



## **Iniciação esportiva no Projeto VivaVôlei: uma revisão sistemática**

### **Sport initiation in VivaVôlei Project: a systematic review**

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#### **ABSTRACT**

VivaVôlei is a social project created by the Brazilian Volleyball Confederation (CBV), which covers more than twelve regions of Brazil, and its goal is the insertion of volleyball for children and adolescents in need, through the mini-volleyball methodology. The objective of this study was to verify, through a systematic review produced by means of articles published between the years 2003 and 2022, the quantity of publications about the project and whether they allude to its benefits for the target audience. Six scientific papers were found, five of them in Google Scholar in the form of articles published in journals, and one in the form of a book chapter found on the Capes platform. Satisfactory results were observed in the analyses, such as: socialization and happiness with the practice of sports, improvement in interpersonal relationships, progress in motor coordination, flexibility, and muscle strengthening. However, new studies about the program still need to be published.

**Key-words:** Social sport project, VivaVôlei. Minivoleibol.

#### **1 INTRODUCTION**

It is notorious that the importance of a social project brings daily learning, knowledge, food, sports incentive, and a vision of a better future to several families that somehow were affected by good deeds.

Armani (2004), tells us that:

A (social) project is born from an idea of a desire or interest to accomplish something, an idea that takes shape, is structured and is expressed through a (logical) scheme, which, however, is only a (always) provisional outline, since its implementation requires constant learning and reformulation" (p. 18).



When one thinks of social projects, one automatically associates them with underprivileged children and peripheral neighborhoods. Thus, it is known that the conditions offered to these youngsters are scarce, especially in sports, where there is no adequate infrastructure. Melo (2005) points out that sports are seen as an antidote for the occupation of free time, in a conception that indicates a supposed linearity between the lack of leisure and the world of crime.

Silva (2017), states by saying that:

The practice of volleyball, both as "education-sport", "leisure-sport" or "performance-sport", brings this socialization of those involved in the game, creating bonds, relationships and healthy habits of pleasurable coexistence, and thus causing other ways of living the sport beyond the courts". (Silva p. 16, 2017).

When volunteering for social projects, putting empathy into practice makes people better human beings, making them more sensitive to the problems and social difficulties of others, gaining strength and courage to make a difference in people's lives. In the beginning of my undergraduate studies I joined the VivaVôlei Marcelle/UFLA Social Project, which consists in promoting the practice of volleyball and social interaction among children and adolescents living in Lavras - MG, at the Federal University of Lavras. I am in the project until nowadays and in these years of validity, I could realize how important is the realization of a project for the community, because it is notorious the involvement of the students and teachers.

Stephanou (2003), states that:

Unlike a welfare concept, social projects are inscribed in a horizon of rights construction and citizen affirmation. Their emphasis is on the notion of social justice, which can only be achieved through participation and the exercise of citizenship (p. 25).

Therefore, this work will verify through a systematic review, how many publications it has in *Scielo*, *Capes journals* and *Google academic* platforms, and whether or not there are contributions in the articles found in the literature, for the community that is benefited by the VivaVôlei project.

## **2 OBJECTIVE**

### **2.1 GENERAL OBJECTIVE**

The present work proposes to analyze the publications on the VivaVôlei Project in the *Google Academic*, *Scielo*, and *Periódicos Capes* platforms.



## 2.2 SPECIFIC OBJECTIVES

The study aims to perform a systematic literature review on different authors, having as basis and object of study the publications related to VivaVôlei, besides identifying if in the literature there are references to the benefits of the program exposed in the selected articles.

## 3 METHODOLOGY

### 3.1 TYPE OF RESEARCH

This is a systematic review of the literature produced through papers published between the years 2003 to 2022, aiming to analyze the available evidence on the theme VivaVôlei.

According to Thomas and Nelson (2012):

Systematic research and problem solving are achieved by identifying and labeling variables, followed by research planning, which tests the relationships between these variables. Next, data are collected that, related to the variables, allow the problem and hypotheses to be evaluated (p. 18).

According to Marconi and Lakatos (1992), bibliographical research is the survey of all the bibliography already published, in the form of books, magazines, loose publications, and the written press.

The choice of 2003 as a criterion for the beginning of the analysis was due to be the year in which CBV created the Instituto VivaVôlei to manage the project that has the institutional support of UNESCO (SILVA, *et al.* 2020). Thus, this type of research becomes relevant in the academic environment, the results obtained will contribute both for teachers, students, coaches, athletes, the community itself and future research.

### 3.1 EXCLUSION CRITERIA

The searches were performed in selected databases, according to the strategy defined by the researcher, undertaken on reliable platforms, excluding duplicate material, edicts, newspaper, pamphlets, advertisements, among others.

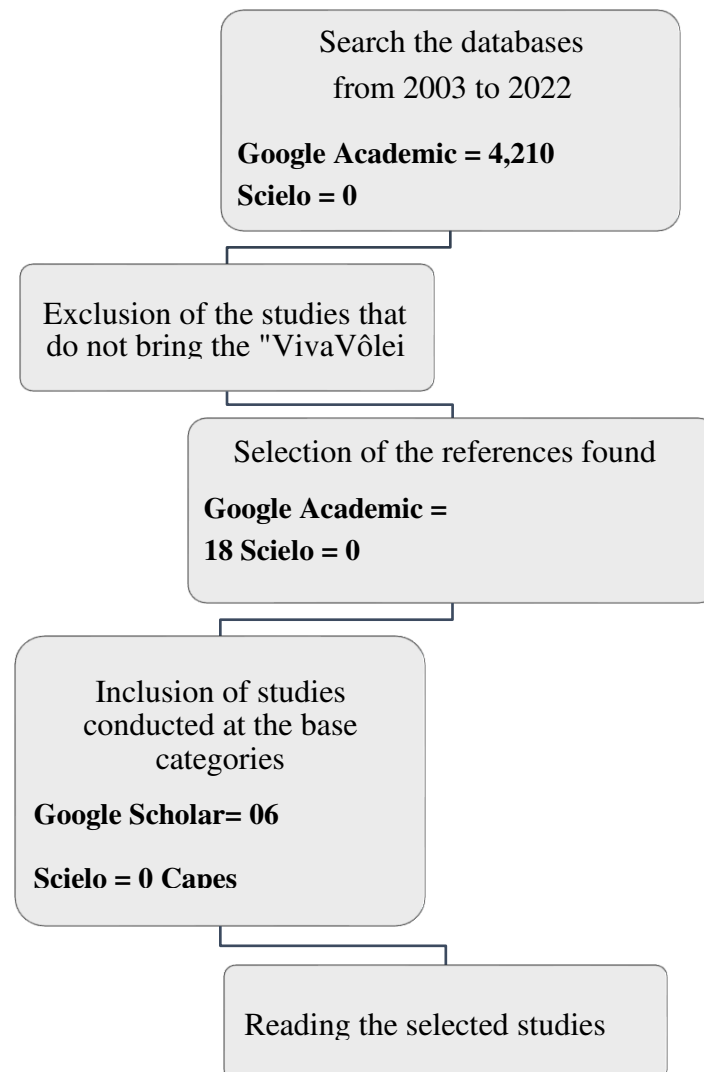
### 3.2 DATA COLLECTION

The searches, which occurred from January to July 2022, were conducted in the electronic databases *Google Acadêmico*, *Capes* and *SciELO*, which included articles found in scientific journals related to the research area, with the central theme Projeto VivaVôlei. References in Portuguese were used, and the following keywords were used: "Projeto

VivaVôlei", "Programa VivaVôlei" and "VivaVôlei", in *Google Scholar*, *Capes* and *Scielo*, searching for references about the VivaVôlei Program. Initially, we used the expression "Projeto VivaVôlei" in *Google Scholar*, finding 4,210 references. In *Capes* and *Scielo* there was nothing about the VivaVôlei Project.

Of these references were found in *Google Scholar*, eighteen mentions about the Project VivaVôlei, the rest was related to social programs in general with the same line of thought. The procedure was ceased due to inconsistencies in the titles of subsequent references, excluding edicts, newspaper articles, pamphlets, among others, being the main focus of the search articles and book chapters. To ensure that there were no further studies related to the research problem, eventual pages were searched at the end of the search. Finally, 6 references were included in the search, being 5 articles and 1 book chapter.

Figure 1 - Flowchart referring to the synthesis of the data collection procedures.



Source: Silva (2022).



### 3.3 DATA ANALYSIS

This information was analyzed from the selection of references and the results of the critical reading, correlating, comparing, and highlighting the articles. Finally, the results of the research were constructed.

## 4 RESULTS AND DISCUSSION

In this follow-up the main findings of the study are presented, separated by study type, authors, journal, year of publication, objective, and results.

The study of Ribeiro (2010), Danilo Augusto *et al.* (2011), aimed to trace a profile of initiation of players participating in the National Volleyball Super League. The results indicated that 85.27% started the systematic practice between 10 and 12 years old, age recommended by the literature; 69.48% joined their state federation at the age recommended to start specializing in volleyball, from 14 years old, and 72.40% practiced another sport systematically besides volleyball. In this percentage of specialization to volleyball, the VivaVôlei project was one of the mediators for the athletes to get inserted in the sport.

Araújo Netto *et al.* (2013), conducted a study on the representations of Brazilian volleyball protagonists and on the evolution of this sport, in order to analyze strengths and weaknesses, as well as threats and opportunities. The conclusion refers to the contribution of the government, the company, and the university in the growth of volleyball, and equally to the gaps that still need to be filled in order to consolidate the sport. The study mentions that, in the field of social responsibility, CBV puts together the VivaVôlei project, which popularizes access to initiation to volleyball and reaches areas that previously were not reached, as well as facilitating access to the sport for those in vulnerable positions.

In a study conducted with athletes, Nunes and Sincler *et al.* (2013), conducted an exploratory research with the purpose of identifying whether the previous practice of minivoleibol is an instrument for the inclusion of athletes in volleyball teams of high performance sport. It was found that despite imposing some limitations to the learning of volleyball, the previous practice of minivoleibol is a positive pedagogical process for the inclusion of athletes in teams. In this sense, one of the projects mentioned in the research was VivaVôlei, in which the minivoleibol methodology is used as a teaching method.

Analysing a different perspective from the previous ones, Dos Reis *et al.* (2010) aimed to establish possible indicators of Sports and Leisure Management for the municipality of Eldorado do Sul/RS. In the methodology, data collection of quantitative and qualitative nature



was used, in addition to a descriptive approach of exploratory nature. Six (6) Sports Projects developed by the Public Power were analyzed, in the period from 2005 to 2008. They state, in relation to the Offering of Services, that the Projects serve a diversified population, without discrimination or exclusion. Among the social benefits derived from these projects, the following stand out: the amplitude of the age brackets of the population served, the diversity of the activities offered, and the quality of the actions proposed. Among the six projects mentioned, one of them was the VivaVôlei, opened in Eldorado do Sul in September 2007.

In the same line of thought, the study De Castro *et al.* (2021), present the extension project VivaVôlei that enables the development of social, coordinative, psychological and technical skills of the sport for children and adolescents who practice Volleyball living in Lavras/MG, in the Department of Physical Education (DEF) of the Federal University of Lavras (UFLA).

Finally, Silva *et al.* (2020), states that in addition to promoting sports practice and social interaction among children, social sports projects also avoid leaving them "on the streets", exercising the basic and specific motor skills of adolescents practicing Volleyball. In the years of existence in the DEF-UFLA, the VivaVôlei project presented, gradually, an advance in behavior, social relationships of students and motor domains.

In Table 1, where are the results separated by journal, year of publication, category and authors, six scientific papers were found, five in the form of articles published in journals and one in the form of a book chapter. Of the six selected authors, Silva *et al.* and De Castro *et al.*, build their works from the VivaVôlei Project that takes place in Lavras-MG, at the Federal University of Lavras. The study of Ribeiro, Danilo Augusto *et al.*; Dos Reis Gonçalves *et al.*; Nunes, Sincler Pegado *et al.*; and Araújo Netto *et al.* brought the Projeto VivaVôlei as one of the main mediators for the sportive initiation of athletes in volleyball, once its teaching methodology, the minivoleibol, is easily accessible and applicable.

Therefore, based on the literature already mentioned in the Introduction, the Theoretical Framework and the data extracted from articles, it was analyzed that the VivaVôlei Project has few published studies, taking into account the twelve Brazilian states in which it covers. Given the results found in this study, a future review could focus on why there are so few scientific papers published on the subject.

Table 1 - Articles analyzed by journal, year of publication, category, and authors.

REVIEW	YEAR OF PUBLICATION	CATEGORY	AUTHORS
Connections - DOI: 10.20396	2010/2011	Article	Ribeiro, Danilo Augusto <i>et al.</i>
Intercontinental Journal of Sports Management - ISSN 2237-3373	2013	Article	Araújo Neto, <i>et al.</i>
Corpus et Scientia - ISSN: 1981-6855	2013	Article	Nunes, Sincler Pegado <i>et al.</i>
Archives in Movement - ISSN: 1809-9556	2010	Article	Dos Reis Gonçalves <i>et al.</i>
Brazilian Journals - DOI:10.34117/bjdv.v7 i5.29336	2021	Article	De Castro, <i>et al.</i>
Atena Editora - DOI: 10.22533/at.ed.27320 03116.	2020	Chapter from a book	Silva, <i>et al.</i>

Source: Silva (2022).

## 5 FINAL CONSIDERATIONS

The objective of this work was to verify, through studies available in the literature, the number of articles published on the VivaVôlei Project, and if they allude to the benefits for children and adolescents, raised by a systematic literature review. It is also possible to observe in the analyzed publications the results offered by VivaVôlei, since, in the articles studied, positive results were observed for practitioners, such as: socialization and happiness with the practice of sport, improvement in interpersonal relationships, progress in motor coordination, flexibility and muscle strengthening.

Based on the studies analyzed, it was observed mentions such as the qualification of the teachers and support to the students, care with the materials and methods offered, always seeking the inclusion of everyone in the sports practice. In the literary works found, the



methodologies applied presented equal results. Projects of this similarity allow for the stimulation of the community benefited to insert themselves in the field of sports and academia, and also stimulate the teaching side of the undergraduates.

It was possible to observe in the research that the program meets its goal of promoting sports practice very well, however, it was not possible to find many articles related to the VivaVôlei Project in Scielo and Capes, having available few published materials. This may be related to the fact that most VivaVôlei projects are not linked to educational institutions, considering that only two of the articles found are from projects that are linked to them. Therefore, for the situations of dissemination, bibliographic expansion and scope to be remedied, not only of this social project but also of others, it is suggested its implementation in universities and colleges. Thus, such programs may have greater support and incentive so that not only new works are disseminated, but also reach a greater applicability and visibility in society



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