated not only as a sport, but also as a form of therapy, safety, and survival in the liquid medium (GONZALEZ, 2017).

4 DISCUSSION

Living organisms are constantly developing, but changes may be more or less perceptible throughout life. According to Santos and Souza (2010), motor development is necessary in the lives of children in early childhood, because if not developed, it leads to serious problems.

Thus, for Borges (2016), swimming plays a key role in motor development, as it helps to improve the physical capacity and skills of students, and helps develop limb coordination, speed, balance and laterality, providing improvement in the knowledge process. According to Leonardeli,



Conti, and Barbosa (2021), this happens when the child who is present in the process, is allowed to know concepts in a general way, increasing cognitive and motor skills.

For Henri Wallon, the individual is formed by physiological and social influences. In addition, according to the studies of Fonseca (2008), he argued that between the individual and his environment there is an inseparable unity, society would be an organic need that determines his development and intelligence. The motor skills are very strong in Wallon's theory, being understood as an instrument of communication of the psychic life, since the child who does not communicate verbally yet, expresses his needs through motor skills. Following this bias, psychomotricity, for Penha and Rocha (2010), needs to be included in the aquatic environment, due to body perceptions, organizing sensations gained through the liquid medium in which it is immersed and the organized transposition of this movement in this space and time. By learning the movements through playful and diversified activities, there is a greater chance of improving the child's motor learning.

5 CONCLUDING REMARKS

With the present study it was possible to realize how necessary swimming is in the early years of human beings, because it is essential both for the survival of the individual and for their motor development. Thus, it is fitting that more schools implement swimming in physical education classes, since this modality has so many benefits for students.

In addition, further studies are needed to investigate factors that influence performance in motor skills in water and the improvements that the aquatic environment can influence psycho-emotional factors in children.



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