

# The educative role of judo for children in first-cycle primary school: Parents' opinion based on focus group

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## ABSTRACT

The recognition of pedagogy and method of Judo was made effective by UNESCO, as a world-wide sport utility in the development of the human being and, as an activity whose spectrum of approach in children's age ranges is quite broad, exerts a preponderant function in the global development of its practitioners, allowing them to transfer the sport context to their specific socio-cultural context. The objective of this study was to relate the practice of Judo in the development of self-concept, self-esteem and academic performance in children's first-cycle primary school. The study group included 8 parents in charge of education, aged 33-45 (M = 39.75 SD = 4.33), 6 female and 2 males, 4 had a bachelor's degree, 2 had an undergraduate degree and two had the 12th grade. According to these parents, the practice of Judo is very much linked to the development of self-concept, emphasizing through the promotion of social acceptance, compliance with rules and responsibility or balanced behaviour. It is also linked to the development of self-esteem, insofar as it is an activity that promotes self-confidence. It also exerts an important influence on school performance, since it promotes concentration. It is also emphasized that in the parents' opinion, the inclusion of Judo in the Physical Education curricular programme would bring several benefits for the integral conception of the child as a citizen. **Keywords:** Quantitative analyses; Focus group; Judo; Parents; Sports development.

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## **INTRODUCTION**

The recognition of pedagogy and method of Judo was made effective by UNESCO, as a world-wide sport utility in the development of the human being and, as an activity whose spectrum of approach in children's age ranges is quite broad, exerts a preponderant function in the global development of its practitioners, allowing them to transfer the sport context to their specific socio-cultural context.

Practicing physical activity, in particular Judo, is a component of a complex process involving the development, learning and assimilation of competences, values, norms, self-perceptions, identities and roles provided by variables other than the framework family and social relations, such as the sociodemographic group, the profession, education and place of residence, which may influence the physical activity of children and adolescents in their free time (Batista et al., 2016) . The present study aims to relate the practice of Judo in the development of self-concept, self-esteem and academic performance in children at the first-cycle of basic education, using parent's opinion so they can choose this sport as a formative context for their students.

## **MATERIAL AND METHODS**

### ***Participants***

The study group included 8 parents in charge of education, aged 33-45 (M = 39.75 SD = 4.33), 6 were female and 2 were male, 4 had a bachelor's degree, 2 had an undergraduate degree and the other two the 12th grade.

### ***Measures***

The qualitative focus group (Cubo-Delgado et al., 2011) focused on parents in charge of education, as it allows us to ascertain opinions and arguments about the practice of Judo and its importance and relation with self-concept, self-esteem and academic performance.

### ***Procedures***

We proceeded to establish contact with the individuals that would be part of the focused group, choosing the parents in a simple random choice. We were careful by including a father or mother that each one of them belonged to a club of the Judo Association of the Santarém District.

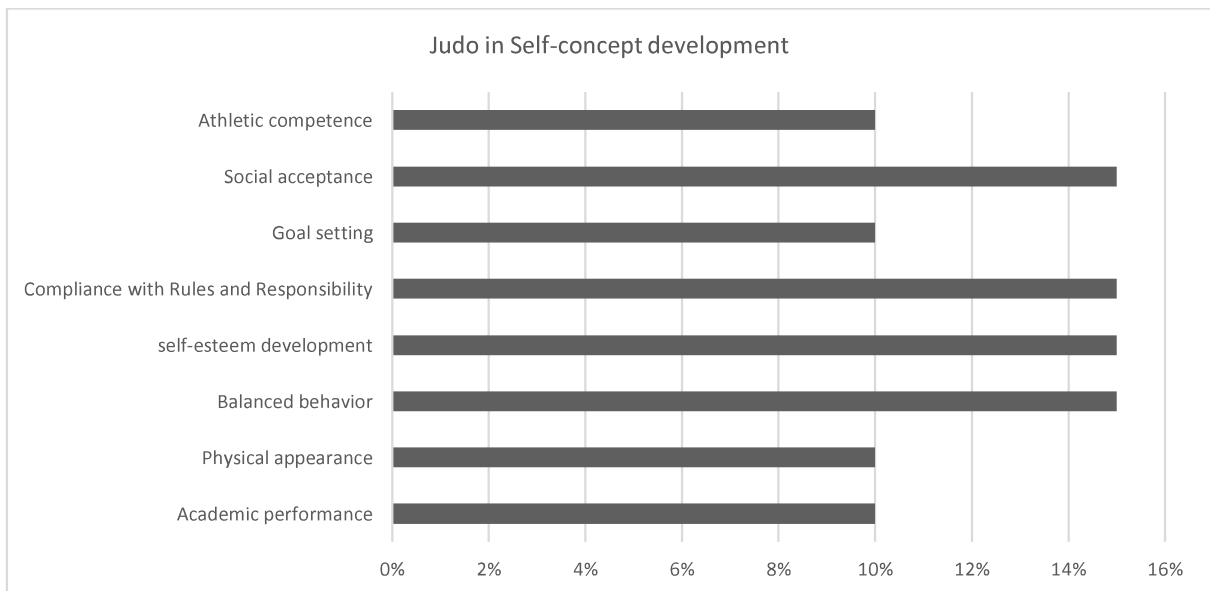
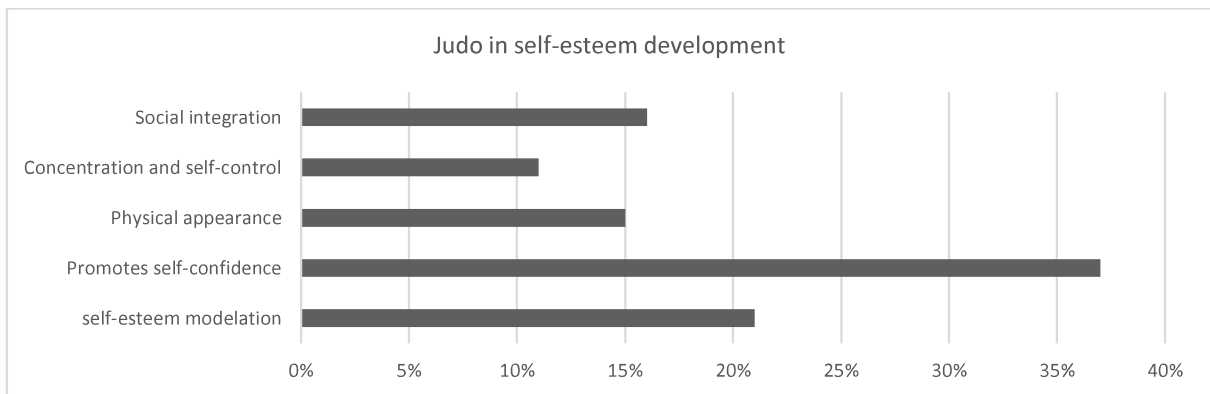
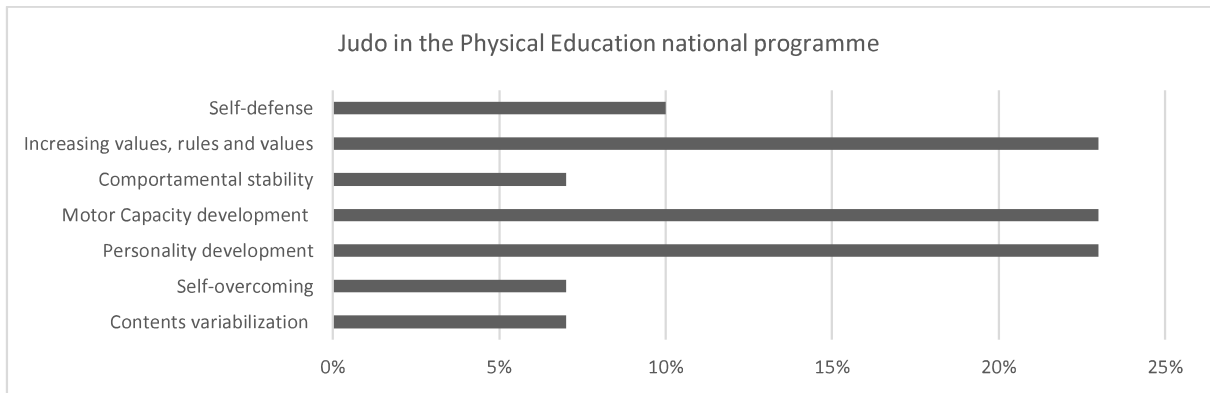
### ***Analysis***

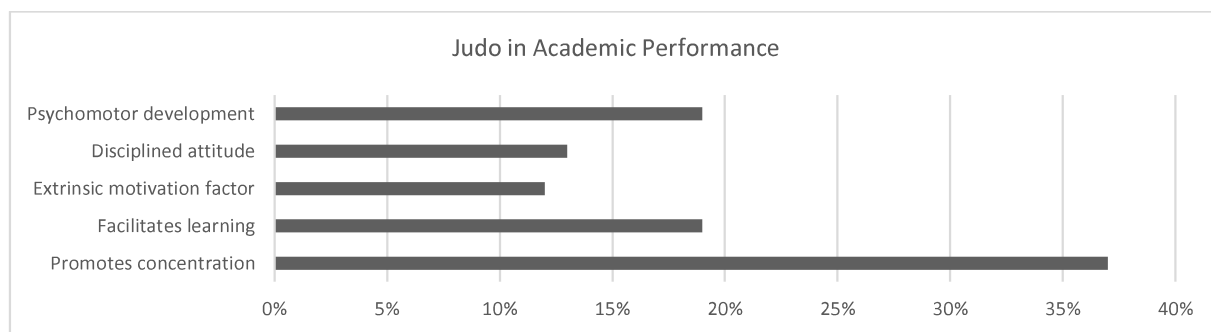
According to the analysis technique proposed by Cubo-Delgado et al. (2011) of the ideas presented and discussed, an analysis was elaborated on key ideas or phrases that were grouped in sub-dimensions, which allowed us to perform statistical analyses by frequencies, which resulted in graphics percentages. The relationship of dimensions to be debated through the focus group was: a) Judo practice as a content of the national Physical Education programme; b) The practice of Judo as an influence of self-concept (school competence, social acceptance, athletic competence, physical appearance and behaviour); c) The practice of Judo as an influence on Self-esteem; d) The practice of Judo as an influence on academic performance.

## **RESULTS**

From the results obtained, we present in graphics the interpretations or choices of the parents in charge of education for the practice of Judo by its students. The opinions of the parent's group about Judo being integrated in the practice of Physical Education national programme, the importance of Judo practice in the

development of self-concept, in the development of self-esteem and the academic performance obtained by its students are evident.





## DISCUSSION

The results followed the opinion of parents; the practice of Judo by children presents multiple benefits for their self-concept and self-esteem development and also academic performance. These results corroborate the quantitative findings of Batista et al. (2016) who emphasize that Judo practice by students promotes a significant evolution in the development of self-concept and academic performance, as well as suggests a positive evolutionary tendency in the development of students' self-esteem in practicing this sport.

## CONCLUSIONS

In the opinion of the parents in charge of education, the practice of Judo is very much linked to the development of self-concept, emphasizing these, through the promotion of social acceptance, compliance with rules and responsibility or balanced behaviour. It is also linked to the development of self-esteem, insofar as it is an activity that promotes self-confidence. It also exerts an important influence on academic performance, since it is seen as an activity that promotes concentration. It is also emphasized that in the parents' opinion, the inclusion of Judo in the Physical Education programme would bring several benefits for the integral formation of the child as a citizen.

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