ISSN 2764-9733
DOI: 10.5281/zenodo.12608612

iJEResearch

iNTERNATIONAL JOURNAL OF EDUCATION AND RESEARCH

Volume 01 Number 01 Year 2024

iJEResearch
international journal of
education and research

iJEResearch Journal
Journal of Scientific Articles

CONTACT
E-mail: contact@ijeresearch.org

VISIT THE JOURNAL WEBSITE
ijersearch.org

THIRST
Av. Pastor Martin Luther King
Júnior, 126 (Torre 2000 Sala 104)
Del Castilho
Rio de Janeiro - RJ - Brasil
CEP 20765-971
TEL: +55 (21) 3490-5511

FOR SUBMISSION OF ARTICLES
E-mail: editor@ijeresearch.org

Frequency
Semester

Language
The Journal publishes articles in English only

Editor
Journal edited by the iiEP - Instituto Internacional de Educação e Pesquisa
Thirst: Av. Pastor Martin Luther King Júnior, 126 (Torre 2000 Sala 104) - Del Castilho
Rio de Janeiro - RJ - Brasil CEP 20765-971

Magazine Editor
PROF. BENEDITA AUGUSTA FERREIRA FURTADO, MSC

Coordination
VALESKA REGINA SOARES MARQUES AND
RONALDO DO NASCIMENTO CARVALHO

CEO
RICARDO DE BONIS

Structural Reviewer
CARINE DOS SANTOS RIBEIRO

Graphic Design/ Publishing
JÚLIA HELENA AVELAR CAPUTO

Online Publication

iJERESEARCH

volume 01
number 01
year 2024

ISSN 2764-9733

SUMMARY

iJEResearch

International Journal of Education and Research
Vol-1, Number 1, March - 2024 | Peer-Reviewed
Journal ISSN 2764-9733 | ijeresearch.org
DOI: 10.5281/zenodo.12607095

RIGHT TO BE FORGOTTEN BEFORE THE RIGHT TO FREEDOM OF EXPRESSION

AUTHOR

Gustavo Felipe Caires Oliveira Frattezi (gustavofelipe.adv.cn@hotmail.com): Bachelor of Laws from the Newton Paiva Ferreira Cultural Institute. Master's student in Legal Sciences at the International Institute of Education and Research

ABSTRACT

The right to be forgotten has constitutional relevance, considered the subject of several discussions in the legal world. Legislation tries to keep up with technological advances as it creates new control mechanisms to combat illegal conduct committed in a virtual environment. The right to be forgotten in the current Brazilian normative context seeks, in the first analysis, to defend personality rights. Based on the above, this article aims to delve deeper into the various aspects related to the right to be forgotten in the Brazilian legal system, as well as to study the parameters of proportionality of values. As a methodology, documentary, bibliographic and jurisprudential analysis of national and international legislation was used. In conclusion, the necessary consideration is observed in each specific case, which implies special action by the person applying the law, in this sense it would avoid the imposition of one right in the face of another. The action of the operator of the law cannot eliminate absolutely any of the rights involved.

Keywords: Personality rights. Forgetfulness. Internet. Freedom of expression. Personal data.

INTRODUCTION

The globalized world has brought with it the exponentiation of information exchange with impacts on different areas of knowledge. The law was widely impacted, as the circulation of information does not have a control mechanism compatible with the speed of information transmission. It is true that this phenomenon was not clearly predictable when it began, but society needs to study this problem more and more.

Reporting on the speed at which information spreads across the internet is crucial in analyzing the object of this article. There is a large flow of information, which takes different forms every day. However, the publication of certain situations, which can be easily acquired through search engines, in certain cases can cause embarrassment and violations of personality rights.

People have the right to private life, honor, dignity, intimacy and data protection. These are rights with a normative basis present in the Constitution of the Federative Republic of Brazil, which in neoconstitutionalism seeks to implement constitutional principles throughout the legal system. All infra-constitutional norms pass through the normative review of the Magna Carta.

In effect, standards and terms of conduct established by digital media need to respect the rights already established by the legal system. In the same sense, it is necessary to implement mechanisms for the due investigation and accountability of those who disseminate illegal content carried out via the internet.

Given the current factual context presented, how can parameters be established to achieve equity between content that actually presents a public interest in relation to rights of a private nature? Can the right to be forgotten be applied without prejudice to the applicability of rights relating to freedom of expression and information?

Evidently, the present study does not seek to exhaust the theme presented, but to enable critical legal thinking about the object of the article in question. Law demands normative reflection on the part of all legal operators, this precept implies studying practical aspects of new phenomena in the contemporary world. The theme presented in this article was analyzed from a pragmatic perspective.

The methodological basis used was the documentary, bibliographic and jurisprudential analysis of national regulations. As the theme presented is guided by the consideration of legal values of normative application, the doctrinal knowledge of the authors specializing in the topic was crucial.

RIGHT TO FORGET: INITIAL REFLECTIONS

The right to be forgotten in terms of its positive concept in legislation does not exist in accordance with national doctrine, but in simple terms, it is the right to claim anonymity, not to be penalized due to facts committed in the past, which are not of public interest. legitimate (Dotti, 1998, p. 300).

Based on the above, there is a clear understanding that the right to be forgotten is established as a personality right, in accordance with the Constitution of the Federative Republic of Brazil (art. 1, III, CF/88). The Magna Carta protected personality rights in its text, as can be seen (Brazil, 1988):

> Art. 5 Everyone is equal before the law, without distinction of any kind, guaranteeing Brazilians and foreigners residing in the country the inviolability of the right to life, liberty, equality, security and property, under the following terms:
> X - The intimacy, private life, honor and image of people are inviolable, ensuring ¬the right to compensation for material or moral damage arising from their violation;
> Art. 1 The Federative Republic of Brazil, formed by the indissoluble union of States and Municipalities and the Federal District, constitutes a Democratic State of Law and has as its foundations: (...)
> III - the dignity of the human person; (...)

At this point, the right to be forgotten is directly linked to the rights inherent to private life, related to the autonomy of the will. All information that is not of public use cannot be used by third parties. Private life must be respected, this fact allows all citizens to exercise their individualities freely (Araujo, 2013, apud Ferriani, 2016).

Forgetting is also related to the right linked to morality in the context of social coexistence. Each subject of rights and duties seeks to protect their reputation in society, the community in the contemporary world does not tolerate misconduct, illegal accusations can generate irreparable consequences (Bittar, 2015, p. 115, apud Ferriani, 2016, p. 44).

Due to the private sphere, when including information published by virtual users, the user's right to remove information that he or she deems to be no longer relevant to the original purposes must be respected, in accordance with the right to be forgotten in the face of non-consent (Safari, 2017, p. 835).

It is important to highlight that law No. 12,965, of April 23, 2014 (Marco Civil da Internet) brought the possibility of exclusion "definitive deletion of personal data that you have provided to a certain Internet application, at your request, at the end of the relationship between the parties, except in the cases of mandatory record keeping provided for in this law". It means the lateral possibility of applying the right to be forgotten (Martins, 2020, p. 123).

As mentioned previously, the right to be forgotten is extremely important, however, its applicability must observe the rights arising from freedom of information and expression. In the conflict between principles in the specific case, the legal operator needs to have a sensitive look at the challenge faced.

RIGHT TO FREEDOM OF EXPRESSION AND INFORMATION: INITIAL NORMATIVE CONSIDERATIONS

The right to freedom of expression and information are valuable to the Brazilian and foreign legal systems. The ECHR in 1950 included the Right to Freedom of Expression in its protection list. How it is seen:

> 1. Everyone has the right to freedom of expression. This right includes freedom of opinion and the freedom to receive or transmit information or ideas without interference from any public authorities and without consideration of borders. This article does not prevent States from subjecting broadcasting, cinematography or television companies to a prior authorization regime.

In the aforementioned international legislation, the commitment to combat prior censorship is clear. The free circulation of ideas and opinions is extremely legal. The legislation aims to establish specific regulations that can limit the capacity of states to interfere with the individual capabilities of citizens (Inter-American Court of Human Rights, 1995, page 50).

In Brazilian legislation it is no different, the constituent clearly sought to affirm the right to freedom of expression (Brasil, 1988) with effect:

> Art. 5 Everyone is equal before the law, without distinction of any kind, guaranteeing Brazilians and foreigners residing in the country the inviolability of the right to life, liberty, equality, security and property, under the following terms:
> IX – The expression of intellectual, artistic, scientific and communication activity is free, regardless of censorship or license;

The Brazilian legal system in its constitution does not allow the violation of fundamental rights, mainly rights relating to the development of human capacity. Individual skills, free thinking, access to information are considered rights inherent to human dignity.

Access to information is portrayed in the 1988 Brazilian constitution as follows:

> Article 5...
> XIV - access to information is guaranteed to everyone and the confidentiality of the source is protected, when necessary for professional practice;

The constituent legislator, when dealing with the affirmation of the right to information, establishes that access to information must be public. Through active citizenship, citizens will be able to make use of their right to information, without obstacles, as long as the confidentiality of the source is respected, when essential to professional practice.

In relation to normative protection that concerns the political nature of freedom of expression and information, the federal constitution of Brazil is positive in its Article 220:

> Art. 220. The manifestation of thought, creation, expression and information, in any form, process or vehicle, will not suffer any restriction, subject to the provisions of this Constitution.
> § 1 No law shall contain a provision that could constitute an obstacle to the full freedom of journalistic information in any media outlet, subject to the provisions of art. 5th, IV, V, X, XIII and XIV.
> § 2 Any and all censorship of a political, ideological or artistic nature is prohibited.

The exercise of freedom of political thought is part of the set of rights linked to active citizenship. The people need to actively participate in discussions relevant to the public interest. Acting critically is the basis for exercising structural democracy. It means that citizens gain more and more strength to exercise their private autonomy.

FREEDOM OF EXPRESSION AND INFORMATION IN FACE OF THE RIGHT TO BE FORGOTTEN

The state has a legitimate interest in investigating crimes; criminal processes currently use electronic systems as their main form, using data from people already convicted and accused at an early stage. The media often propagate false, unfounded news. In this sense, the state itself needs to promote mechanisms to protect fundamental rights already enshrined in the constitution.

Technological advancement is rapid, new applications are created, without specific regulatory support the virtual environment becomes attractive for criminals to carry out scams, cause damage to personality rights, which results in a growing feeling of impunity.

Given the current information technology scenario, new legislative proposals are created, the debate is spread on a national and international scale, as it is necessary for virtual means of communications to work together with public authorities in combating misinformation and fraud occurring in the digital world .

The 2015 Brazilian civil code states:

> Art. 21. The private life of a natural person is inviolable, and the judge, at the request of the interested party, will adopt the necessary measures to prevent or stop acts contrary to this rule.

The private life of a natural person is inviolable. The state must act at the request of the interested party to suppress any damages related to the disclosure of private information. All means of virtual communications must respect private aspects of their users' lives, that is, there is a duty of care that is also the responsibility of digital platforms.

The normative diploma stated 531 of the VI Civil Law Conference on the right to be forgotten also defines:

> The protection of human dignity in the information society includes the right to be forgotten.

The right to be forgotten demands compliance from the person applying the law. The judge has the duty to determine the exclusion of published content of a private nature that does not contain the user's consent. The internet cannot allow violations of very personal rights.

The valuation technique is fundamental in the face of freedom of expression versus the right to private life. In this normative application technique, the operator of the law uses the weighting of values, with multiple concessions occurring. The goal is to protect the spirit of each conflicting norm. Only in extreme situations will one norm prevail over the other, when its application is not possible (Schreiber ¬, 2013, apud FERRIANI, 2016).

In effect, the following judgment portrays a situation of relevant application of the right to be forgotten:

> Lack of public interest in preserving the availability of results that can be obtained through the use of a search tool on the world wide web that leads the user to access the content of other websites hosting information related to criminal proceedings whose object is an illicit criminal nature committed against a minor that occurred more than a decade ago, it is necessary to eliminate and prevent the result of the search by using the victim's name because, in addition to violating the legal secrecy that covered the fact, it leads to the perpetuation of the current nature of the illicit act. , violating the right to preserve the victim's intimacy and privacy and the right to forget the misfortune that had befallen her." (Judgment 1147053, 07065388220178070003, Rapporteur: TEÓFILO CAETANO, 1st Civil Panel, judgment date: 01/30/2019, published on DJe: 02/13/2019)

In the aforementioned judgment, the victim of a sexual crime, a minor at the time of the incident, suffered damage to her intimacy and privacy, because the criminal act was extremely damaging both physically and psychologically. Current evidence of public power in implementing a fundamental right for victims.

In this sense, observing the consideration in the application of the right to be forgotten, the following ruling states:

> The right to be forgotten is one of the facets of the protection of private life, and can be defined as the power to separate the name and image of the applicant from past discrediting situations which, due to the social weight attributed, can transfigure into true lifelong penalties. . 2. There is no evident public interest in maintaining texts through which serious crimes were attributed to the author without evidentiary support, as they do not even provide certainty as to whether they deal with true or slanderous information. On the other hand, such information can pose severe risks to the applicant's personal and professional life, and the right to be forgotten must be recognized. (..) From this perspective, Brazilian Jurisprudence has established itself in the sense that, as a rule, it does not hold research sites responsible for content published by third parties. 4. The Superior Court of Justice recognized the existence of extremely exceptional cases, in which the violation of personality rights can become disproportionately serious, to the point of justifying judicial intervention to determine the de-indexation of some results unfairly conveyed to the requesting name, authorizing , thus, the handling of actions against search providers. Precedents. 4.1 The dissemination of accusations of sexual crimes committed in another country and without any evidence must be recognized as an exceptional situation." (Judgment 1145771, 07380854920178070001, Rapporteur: EUSTÁQUIO DE CASTRO, 8th Civil Panel, judgment date: 01/24/2019, published on DJe: 02/04/2019)

In the brilliant rapporteur ruling by the excellent judge Eustáquio de Castro , the importance of preserving the honor and image of the subjects of rights remains clear. Unfounded information, without any evidentiary support, must be excluded , as it generates lifelong penalties. False information creates serious risks to users' personal lives.

On the other hand, it is also possible to verify the importance of preserving public information in light of the right to be forgotten, as seen:

> The right to be forgotten is the right granted to a person not to allow news, even if true, that occurred at a given moment in their life, to be exposed to the general public in perpetuity, causing them discomfort, inconvenience and suffering. 3. The right to information is not absolute, it must be in harmony with other constitutional principles, namely, the inviolability of intimacy, private life, honor and image of people. 3.1. The judge is responsible for using the principle of proportionality and weighing the conflicting interests and ensuring that the one that is fairest in the case prevails. 4. When faced with a specific case, the magistrate must analyze whether there is a current public interest in disclosing that information. 4.1. If the public interest persists, there is no need to talk about the right to be forgotten. 4.2. On the other hand, if there is no current public interest, the person will be able to exercise their right to be forgotten, and news about the fact that is in the past must be prevented. 5. The right to be forgotten affects the memory of past events that are not based on historical needs, since the right to be forgotten is imposed on everyone, including convicts who have paid their debt to society and are trying to reinsert themselves into it. 6. The right to be forgotten

> reaches the determination of inactivation of links referring to the news, and it is not possible to determine the removal of information from the internet as it constitutes an impossible obligation." (emphasis added) (Judgment 1132174, 20161610095015APC, Rapporteur: ROMULO DE ARAUJO MENDES, 1st Civil Panel, judgment date: 10/10/2018, published on DJe: 10/24/2018)

The person applying the law is responsible for interpreting the norms in light of constitutional principles, observing the best applicability based on the case under examination. When the content of the information has social relevance, the courts cannot exclude the information, such exclusion would mean a violation of the right to freedom of expression.

In an extraordinary appeal on the topic, the STF has already decided:

> The idea of a right to be forgotten is incompatible with the Federal Constitution, understood as the power to prevent, due to the passage of time, the dissemination of truthful and lawfully obtained facts or data and published in social media – analogue or digital . Any excesses or abuses in the exercise of freedom of expression and information must be analyzed case by case, based on constitutional parameters, especially those relating to the protection of honor, image, privacy and personality in general, and express and specific legal provisions in the criminal and civil spheres. (Theme 786 - Applicability of the right to be forgotten in the civil sphere when invoked by the victim himself or his family, Rapporteur MIN. DIAS TOFFOLI, RE 1010606).

The Federal Supreme Court has already decided that the ideas of a right to be forgotten are absolutely inapplicable, that is, the application of the right to be forgotten is inappropriate without considering whether the information in the specific case is public in nature. However, it recognized the importance of preserving rights relating to the protection of honor, image, and privacy.

CONCLUSION

Globalization through technology has enhanced the dissemination of information of all kinds. Search engines on websites and digital programs are increasingly efficient. Artificial intelligence is being improved all the time. Digital media explores daily content, which normally does not undergo careful analysis.

With the purpose of the informative content being examined, it is possible to verify that there is a lack of specific regulations, and ineffective control mechanisms when faced with false and unfounded information. Large corporations and commercial groups do their best to preserve the security information of their applications and programs.

Joint work between the private and public sectors is still precarious, as the private sector is afraid when the State determines limits and responsibilities arising from the management of information deposited by users. However, there is a duty of care and accountability for companies when they do not enable the exercise of constitutional rights. In view of the damage caused, the consumer has the right to demand from companies the suppression of any damage caused. The judiciary must act and determine the removal of content that is offensive to human dignity.

The lack of a specific procedure makes it difficult to implement both the right to freedom of expression and the right to be forgotten. In this context, debate becomes essential. The participation of the private sector is essential, using technology itself as a form of repression and prevention of illicit acts.

In the public sector, the state has the obligation to act in the face of illegalities committed in the virtual world. Control is exercised in a considered manner, as the right to be forgotten in the face of freedom of expression demands caution, as improper application can generate censorship or direct violation of rights relating to personality.

REFERENCES

Alexy, Robert. Theory of Fundamental Rights. translation: Virgílio Afonso da Silva. São Paulo: Malheiros Editores, 2008.

Almeida Júnior, Vitor de Azevedo. The image out of context: the use of archive images. São Paulo: Atlas, 2013.

Araujo, LAD The constitutional protection of one's own image . 2nd ed. São Paulo: Verbatim, 2013.

Bastos, Celso Ribeiro. The Brazilian Constitution of 1988. Rio de Janeiro: Forense Universitária, 1988.

Barroso, Luís Roberto. Collision between Freedom of Expression and Personality Rights. Weighting Criteria. Constitutionally Adequate Interpretation of the Civil Code and the Press Law. Available at < http://bibliotecadigital.fgv.br/ojs/index.php/rda/article/view/45123> Accessed on 23 Jan. 2024.

Bittar, CA The rights of personality . 8. ed. São Paulo: Saraiva, 2015.

Brazil. Federal Justice Council. Statement 531 - VI Civil Law Day . Brasília, 2013a. Available at: <https://www.cjf.jus.br/enunçados/enunçado/142>. Accessed on: 23 Jan. 2024.

BRAZIL. Law No. 12,965, of April 23, 2014. Establishes principles, guarantees, rights and duties for the use of the Internet in Brazil. Brasília, 2014. Available at: <http://www.cgi.br/pagina/marco-civil-da-internet-no-brasil/177>. Accessed on: 23 Jan. 2024.

Brazil. Presidency of the Republic. Constitution of the Federative Republic of Brazil of 1988 . Brasília: Official Gazette of the Union, 1988. Available at: <https://www.planalto.gov.br/ccivil_03/constituicao/constituicao.htm>. Accessed on: 23 Jan. 2024.

Brazil. Presidency of the Republic. Law No. 10,406, of January 10, 2002 . Establishes the Civil Code. Official Diary of the Union . Brasília, DF, 2002. Available at: <http://www.planalto.gov.br/ccivil_03/Leis/2002/L10406compilada. htm>. Accessed on: 23 Jan. 2024.

Bulla, Beatriz and PIRES, Breno. Cármen Lúcia says that the right to memory builds identity. Available: <https://www.estadao.com.br/politica/carmen-lucia-defende-direito-a-memoria-em-palestra-em-brasilia/> Accessed on 23 Jan. 2024.

Bulos, Uadi Lamego. Constitutional Law Course. 8th Ed. São Paulo: Ed. Saraiva. 2015.

C anotilho, José Joaquim Gomes. Constitutional Law and theory of the Constitution. 7th ed. Portugal, Coimbra: Almedina, 2003.

Carli, Ana Alice De. Water and its effective instruments: environmental education, standardization, technology and taxation. São Paulo: Millennium Edition, 2013.

Capez, Fernando. Criminal Law Course 1. 16. ed. São Paulo: Saraiva, 2012.

Council of Europe. European Convention on Human Rights, STCEn.º.005,1950.

Inter-American Court of Human Rights. Mandatory Association of Journalists (articles 13 and 29 of the American Convention on Human Rights). Advisory Opinion OC-5/85, Series A No. 5, Judgment of November 13, 1995.

Diniz, Maria Helena. Brazilian civil law course: General theory of civil law. 24th ed. SP: Saraiva.

Dotti, R.A. The right to be forgotten and the protection of habeas data. Habeas data. Revista do Tribunais , São Paulo, p. 300, 1998.

Farias, Edilsom Pereira de. Collision of rights: honor, intimacy, private life and image versus freedom of expression and information. 2nd ed. Porto Alegre: Sérgio Antonio Fabris, 2000.

Ferreira, Renata Marques. Fiorillo, Celso Antonio Pacheco. Freedom of Expression and Right of Reply in the Information Society. 1st Ed. Rio De Janeiro: Lumen Juris, 2017, p. 01. apud Rabaça, Carlos Alberto. Barbosa, Gustavo Guimarães. Communication dictionary. 10 ed. Rio de Janeiro: Campos, Elsevier, p. 709.

Florêncio, Juliana Abrisio. Theophilo Neto, Nuncio; Theophilo Júnio, Roque; Messa, Ana Flávia. (Coordination). Environmental sustainability and new challenges in the digital era – Studies in honor of Benedito Guimarães Aguiar Neto. In: Right to be forgotten on the internet. São Paulo: Saraiva, 2011.

iJEResearch
International Journal of Education and Research
Vol-1, Number 1, March - 2024 | Peer-Reviewed
Journal ISSN 2764-9733 | ijeresearch.org
DOI: 10.5281/zenodo.12607132

TEACHING AND PEDAGOGICAL PRACTICES IN TEACHING A MODERN FOREIGN LANGUAGE - ENGLISH

AUTHOR

Márcia Arantes do Vale (marcinhaavl@hotmail.com): Mestre em Ciências da Educação pela Universidade Leonardo Da Vinci. Professora de Língua Inglesa - CEPMG (Colégio Estadual da Polícia Militar de Goiás) Xavier de Almeida.

ABSTRACT

The teaching of foreign languages in the global context, and also in the Brazilian context, is an ancient practice that was outlined as if the structure of societies. Throughout the history of language teaching have emerged many approaches, methods and teaching techniques in order to develop student mastery of a new language. Every historical moment, the teaching of a foreign language had a goal that led to the development of approaches that might meet the best that goal. So, we come up to the current scenario with various approaches still in use, although not always this approach meets the current educational assumptions. But for a better understanding of how has set the didactic and pedagogical practices of foreign language teaching, it is necessary to first understand what happens to be the language and the language, two concepts that have developed in parallel and are often mistakenly used interchangeably, since both are focused on communication and interaction among human beings, aiming to impart knowledge and ownership of greater cultural diversity. Throughout the study presented here, it was found that the first methods and approaches are also used, alone or together, stand out: the method of the traditional approach, the direct approach or direct method, the US Army Approach Method ALM and the Communicative Approach. Each of them received advocates and critics due to the fact they have different focuses when very refer the question of teaching (methods and techniques) and, mostly, for ignoring the student as an active subject in the teaching-learning process. The criticisms of a particular approach favored the emergence of new approaches. In Brazil, the teaching of foreign languages does not have the value it should have, because foreign languages are still seen as complementary disciplines and not as essential, even recognizing the LDB and PCNs that the student needs to take ownership of a second language to broaden their culture and their communication skills. One of the important points to consider when it comes to foreign language teaching is the issue of teacher education that, as verified, must be able to master the language that will teach, in addition to knowledge and mastery over the teaching and teaching and learning processes to be able to develop the skills and language skills of the student. It is considered therefore that in addition to laws, guidelines and parameters that define how it should be the teaching of foreign languages, it is necessary to continuously form the teacher so that it can act as a mediator in the process of teaching foreign language learning and contribute for positive student education in acquiring a language.

Keywords: Foreign Languages. Approach. Education. Learning. Teacher.

INTRODUCTION

In education, quality is manifested in the availability of theoretical instruments and subjects that enable the production of a better quality of life. It therefore requires the implementation of a pedagogical proposal in which teachers, employees and the community become subjects of their development, builders of their history and who are capable of realizing utopias and proposing the realization of many others, including with regard to the mastery of the mother tongue and others that increase the knowledge and culture of human beings.

The different pedagogical trends remain present in the process of educational development. Education has always been part of the intellectual and practical considerations of many thinkers, cultivating a pedagogical utopia that is not in line with the good development of the school's function, making it elitist and not very accessible to everyone, and is therefore often a privilege of higher classes.

As time has developed, there has been a lot of talk and talk about transforming the school, so that it becomes effective. Many trends, approaches and methodologies have emerged, each with advantages and disadvantages, all seeking to contribute to the search for a school practice that would make the education system an efficient system.

In this sense, some questions must be asked in order to address the theme of this study, among which the following stand out: for an action-reflection-action of teaching practice, is it necessary to have knowledge of what to teach? Who to teach? And how to teach? To have a teaching practice that achieves good results, will it only be through reflection on practice?

Teaching is constantly changing, which is why it is necessary to reflect on some practices used in schools from ancient times to the present. The teacher has in his daily work some aspects that must be taken into consideration, such as the objectives to be achieved and how they will be achieved. Teaching practice is part of a broader social reality and must be understood in order to be adequately situated within it and correspond to the training needs of people that this reality demands.

As a globalizing society is guided by the construction of knowledge and continuous change, the perspectives of educational needs change, especially when the knowledge to be learned concerns foreign languages.

Based on this observation, it is necessary to understand the scenarios and visualize the challenges that students will face when leaving school, in order to organize a meaningful teaching process, counting on participation at all levels, especially in teaching activities.

Given this need, the study presented here seeks to discuss the history of teaching foreign languages, its main methodological approaches and how the teaching and learning of these languages have been developed in the Brazilian educational context, focusing on theoretical and practical aspects of foreign languages in school curricula.

FOREIGN LANGUAGE TEACHING AND ITS METHODS

The teaching of foreign languages has a historical context that follows the history of humanity, since from the time when human beings began to associate themselves in groups, there has been a need for communication between the various tribes, using language. as a communication resource. Since their beginnings, human societies already had languages specific to their tribes and encounters between tribes required knowledge of different languages for communication to take place.

With the conquest of a certain territory by a dominant tribe, coexistence had to be established through verbal communication, which required the teaching and learning of languages spoken by the dominant and their dominated.

The need to know new languages for communication purposes was manifested with the evolution of society and, based on this need, ways of teaching them in a satisfactory way were developed. Consequently, several additional language teaching methods, in addition to those already conventionally adopted for teaching the mother tongue.

The teaching and learning of secondary languages as professional education has had several historical moments, as Pedreiro (2013, p. 2) describes:

> Há milhares de anos – cerca de cinco mil anos – já existia o ensino profissional para a aprendizagem das línguas. Primeiramente, ensinava-se uma língua dentro de sua própria civilização, passava-se conhecimento de geração em geração. Logo esse ensino passou a ser, também, o de uma língua estrangeira, em virtude da conquista de povos falantes de outras línguas, da comercialização de mercadorias, entre outras razões.

This need to learn a language other than the mother tongue has always been present among human beings due to the need to communicate with others to guarantee the survival of the species and, later, as a way of gaining wealth and power over other societies. In this sense, Boas, Vieira and Costa (2015, p. 1) recall that:

> Aprender outros idiomas e outras culturas foi e sempre será uma necessidade imperativa em todas as épocas para a maioria dos seres humanos, pois as civilizações se formam a partir do contato entre povos de línguas diferentes e dependem diretamente desta interação para continuar existindo e seguir avançando.

After the period of great territorial expansion, the need for knowledge of other languages continued to occur, this time motivated by the expansion of commercial relations between people and became even more relevant in contemporary society, reinforced by the process of globalization. and individuals' search for a lower occupation in the current competitive job market.

THE THEORY AND PRACTICE OF TEACHING ENGLISH LANGUAGE IN BRAZIL

The teaching of foreign languages in Brazil began with the arrival of the Portuguese in the Brazilian lands that constituted the new colony of Portugal. The Portuguese language was taught informally by Jesuit priests, becoming the first foreign language to be taught in the Colony, as the Tupi language already predominated there, spoken by the indigenous natives who inhabited the new Colony. However, after the expulsion of the Jesuits, the Portuguese language was established as the official language of the Colony and the use of the Tupi language as a mother tongue was abolished.

Since then and during the first centuries of the history of Brazilian formal education, the teaching of foreign languages consisted of offering Latin and Greek grammar classes and, in military schools, the French language was also taught. The teaching of the English language only became part of formal Brazilian education with the arrival of the Royal Family to the Colony, when French also became part of formal education and not just within military schools.

However, with the proclamation of the Republic, the English language became optional in Brazilian school curricula, becoming mandatory again at the end of the 19th century, but only in some grades.

During the government of Getúlio Vargas (1882-1954), the teaching of foreign languages (Latin, French and English) was mandatory in the former junior high school and in high school the French and English languages were mandatory, but Latin was replaced by the Spanish language. Throughout this period, the only didactic reference for language teaching in Brazil was the Spanish Manual developed by the Argentine naturalized Brazilian Idel Becker (1910 – 1994).

To meet these objectives, secondary education was structured into two cycles: junior high (four years) and high school (three years), with the latter cycle enabling training marked for science (scientific course) and intellectual training (classic), developed in different courses. Within this new structure, the teaching of foreign languages began to be oriented towards promoting the teaching of classical and modern languages, highlighting that:

> No ginásio incluíram-se como disciplinas obrigatórias, o latim, o francês e o inglês (as duas primeiras com quatro e a última com três anos de aprendizado) e no colegial o francês, o inglês e o espanhol (o primeiro com um ano e os outros com dois anos), bem como o latim e o grego, ambos com três anos no curso clássico (MACHADO, CAMPOS e SAUNDERS, 2007, p. 2).

This structuring of education in Brazil remained active until the mid-1960s when the Education Guidelines and Bases Law (LDB) was enacted, Law no. 4024 of December 20, 1961, and it determines that the teaching of foreign languages ceases to be an obligation, in high school, and it is up to the states to include or not foreign languages in the curricula of the last four grades of secondary school, as indicated in the text of the articles from the aforementioned LDB that deal with Secondary Education:

> TÍTUTLO VII
> Da Educação de Grau Médio
> CAPÍTULO I
> Do Ensino Médio
> Art. 33. A educação de grau médio, em prosseguimento à ministrada na escola primária, destina-se à formação do adolescente.
> Art. 34. O ensino médio será ministrado em dois ciclos, o ginasial e o colegial, e abrangerá, entre outros, os cursos secundários, técnicos e de formação de professores para o ensino primário e pré-primário.
> Art. 35. Em cada ciclo haverá disciplinas e práticas educativas, obrigatórias e optativas.
> § 1º Ao Conselho Federal de Educação compete indicar, para todos os sistemas de ensino médio, até cinco disciplinas obrigatórias, cabendo aos conselhos estaduais de educação complementar o seu número e relacionar as de caráter optativo que podem ser adotados pelos estabelecimentos de ensino.
> § 2º O Conselho Federal e os conselhos estaduais, ao relacionarem as disciplinas obrigatórias, na forma do parágrafo anterior, definirão a amplitude e o desenvolvimento dos seus programas em cada ciclo.
> (...)
> Art. 40. Respeitadas as disposições desta lei, compete ao Conselho Federal de Educação, e aos conselhos estaduais de educação, respectivamente, dentro dos seus sistemas de ensino:
> a) organizar a distribuição das disciplinas obrigatórias, fixadas para cada curso, dando especial relevo ao ensino do português;
> b) permitir aos estabelecimentos de ensino escolher livremente até duas disciplinas optativas para integrarem o currículo de cada curso;
> c) dar aos cursos que funcionarem à noite, a partir das 18 horas, estruturação própria, inclusive a fixação do número de dias de trabalho escolar efetivo, segundo as peculiaridades de cada curso.
> (...)
> CAPÍTULO II
> Do Ensino Secundário
> Art. 44. O ensino secundário admite variedade de currículos, segundo as matérias optativas que forem preferidas pelos estabelecimentos.
> 1º Ciclo ginasial terá duração de quatro séries anuais e o colegial, de três no mínimo.
> 2º Dentre as disciplinas e práticas educativas de caráter optativo no 1º e 2º ciclos, será incluída uma vocacional, dentro das necessidades e possibilidades locais.
> Art. 45. No ciclo ginasial serão ministradas nove disciplinas.
> Parágrafo único. Além das práticas educativas, não poderão ser ministradas menos de 5 nem mais de 7 disciplinas, das quais uma ou duas optativas, de livre escolha pelo estabelecimento, sendo no mínimo cinco e no máximo sete em cada série.
> § 1º A terceira série do ciclo colegial será organizada com currículo aspectos linguísticos, históricos e literários.
> § 2º A terceira série do ciclo colegial será organizada com currículo diversificado, que vise ao preparo dos alunos para os cursos superiores e compreenderá, no mínimo, quatro e, no máximo, seis disciplinas, podendo ser ministrado em colégios universitários.

It is observed that the aforementioned LDB does not focus on or value the teaching of foreign languages, which became optional, which represented a setback for students, even knowing the importance of knowing a second language for the socialization process and, mainly for students to enter the job market. After LDB 4024/61, LDB 5692/71 was promulgated, in which the teaching of foreign languages in the Brazilian educational system also remained in the same format as previous educational legislation.

Given these facts, Santos (2011, p. 1) argues that:

> Desde o século XIX o sistema educacional brasileiro vem sendo submetido a sucessivas reformas nas quais o ensino da língua inglesa tem sido ora negligenciado, ora tratado indevidamente, chegando a ser, até mesmo excluído da grande curricular obrigatória pelas Leis de Diretrizes e Bases da Educação Nacional (LDB) promulgadas em 1961 e 1971.

This situation was reversed in 1976, when Resolution 58/76 of the Ministry of Education and Culture (MEC) decreed the mandatory teaching of foreign languages in high school. Brazil, in 1978, became a pioneer in the teaching of foreign languages with the holding of an event at the Federal University of Santa Catarina (UFSC) in opposition to the audiolingual method and which culminated in the dissemination of the communicative approach as the best didactic strategy for teaching foreign languages. foreign languages to be used in Brazilian schools.

It should be noted, however, that the most significant milestone in the teaching of foreign languages in Brazil was LDB 9394/96, which made such teaching mandatory from the 5th grade of elementary school onwards, considering that the teaching of a foreign language is compulsory and constitutes is one of the components of basic education, understood as a right of all citizens and a duty to be guaranteed by the State.

PCNS and the Teaching of Foreign Languages in Brazil

The elaboration and publication of the National Curricular Parameters for Elementary and Secondary Education represent a considerable advance in Brazilian educational policies in general and, in particular, with regard to the teaching of foreign languages as a way of promoting and valuing multiculturalism and diversity. PCNs approach language teaching and learning based on language policies against illiteracy and in favor of critical and conscious citizenship. Instead of constituting major objectives and pre-fixed curricular contents, these parameters, as the name already indicates, constitute guidelines that will guide their minimum contents, in order to ensure a common basic training.

Given the regional, cultural and political diversity that exists in the country, the PCNS seek to parameterize national references for educational practices, seeking to encourage reflection on state and municipal curricula, already underway in several states and municipalities. The construction of specific curricula for Elementary and Secondary Education must be carried out by the educational bodies of states and municipalities and by the schools themselves, based on the reflection encouraged by these references, essentially based on the process of building citizenship.

The introductory text to the PCNs itself mentions four levels of implementation of these principles, which can be understood in four levels of didactic transposition of the parameters. The first level of implementation is precisely that of the dialogued construction of the parameters as references for other educational policy actions. The second is the dialogue that the PCNs will be able to establish with the proposals, documents and experiences already existing at this level. The third and fourth levels of implementation concern the development of each school's educational project and the implementation of the curriculum in the classroom.

In the case of Portuguese Language PCNs and other languages, organizing principles for language teaching content and criteria for sequencing this content are mentioned, as well as special didactic organizations, such as teaching projects and modules. The organization of content is distributed along two axes of language practices: practices of language use and practices of reflection on language and language.

The contents indicated for practices in the language use axis are eminently enunciative and involve aspects such as: the historicity of language and language; aspects of the context of production of utterances in reading/scrutinizing and production of oral and written texts; the implications of the production context in the organization of discourses and the implications of the production context in the process of meaning.

With regard to the criteria for organizing curricular progressions, it is clear that: this last procedure is also necessary to determine the degree of complexity of the teaching-learning object; To determine the demands of the tasks involved in language use and analysis practices, we need a theoretical review of cognitive theories of language processing in production.

In this context, teacher training for the selection of teaching objectives is a challenge, a practice that has been replaced, in recent decades in Brazil, by the simple adoption of a textbook, which starts to dictate the teaching objectives and to configure the teaching-learning project. This implies training the teacher in a teaching-learning theory with a Vygoskian socio-historical basis, capable of leading him, on the one hand: to determine what the learning possibilities will be for each teaching object; and a reflection on learning needs, from a historical-cultural point of view.

These assumptions are in line with the concepts of teaching and learning defended by sociointeractionism, which has mediation as one of its most relevant approaches and which is directly associated with the symbolic relationship that is established between man and the world. Thus, Vygotsky distinguished two types of mediating elements: instruments and signs. Although there is an analogy between these two types of mediators, they have very different characteristics (COUTINHO, 1992). The relationship between learning and development remains, from a methodological point of view, obscure, exotic premises and solutions, theoretically vague, not critically valid and, sometimes, internally contradictory: this has obviously resulted in a series of errors.

A child's actual level of development defines functions that have already matured, that is, the final products of development. If a child can do such and such a thing independently, it means that the functions for such and such a thing have already matured in him. The zone of proximal development defines functions that have not yet matured, but are in the process of maturing, functions that will mature, but are currently in an embryonic state.

Vygotsky's ideas, in the conception of Coutinho (1992), are very important for education as he says that the individual's development must be seen from the current moment with reference to what is happening in their trajectory, this constitutes the concept of proximal zone. Vygotsky also shows us the idea that the learning process drives the development process. The school, as a social agent, is responsible for the learning of children and young people, which is why it is essential in the psychological development of individuals.

Finally, he highlights the role of other members of the social group between culture and the individual. The intervention of mature people in children's learning and the role of the teacher in the lives of children who go to school play main roles in the individual's psychological development as they are linked to the learning process.

However, even with the PCNs for Elementary and Secondary Education focusing on the teaching of Foreign Languages as a fundamental resource for the teaching-learning process and social interaction of students, what is noticeable is that, nowadays,

> A grande maioria dos alunos ainda não teve a oportunidade de participar de cursos de leitura nos quais eles pudessem ter acesso a, por exemplo: treinamento estratégico, ensino planejado de vocabulário, instruções sobre como explorar um dicionário bilíngue, textos que contribuam para seu conhecimento enciclopédico cultural, nem a um ensino que favorecesse o desenvolvimento da competência comunicativa (SANTOS, 2011, p. 2).

Thus, when considering the appropriate approach to teaching a language, it cannot be ignored that speaking, reading, writing and dialogue are fundamental to the full use of the language being acquired. In this sense, Saussure (1998) highlights the importance of realizing that reading is a linguistic act different from the spontaneous production of speech; it is also conditioned by writing, even if it is only semantics. A drawing can easily transform into a type of writing, as we have seen previously, traffic signs are based on drawings, men's and women's bathrooms, etc. Reading must, through deciphering, reach the motivation of what is written, its semantic and pragmatic content.

In turn, it must be considered that writing developed from drawings, it began to exist at the moment when the objective of the act of representing pictorially had, as an address to speech and as a motivation, to make the reader through speech information about something. The written language of a secondary nature has above all the objective of overcoming the limits inherent to the spoken language in terms of time and space. Having above all the objective of permanence and not necessarily presenting time pressure for its production, written language tends to be more careful, that is, more tense and formal than spoken language, as well as more conservative (SAUSURRE, 1998). Added to this is the growing importance of written language as a link for scientific and technological information.

In the Brazilian educational scenario, both the LDB and the PCNs defend the need for greater integration between linguistic skills so that mastery of the language can be promoted, including in this proposal the adoption of a teaching methodology that favors language learning foreigners. Therefore, what is perceived is a significant distortion between what Brazilian educational policies propose and what is experienced in schools, especially in the public context, where there is still a predominance of fragmented teaching and often focused on approaches that They do little to help the student acquire the basic skills necessary to learn a second language.

This reality demonstrates that education policies with utopian discourses on language teaching are not enough. A true reform of education is necessary so that students can be offered schools with pedagogical and didactic resources suited to the experience of foreign languages, curricula that promote interdisciplinarity between these languages and other subjects and not just as an isolated subject that applies little It is part of the daily lives of most students and, especially, teachers with basic and continuing training who have developed the skills and competencies necessary to understand and deal with students' needs and expectations when it comes to learning a new language.

FINAL CONSIDERATIONS

The teaching of foreign languages in the global context, as well as in the Brazilian scenario, was marked by changes resulting from changes in the dynamics of society's functioning, developing different concepts about language teaching so that it occurs in a more meaningful and efficient way .

Approaches to teaching foreign languages were taking shape in parallel to the so-called pedagogical trends and, like these, they received defenders and critics, as with each new conception that emerged with the purpose of meeting a need in society, new needs emerge and new studies and criticism are carried out with the intention of seeking the development of educational methods that provide both more effective teaching and learning.

Many theories, laws, guidelines and parameters have been developed as a result of research into methods and strategies for teaching and learning foreign languages, aiming to meet the constant changes in society, especially with the occurrence of landmark events such as the Industrial Revolution and globalization. .

What was observed is that, in relation to the teaching of foreign languages, there were moments of advances and setbacks in the history of this teaching within Brazilian territory. These oscillations did not only occur in the theoretical context, but also in the practical application of teaching methods that are outlined based on the educational policies of each historical period.

In order for the teacher to be able to guide the student in the development of linguistic skills in a language, it is necessary for the teacher to have mastery of these skills himself and, at a later stage, to acquire didactic-pedagogical knowledge that enables him to recognize the limitations and potential of your students, identify the different teaching-learning methods that can be applied and know how to use them according to your students' needs.

REFERENCES

BOAS, Carlos Henrique Souza Vilas; VIEIRA, Dark dos Santos; COSTA, Ivana Mara Ferreira. Métodos e abordagens: um breve histórico do ensino de Língua Estrangeira. Disponível em: http://www.ensino.eb.br/artigos/artigo_edu_metodos.pdf. Acesso: 22 jun. 2015.

FOUCAULT, Michel. A Ordem do Discurso. São Paulo: Loyola, 1990.

FREITAS, M. T. A. de. Vygotsky e Bakhtin: Psicologia e Educação: um intertexto. São Paulo: Editora Ática, 2000.

MACHADO, Rachel; CAMPOS, Ticiana R. de; SAUNDERS, Maria do Carmo. História do Ensino de Línguas no Brasil: avanços e retrocessos. Revista Helb, ano 1, 2007..

PEDREIRO, Silvana. Ensino de Línguas Estrangeiras – métodos e seus princípios. Especialize IPOG Revista Eletrônica, jan./2013.

SANTOS, Eliana Santos de Souza e. O ensino da Língua Inglesa no Brasil. BABEL Revista Eletrônica de Línguas e Literaturas Estrangeiras, n. 01, dez./2011.

SAUSSURE, Ferdinand. Curso de Lingüística Geral. São Paulo: Cultrix, 1998

iJEResearch
International Journal of Education and Research
Vol-1, Number 1, March - 2024 | Peer-Reviewed
Journal ISSN 2764-9733 | ijeresearch.org
DOI: 10.5281/zenodo.12607520

THE CHALLENGES AND TRENDS OF HOTEL ADMINISTRATION THAT TRANSITION AFTER PANDEMIC

AUTHOR

Valéria Pires de Rezende (valeria.piresderezende@hotmail.com): PhD in Administration from Universidad Americana - Paraguay. Judicial Analyst at the Court of Justice of the State of Goiás - Brazil.

ABSTRACT

The scope of this article is the challenges and trends in hotel management that are emerging after the COVID-19 pandemic, bringing aspects that impacted hotel management after the pandemic, which demonstrated certain difficulties that had consequences for the performance of this sector throughout Brazil, noting that, there were various phases that affected the economy and tourism with significant consequences that there was a need to interrupt operations, therefore, after facing the crisis, major challenges emerged that established the increase in strategies to focus on the sustainable growth of this sector. The general objective of this work is to analyze the challenges and trends of hotel management that emerge after the pandemic. As for the methodology used in this article, it uses a qualitative approach, bibliographical and documentary research, which were taken from the Google Scholar platform and reliable internet sites, which provided books, articles, magazines and materials that were important for the discussion of this article. In this way, responding to the problem in question, it was possible to see that the effects of the COVID-19 pandemic on hotel management incorporated greater performance strategies based on changes and adjustments to activities. In general, the challenges and trends underwent a new perspective, concluding that the new mechanisms adopted intensified this network, establishing a commitment to sustainability, quality in services and experiences that offer guests well-being in accordance with the individuality of guests. same.

Keywords: Pandemic, Hotel Administration, COVID-19.

INTRODUÇÃO

The hotel sector is quite complex, due to its constant changes that align with current affairs. As a result, in 2019, the COVID-19 pandemic emerged, bringing impacts to the Brazilian hotel industry, which resulted in several phases. The consequences were negatively exposed, resulting in the suspension of travel, demands for stoppages that administratively affected the hotel chain around the world. However, after the pandemic period, this sector began to reopen with a varied drop in occupancy, that is, a low level of accommodation due to the virus variants.

Given this context, this work is justified, bringing aspects that impacted hotel administration after the pandemic, which demonstrated certain difficulties that constituted impacts on the performance of this sector throughout Brazil, noting that there were varied phases that affected the economy and the tourism with significant consequences that there was a need to interrupt operations, therefore, after facing the crisis, major challenges emerged that established the increase in strategies to focus on the sustainable growth of this sector.

Analyzing this subject, the issue in question is what are the challenges and trends of hotel management that are emerging after the pandemic? In hypothesis, this sector in the post-COVID-19 pandemic, resisted the main health complexity in the country, where administratively, it had medium and long-term preparation to face everything from restrictions to the growth of this branch, which has been accelerating worldwide, with technological enhancements, personalization and experiences.

The general objective of this work is to analyze the challenges and trends of hotel management that emerge after the pandemic. While the specific objectives are: understanding aspects of hotel administration; identify the impacts of the COVID-19 pandemic on hotel management; and discuss the challenges and trends in the hotel administrative segment that are emerging after the pandemic.

As for the methodology used in this article, it uses a qualitative approach, bibliographical and documentary research, which were taken from the Google Scholar platform and reliable internet sites, which provided books, articles, magazines and materials that were important for the discussion of this article.

The first section was about aspects of hotel management, discussing the emergence of this sector, in addition to its broad segment in the industrial market, which has been growing rapidly in Brazil with national and international trends that are influenced by tourism and the economy, driving the challenges administrative, as it requires efforts that must meet the needs of customers.

The second section is about the impacts of the COVID-19 pandemic on hotel management, bringing authors who discuss the consequences that affected this chain in an alarming way, which were enough to close several projects in Brazil and around the world. Therefore, its massive effects generated complexities in resuming activities in this segment.

The third section presents the challenges and trends in the hotel administrative segment that are emerging after the pandemic, showing, after the pandemic, the positive impacts of an economic crisis that it managed to overcome with its strategies. Where it presents that there is importance when developing strategic planning and with this, the administrative organization seeks to outline its goals, identifying and solving the complexities that need to be faced.

The relevance of this work is established by the way in which hotel administrators boosted the hotel sector after the COVID-19 pandemic, considering that this subject is important for the academic community and researchers, who can further their research or expand this topic for debate, which, in turn, is quite scarce.

ASPECTS OF HOTEL ADMINISTRATION

Brazil, in terms of hospitality, emerged in the same way as Europe, which began with the

Portuguese, where on Brazilian soil people began to receive travelers in their own homes. In the colonial period, these individuals were hosted in monasteries and colleges. Currently, accommodation enterprises and hotels are important bases in the tourism chain that, in turn, interact in economic sectors (Souza, 2019).

In the Brazilian region, in Tupiniquin lands, the hotel sector began using schools, houses and monasteries to welcome travelers. During this period, the bandeirantes always traveled to look for silver or gold and take it to the Portuguese Crown, always changing frequently in the intention of the local precious stones. In the middle of the 19th century, the big boost came with the movement of people to use the São Paulo Railway Line trains, as well as trade between Rio de Janeiro and São Paulo, which also contributed to the expansion.

For Pereira (2015, p. 510), the hotel sector over the years has become "accessible to different social layers, due to the improvement in means of communication and transport that contributed to the reduction of distances and costs, facilitating the movement of people".

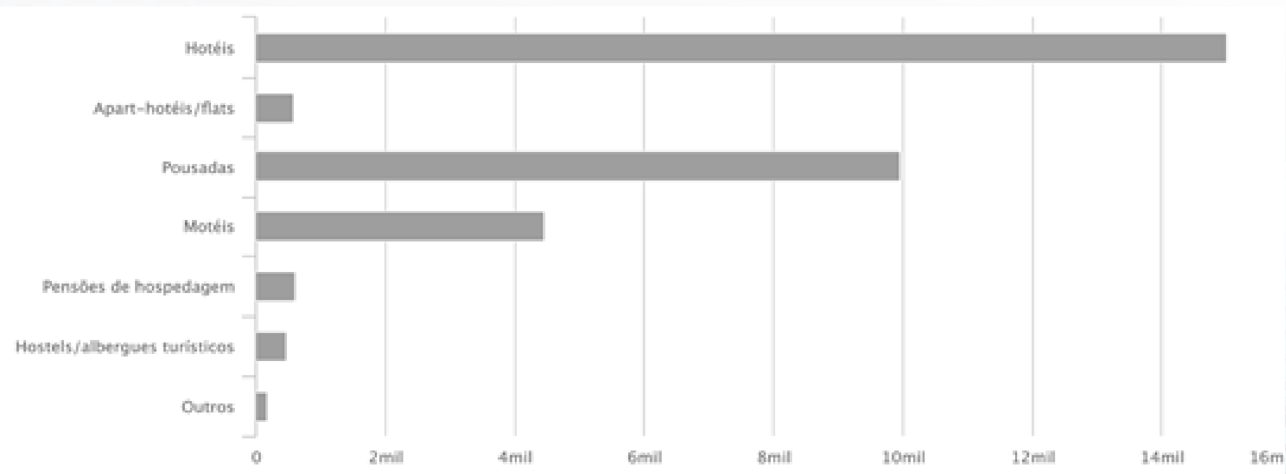
Currently, the hotel sector is expanding, serving people seeking leisure, business or family trips. Therefore, this trend must also be attractive with its demand for hotels throughout Brazil, offering possibilities for home office work, which remodel the delivery of short or extended stay services, as well as the care required for their health. In this sense, the country's hotel industry needs to make new uses of its spaces, creating intelligent ways that adapt to the current needs of the tourism sector.

> As perspectivas de crescimento da indústria hoteleira no Brasil são promissoras, em função da relativa estabilização da economia do país e do aumento acentuado das viagens turísticas nos dois últimos anos, o que significa que a estabilização da moeda e dos preços conduziu à incorporação do item viagens ao orçamento familiar, pelo menos entre a classe média. As viagens turísticas ao exterior apresentam um componente importante para a hotelaria brasileira: os turistas brasileiros, 80 por cento dos quais se destinam aos Estados Unidos, passam a conhecer o padrão da hotelaria de países desenvolvidos, que apresentam melhor qualidade e menores preços. Gradualmente, esses turistas irão pressionar as empresas do setor hoteleiro no Brasil a oferecer mais qualidade e preços menores (Governo do Estado do Ceará, 2011, p. 26).

Taking all this into account, it is noted that the hotel sector has its aspects within the needs that drive the tourism sector, such as, for example, the so-called "extended stays", which means prolonged stays, which have once and for all gained the preference of many tourists. , making all services consistent with guest safety enjoyable. Such trends are increasingly gaining ground, opening a broad perspective that joins various services that are aligned with tourism, in order to satisfy economic growth.

According to data from IBGE (Brazilian Institute of Geography and Statistics):

Graph 1: Number of accommodation establishments by type, 2016



Source: IBGE (2024).

Correlating to IBGE data, in 2022, the tourism sector was one of the "main responsible for the 2.9% growth in Brazil's Gross Domestic Product (GDP), totaling R$ 727 billion, in addition to accounting for more than 7, 6 million jobs" (Ministry of tourism, 2023 a, b apud Souza, 2019, p. 09).

It is important to highlight that the modern hotel sector has become a habit of identifying the segment as a hotel industry, however, it cannot be said that it is industrialized, as it does not manufacture anything. Analyzing by way of illustration, this sector provides food, accommodation, entertainment and service provision. It defines a hotel as a building that has a location, preferably urban, where it normally has several floors, offering accommodation and a structure aimed at business and leisure.

When talking about the hotel industry in Brazil within the growth perspectives, it is noted that they are promising, due to the relative stabilization of the economy in Brazil, as well as the marked increase in tourist travel in recent years, mainly abroad, implying that all this means that the stability of prices and currency led to the incorporation of the item into the family budget, which includes the middle class in this condition. It is important to highlight an important component for this sector that includes Brazilian tourists, 80 percent are destined for international countries, with the aim of presenting a hotel standard from developed countries, with better quality and lower prices assigned (Government of the State of Ceará, 2011).

Analyzing this context, it is noted that international hotel chains entered Brazil, with the growth in the economy, implementing multinational business branches that are a result of current changes in the country, constituting an intensification of its competition and transforming it into an important hub for travel and business. Its facilities integrated large sectors, coinciding with the economic forms and incentives for the construction of hotels, establishing it as an enterprise that became relevant due to its function in each social structure.

> A Hotelaria sempre esteve presente no percurso da história humana e participou ativamente no desenvolvimento econômico brasileiro e mundial, da Era Antiga aos dias atuais; estando sempre atrelada a atividade turística e a evolução tecnológica que proporcionou: melhores condições de transporte aéreo com ascensão da indústria aeronáutica dos aviões a jato e grandes aviões, a sofisticação dos navios de cruzeiros, os ônibus especiais para transporte de passageiros e principalmente a evolução da comunicação (Governo do Estado do Ceará, 2011, p. 20).

Therefore, the hotel sector is a broad enterprise, which constitutes its varied structures that go beyond tourist demand in the search for leisure or work, therefore, this branch has an extensive expansion due to its growth that establishes factors linked to tourism, which It is always constantly renewing within a competitive market, bringing challenges that are faced by national or international entrepreneurs, such as competition that presents habits that tend to change.

THE IMPACTS OF THE COVID-19 PANDEMIC ON HOTEL ADMINISTRATION

As seen, hotel management was one of the sectors that weakened during the COVID-19 pandemic, as it was unable to boost the tourism segment in Brazil. In 2020, the increase in coronavirus cases increased significantly, affecting accommodations, which, in turn, had a negative impact on this sector, which led to the isolation and closure of several chains, resulting in an accelerated reduction in employees and guests. All of this was the result of the drop in tourism, which is also correlated with the country's economy, presenting extreme situational difficulties.

Furthermore, it can be said that the COVID-19 pandemic is a disease that has a health severity and its contamination is accelerated as it affects several countries around the world, making it difficult to maintain control. It should be noted that situational changes in the world presented various extreme complexities, mainly in the fluctuations of economic demands, geological risks, social problems, political instability, among other aspects that caused pandemic risks (Cypriano, 2014). Soon, public health in Brazil experienced a major outbreak, compromising hotel management throughout the country.

Restrictions during the COVID-19 pandemic have affected the hospitality sector, leaving several hotels empty and several employees unemployed. This whole situation has made tourism eminent, negatively affecting travel, due to the quarantine that led to a sharp decrease in occupations. The impacts had a greater meaning, in terms of accommodation cancellations, as well as the organization of support for travelers. This pandemic scenario presented challenging ways in which administrators had to act quickly when making administrative and managerial decisions.

> O Turismo e a Hotelaria são setores que estão intimamente vinculados por se assentarem na dimensão humana. A hotelaria foi um dos grandes setores turísticos mais afetados. Pois é uma parte do sistema do turismo e, como tal, interage com as demais partes. Isso significa que existe uma interdependência entre o hotel e os demais integrantes do sistema: o hotel influencia o resultado do conjunto, assim como sofre influências das outras partes. E diante do cenário de pandemia, surge um consumidor mais desconfiado e exigente. Pois neste momento pesa a questão da biossegurança no setor do Turismo em geral (Silva, 2020, p. 124).

Above all, many hotel managers had to guarantee the survival of the hotel sector, bringing innovations and competitive advantages for the purpose of recovery after the pandemic. Due to the complexities of the coronavirus, many entrepreneurs had to create different strategies, so that they brought organizational motivations that influenced competitiveness, among other measures adopted that constituted administrative control, and increased the hotel segment. It is important to highlight that services were reduced, however, this branch had to follow Legislative Decree No. 6 of March 20, 2020 established by the World Health Organization (WHO).

According to Silva (2020, p. 126), he explains that "the travel and hotel sectors were the most impacted by the pandemic, according to the main entities and experts representing these sectors".

However, the shutdown of the hotel sectors during the COVID-19 pandemic changed the entire structure of its effects, which administrators needed to reinvent to maintain the sustainability of activities and their planning. Furthermore, most hotel entrepreneurs had to create ideas observed around the world, mainly in terms of safety protocols, in order to strengthen until the arrival of the vaccine. Analyzing the impacts, the difficulties in this network were one of the main nightmares and challenges in establishing the recovery.

> Segundo dados recentes da Confederação Nacional do Comércio de Bens, Serviços e Turismo (CNC), o setor da hotelaria em 2020 teve um prejuízo de R$ 62 bilhões, acrescenta-se que a retomada pós pandemia poderá ser mais lenta e causar 300 mil desempregos no setor. Salienta-se que o turismo responde por 3,71% do PIB do País e a perspectiva é de que a atividade econômica do setor pode ter caído 39% em 2020 (Mecca; Gedoz, 2020 apud Lopes; Freitas; Vargas, 2022, p. 03).

With the aim of reducing the impacts of the COVID-19 pandemic, the hotel chain had to establish a gradual return to activities, consolidating with tourism and other segments that encompass culture, with the aim of implementing accommodation facilities during isolation taking into account consideration of forms of seasons that correlate with the pandemic situation, which were established with priority assistance for risk groups, rigorous hygiene, training for employees, strengthening the use of Personal Protective Equipment (PPE), among other aspects (Tomé , 2020).

Above all, hotel administration in many states in Brazil had its activities suspended, due to the significant drop in accommodation in most hotels. Furthermore, this sector had to reopen and help employees adapt to the social distancing protocol, following all necessary recommendations. It should be noted that the majority of projects suffered severe impacts, with many declaring bankruptcy, while others sought financing as a way of trying to lift the sector in the hotel market.

> Em estudo realizado pelo Fórum de Operadores Hoteleiros do Brasil (FOHB), em maio a taxa de propriedades fechadas era de 65%. Para o mês de junho, o indicador teve queda para 52%, e a tendência é cair ainda mais em julho. A entidade aponta na previsão de abertura

> que três em cada quatro hotéis têm previsão de reabertura para o mês de junho e julho. Em um novo levantamento realizado pelo Fórum, 24,6% dos entrevistados pretendem retomar as operações em junho, enquanto 49% devem reabrir em julho. Hoje, o Brasil conta com 48% de sua oferta hoteleira em funcionamento. Na pesquisa, foram entrevistadas 65 redes hoteleiras, 884 hotéis, somando 142.892 Unidades habitacionais (Uh's) em 26 estados e 209 municípios no período de 15/06 a 21/06/2020 (Silva, 2020, p. 126).

Observing the impacts of hotel management during the pandemic, financial issues are a recurring problem in several countries, bringing catastrophic consequences that made reopening impossible. Other complexities faced in this sector were the adaptation of protocols, management problems, reduction of employees and the insertion of technological instruments. The strategies used were the termination of activities and the closure of the enterprise, aiming to analyze spending control, planning and assertive decision-making.

According to Silva (2020, p. 135), the "hotel sector in the context of the COVID-19 pandemic. We sought to understand the new times for the Brazilian hotel industry, the impacts of the pandemic on issues of tourist mobility", changing habits and patterns in the hosting culture for companies in this service network.

Therefore, the new standards of hotel administration services brought new actions that made it possible to attract customers during this period, in addition to expressing that technological tools were one of the positive strategies, as they became essential to understanding the means that seek to implement the corrective changes that were became uncertain during this period and corroborated inherent challenges that made it possible to correct the possible weaknesses that were found during that time, that is, there was an increase that accelerated the hotels.

THE CHALLENGES AND TRENDS OF THE HOTEL ADMINISTRATIVE SEGMENT THAT TRANSITION AFTER PANDEMIC

As seen, the world entered into public calamity with the arrival of the COVID-19 pandemic, where human beings, due to lack of knowledge about the virus, needed to use various prevention methods due to the contamination rate, such as, for example, use of masks. Above all, the varied impacts also resulted in the overload of health professionals, who began to experience atypical situations, such as hospitalizations, excessive use of materials, leading them to work double shifts, which means that these complexities faced, It also impacted the hotel administrative segment which, in turn, underwent gradual changes after the pandemic period.

The COVID-19 pandemic shook the world economy, especially in Brazil, where commercial establishments and entertainment activities began to close, ending their work due to economic losses that, in fact, resulted in a high unemployment rate. Therefore, in the hotel sector, the crisis had an impact on several factors, knowing that all the challenges faced by hotel entrepreneurs had logistical and human difficulties, which demonstrated that the complexities in administration during this period have possible solutions (Silva; Oliveira, 2021).

After the COVID-19 pandemic, it began with several uncertainties and challenges for hotel administration, modifying, among many factors, work routines and human relations, among other aspects. Such changes had to structure the logic for the free movement of people, considering the implementation of guest service protocols, disinfection and sanitation of places, cleaning, etc. All of these are impacts that have established new trends and challenges for sustainable practices in the vast majority of hotel chains, as it is an environmental issue relevant to the growth of this sector.

> Na cadeia turística, a indústria da hotelaria é o segmento que mais empregos oferecem e tem maior efeito no desenvolvimento das regiões onde atua (Segarra-Oña et al, 2012). Pode-se

então dizer que há uma relação inevitável entre o desenvolvimento da indústria hoteleira, os impactos ambientais e a necessidade de maior eficiência no consumo de recursos (Cingoski; Petrevska, 2018 apud Lopes; Freitas; Vargas, 2022, p. 03).

Another trend in hotel management after the pandemic was technological innovations, which had an intense impact on the issue of adaptation and learning, since its adoption was important to increase and strengthen this sector, by bringing guarantees and competitiveness In this trade, therefore, the transformations were a response to the changes in this environment, the use of tools changed the entire process to the current scenario, in an accelerated and enhanced way, resulting in faster ways to face new challenges.

According to Gaspar (2022, p. 10), after the COVID-19 pandemic, "inevitably associated with the radical change in the tourism model and the beginning of a major transformation in the hotel industry. Although some sectors have suffered minor consequences", however, this sector has managed to increase its segments almost completely, occupying levels that have strengthened the environmental conditions and emerging opportunities in this industry.

It should be noted that the protocols implemented after the COVID-19 pandemic were intended to provide everyone involved in the hotel sector with safety conditions in terms of sanitary measures, where sustainability policies in control and prevention had to be established. from the point of view of administrators or managers in the hotel sector. It is known that tourism also suffered negative impacts, however, the transformations arising from changes in environmental, cultural, social, economic sustainability and institutional policies were enough to return to normality.

Based on studies by Lopes; Freitas; Vargas (2022), Brazil has had several changes regarding the sustainability of the hotel sector in the post-pandemic context, as the greatest demand from guests was hotels with natural resources (trails, outdoor tours, outdoor sports) , in addition to local culture), as well as consumption in local businesses, which increased the economic and social dimensions. Above all, administrative experiences aligned with private tourism benefit the hotel sector, due to the high level of trips destined for ecotourism. In view of the above, the demand from users focused on well-being tends to provide greater growth in the hotel chain.

It can be seen that the challenges and needs resulting from the COVID-19 pandemic were fundamental for the administration to be efficient and capable in its strategies, which overcame difficulties and improved working conditions for both employees and guests. Furthermore, being responsible for managing, organizing, controlling and coordinating all tasks within an environment, reconciling financial, human and physical resources, is the responsibility of the manager responsible for this condition and work issues.

For Silva; Oliveira (2021, p. 24):

> Implementar um processo de planejamento em uma organização significa promover a mudança, pois se tal processo responde a vários problemas abrangentes, podemos ver uma série de ações que vão desencadear a relação entre pessoas, tecnologia e sistemas. As mudanças devem ser planejadas para alcançar o sucesso esperado. O planejamento é uma das alternativas que as organizações usam para promover mudanças estruturais, tecnológicas, de infraestrutura e quaisquer outras que sejam necessárias. Implementar o planejamento estratégico em uma organização é um meio apropriado para promover mudanças estruturais de longo prazo.

The hotel sector, after the COVID-19 pandemic, integrated the tourism infrastructure, representing a significant portion, as it is associated through its services, incorporating various innovations that circumvented the crisis, such as, for example, artificial intelligence, the use of cloud computing, systems integration, internet of things, cyber security, robotics, among other aspects. Due to the acceleration of technological changes, the preferences and consumption needs of human beings in terms of accommodation have also changed, becoming a challenge and trend for hotel chain administrators.

According to Gaspar (2022, p. 10), he highlights that, "although the adoption of these digital tools and innovations can represent a competitive advantage, the topic is not always disseminated to managers about which tools to adopt", that is, how which services are concentrate and how to use.

It is impossible to measure that the impacts of the COVID-19 pandemic affected different contexts, in an unexpected situation, which after this period, the hotel administration had to establish strategies that resulted in positive results, therefore, the greater flow of people was part of this sector in accelerated growth, which allowed us to understand administrative determinations in a coherent way for a new reconfiguration of standards, presenting good performances, a marketing plan to attract new customers, home office for a positive trend, among other results.

Exemplifying these issues, below is a comparison of before and after the COVID-19 pandemic, of Hotel Chain occupancy until July 2022:

Table 1: Occupancy of the Hotel Network until July 2022

Julho	
Ano	**Ocupação**
2017	48,95%
2020	13,80%
2021	12,32%
2022	60,04%

Source: Bittar (2023, p. 15).

Analyzing this data, it is clear that after the pandemic, there was a long period of investigation, where various commercial sectors as a whole and administrators individually, had to change the ways in which they performed their functions. It can be said that it was through technology that the hotel network was improved so that customers could make their stays, in other words, new trends and challenges came along with the changes in these networks. Relatively, along with tourism, they had to innovate ways to guarantee survival in the market, therefore, occupations started to increase significantly, responding to good management that made a crisis, segments that lifted this hotel industry.

According to Timothy; Delgado (2023, p. 4), explains that "the hotel chain and more specifically the Events sector, had to modify its management and operational processes", highlighting that the administration of this sector was crucial to support all challenges to the new situation, following all activities in a positive or negative way, which, in turn, outlined strategies to deal with all the adversities that arose during the pandemic.

It is possible to understand that the hotel chain is any and all types of commerce, where people stay for purposes that go beyond leisure to work, and which are speculated and planned according to each individuality, which are scheduled in advance, with similar objectives or according to collective needs.

It is possible to understand that:

> [...] o turismo e a hotelaria trabalham de tal maneira que a hospedagem assume o papel de se tornar objeto de consumo turístico, onde o próprio empreendimento disponibiliza uma estrutura de hospedagem e entretenimento, contribuindo com a economia local na qual está inserido, pois suas atividades ajudam a movimentar o circuito econômico. É possível observar tal fenômeno em muitas cidades que têm suas economias dependentes do setor turístico, hoteleiro e de Eventos.

Given this understanding, the seriousness of the situation caused by the Covid-19 pandemic involved a lot of planning, where many hotel administrators found themselves forced to plan activities to adapt their resources in light of the new complex demands, which resulted in this sector. in a positive way, due to the strong efforts in the situations. Therefore, the adoptions taken by the hotel administration propagated actions that triggered the growth of this sector, minimizing impacts within a sphere of challenges and positive trends.

CONCLUSION

Analyzing the entire context of this article, we can see an approach that helps to evaluate the hotel sector and its management in restoring its growth after the COVID-19 pandemic. Noting that control for its recovery required medium to long-term strategic plans, also noting that the experiences of the virus in relation to its contamination affected this branch, which, in turn, needed customized solutions to meet and align with the tourist and economic trends.

Realizing the first objective, regarding the aspects of hotel administration, he noted that its history was broad, marked by global expansion, which established positive consequences, due to its accelerated growth and linked to tourism. Notably, its power in Brazil began to be perceived and strengthened the country's economy on several levels, envisioning the optimistic future that emerged at a prominent point, by presenting a hotel administrator that leads positively in its sustainability.

Observing the second objective on the impacts of the COVID-19 pandemic on hotel administration, it was identified that the main complexities caused during the pandemic period slowed down the economy, and that the various enterprises had to adopt strategies to improve such issues involving this network, within a new reality that allows growth and new adaptations. It was also noticed that the adoption of measures established a strategic planning that was assertive for the changes.

The third objective regarding the challenges and trends of the hotel administrative segment that transition after the pandemic, showed that the difficulties were gradually overcome, where the manager knew how to deal with the complexities, establishing strategies that became viable for improving the hotel crisis. Notably, the insertion of technological tools promoted for this sector had a positive impact on the entire context involving this network, which currently has great growth in this industry.

In this way, responding to the problem in question, it was possible to see that the effects of the COVID-19 pandemic on hotel management incorporated greater performance strategies based on changes and adjustments to activities. In general, the challenges and trends underwent a new perspective, concluding that the new mechanisms adopted intensified this network, establishing a commitment to sustainability, quality in services and experiences that offer guests well-being in accordance with the individuality of guests same.

REFERENCES

BITTAR, Luiza. Impactos da pandemia no setor hoteleiro: um estudo de caso na rede de hotéis Bittar. 2022. Trabalho de Conclusão de Curso (Graduação em Administração) – Faculdade de Tecnologia e Ciências Sociais Aplicadas, Centro Universitário de Brasília, Brasília, 2022.

CYPRIANO, Pedro. Desenvolvimento hoteleiro no Brasil: panorama de mercado e perspectivas. São Paulo: SENAC, 2014.

GASPAR, Larissa Souza. Transformação digital no setor hoteleiro de São Luís – MA: Entraves e Desafios para Gestores de Pequenas Empresas. Monografia do Curso de Turismo da Universidade Federal do Maranhão – UFMA. 69f. São Luís, 2022.

GOVERNO DO ESTADO DO CEARÁ. Fundamentos da hotelaria. Escola Estadual de Educação Profissional [EEEP] Ensino Médio Integrado à Educação Profissional. 2011. Disponível em: chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.seduc.ce.gov.br/wp-content/uploads/sites/37/2012/06/hospedagem_fundamentos_de_hotelaria.pdf. Acesso em: 28 abr. 2024.

HENRIQUES, Ana Rita Silva. Inovação e capacidade de adaptação das organizações em contexto de pandemia. Dissertação de mestrado, Instituto Superior de Contabilidade e Administração de Lisboa. Repositório Científico do Instituto Politécnico de Lisboa. 114 f. Lisboa, 2024.

IBGE. Instituto Brasileiro de Geografia e Estatística. PSH - Pesquisa de Serviços de Hospedagem. Disponível em: https://www.ibge.gov.br/estatisticas/economicas/servicos/9040-pesquisa-de-servicos-de-hospedagem-municipios-das-capitais-regioes-metropolitanas-das-capitais-e-regioes-integradas-de-desenvolvimento.html?=&t=resultados. Acesso em: 28 abr. 2024.

LOPEZ, Mariana Pires Vidal; FREITAS, Patrícia Oliveira; VARGAS, Sandra. Impactos da pandemia na hotelaria: um estudo sobre os protocolos e desafios às políticas de sustentabilidade. Oikos: Família e Sociedade em Debate, v. 33, n.2, p. 01-23, 2022.

PEREIRA, Raquel Maria Fontes do Amaral. Origens, evolução e tendências do setor hoteleiro de Balneário Camboriú/SC. Revista Turismo - Visão e Ação, Vol. 17 - n. 2 - mai. - ago. 2015.

SILVA, Maria Fernanda da; OLIVEIRA, Patrícia Soares Silva de. Administração hospitalar em tempos de pandemia. Trabalho de Conclusão de Curso do Centro Estadual de Educação Tecnológica Paula Souza. 58f. Araraquara, 2021.

SILVA, Raimunda Deuziane da. O turismo e a hospitalidade do setor hoteleiro no contexto da pandemia do COVID-19. Revista Turismo & Cidades, v. 2, p. 123–138, 1 Out 2020.

SOUZA, Thaís. Qualidade de vida no setor hoteleiro: um estudo sob a ótica dos funcionários. 2024. 20 f. Monografia (Graduação em Administração) - Instituto de Ciências Sociais Aplicadas, Universidade Federal de Ouro Preto, Mariana, 2024.

TIMÓTEO, Ananda Adryele Nunes; DELGADO, Anna Karenina Chaves. Reestruturação do setor de eventos no período pós pandêmico em empreendimentos hoteleiros no cabo de santo Agostinho-PE: um estudo de caso. 2023. Disponível em: https://repositorio.ifpe.edu.br/xmlui/handle/123456789/1235. Acesso em: 30 abr. 2024.

TOMÉ, Luciana Mota. Setor de turismo: impactos da pandemia. Fortaleza: Banco do Nordeste do Brasil, n. 124, p. 1-8, 2020.

iJEResearch
International Journal of Education and Research
Vol-1, Number 1, March - 2024 | Peer-Reviewed
Journal ISSN 2764-9733 | ijeresearch.org
DOI: 10.5281/zenodo.12607542

THE ACTIVITY OF THE NOTARY PUBLIC AS A MEANS TO ENFORCE THE RIGHT TO FREEDOM OF EXPRESSION

AUTHOR

Samuel Lucas Ferreira Nunes (samulfn@gmail.com): PhD student in the Law Course at Universidad UNIDA, Master's degree in the Professional Master's Degree in Regional Development from UNIALFA, Notary and Registrar.

ABSTRACT

Freedom of expression does not exist in isolation, but rather in constant dialogue with other fundamental rights. Its interconnection with human dignity, privacy, equality and access to information demonstrates the complexity of this web of rights that underlies a democratic and fair society. The challenge is to balance these rights, promoting an environment in which freedom of expression effectively contributes to the common good. In this sense, this work proposes to analyze and verify alternative ways of implementing the right to freedom of expression, in particular, how the actions of the notary can contribute to the realization and access to this right.

Keywords: right; freedom of expression; fundamental rights; notary notes; notary.

INTRODUCTION

Freedom of expression is a fundamental pillar in the legal framework of the 1988 Federal Constitution, consolidating itself as an essential right to democracy. The concept of freedom of expression, in the constitutional context, encompasses the ability to express thoughts, opinions and ideas without prior censorship, guaranteeing the free circulation of information and public debate.

Its legal nature is complex, interconnected with other fundamental rights, such as human dignity and democracy. Freedom of expression is not only an individual right, but also a vital instrument for social control over power and promoting diversity of perspectives in the public sphere.

Historically, the evolution of this right is marked by challenges and achievements. The 1988 Constitution, after an authoritarian period, reinforced the protection of freedom of expression, highlighting it as one of the pillars of the Democratic Rule of Law. The Federal Supreme Court plays a crucial role in interpreting and consolidating jurisprudence on issues related to freedom of expression.

Among the main characteristics of this right is its breadth, covering not only verbal communication, but also artistic, cultural and media expression. However, it is important to highlight that freedom of expression is not absolute, suffering limitations when compared with other fundamental rights or collective interests.

DEVELOPMENT

Brief considerations on the right to freedom of expression

The relevance of freedom of expression in contemporary society is undeniable. It is essential for the development of informed public opinion, the monitoring of state power and the construction of a pluralistic society. Access to information and the free circulation of ideas strengthen citizen participation and the formation of critical consciousness.

However, the protection of this right does not imply absolute immunity. Hate speech, defamation and incitement to violence may encounter legitimate limits in the protection of other fundamental rights. The contemporary challenge lies in finding a balance that preserves freedom of expression without compromising human dignity and peaceful coexistence in society.

Freedom of expression, anchored in the 1988 Federal Constitution, represents an essential value for Brazilian democracy. Its understanding and application require careful analysis, considering the interconnection with other fundamental rights and the challenges posed by the constantly changing social context. The preservation of this right is essential for the construction of a fairer and more plural society.

The interconnection between the right to freedom of expression and other fundamental rights is a crucial characteristic in the legal system, seeking to balance interests and guarantee harmonious coexistence in society. This relationship is established in different ways, considering the complexity and interdependence of fundamental rights.

The dignity of the human person is a fundamental principle that directly dialogues with freedom of expression. The exercise of this freedom must respect the moral and psychological integrity of individuals, avoiding hate speech and defamation that could violate the dignity of others. In this sense, the balance between freedom of expression and respect for dignity is crucial.

In view of this aforementioned interconnection between rights, it is necessary to clarify that freedom of expression must be exercised respecting the dignity of the human person. The protection of dignity imposes limits on expression that violates the moral and psychological integrity of individuals, avoiding hate speech and demonstrations that disrespect the human condition.

In the same sense, it cannot absolutely override the right to privacy. The disclosure of personal information without consent may conflict with the protection of individuals' intimate spheres, requiring consideration and restrictions when necessary. Privacy is another right that is intertwined with freedom of expression. The protection of citizens' private sphere must not be compromised by the exercise of this right. The irresponsible dissemination of personal information can result in serious violations and, therefore, the interconnection between these rights requires balance to preserve individual privacy.

The exercise of freedom of expression must not promote discrimination based on characteristics such as race, gender, religion or sexual orientation. Protection against discrimination is essential to guarantee a fair and equal society. Likewise, its exercise does not authorize defamation or slander. The right to honor and reputation is protected, and expressions that cause unjustified damage to a person's image may be subject to legal restrictions.

Equality is promoted by freedom of expression when it provides space for different voices and perspectives in the public sphere. However, the interconnection between these rights is also manifested in the need to combat discriminatory speech and ensure that freedom of expression is not used to perpetuate social injustices.

In situations where expression may represent a threat to public security or social order, the State can intervene to preserve other fundamental rights, seeking a balance between freedom of expression and the preservation of social peace.

Freedom of expression is intrinsically linked to freedom of the press. Both play a vital role in the dissemination of information and democratic control, being fundamental for the transparency of public authorities. Access to information is a vital component of this relationship. Freedom of expression functions as a means to ensure the free flow of information, empowering citizens to make informed decisions and actively participate in democratic life. Therefore, the interconnection between these rights reinforces the importance of protecting the right to seek, receive and disseminate information.

This interconnection demands a considered analysis, considering the specific context of each situation. The Federal Supreme Court in Brazil is often called upon to arbitrate cases in which freedom of expression clashes with other fundamental rights, contributing to the development of jurisprudence on this complex and dynamic topic. The challenge is to ensure the protection of different fundamental rights, promoting democratic and respectful coexistence in society.

Thus, it is possible to see that freedom of expression is intrinsically interconnected with several other fundamental rights, forming a complex network that shapes the structure of a democratic society. This interconnection is evident in several dimensions, highlighting the relationship with human dignity, the right to privacy, equality and access to information.

The right to freedom of expression, when exercised responsibly, contributes to the pluralism of ideas and the strengthening of democracy. However, this interconnection does not mean that freedom of expression is an absolute right, disregarding other fundamental values and interests. On the contrary, there are legitimate limits to prevent abuse and protect other rights.

The right to freedom of expression is of fundamental importance for sustaining democratic and pluralistic societies. Its relevance is evidenced in several aspects that contribute to the healthy and progressive development of a community.

It must be seen as one of the pillars of societies, as it is essential for the effective functioning of a democratic system. It allows citizens to express their opinions, actively participate in the political process and exercise control over their representatives.

In this sense, by guaranteeing the right to express different perspectives, society benefits from the pluralism of ideas. This enriches public debate, fosters creativity and contributes to innovative solutions to social challenges. Exercising this right empowers citizens to monitor and hold government institutions accountable. The free flow of information helps prevent abuses of power, corruption and ensures transparency in public administration.

facilitates the exchange of knowledge and promotes the intellectual development of society. Freedom of expression is a stimulus to innovation, research and cultural progress. Because, with this right, citizens have access to a variety of information, allowing them to form their own opinions in an informed way. This contributes to a more robust and critical public opinion.

In relation to Human Rights and Social Justice, it appears that this right plays a crucial role in defending human rights and promoting social justice. It allows social issues to be discussed openly, enabling the identification and correction of injustices. Likewise, it favors constructive dialogue, essential for the peaceful resolution of conflicts. Through free expression, it is possible to find common areas of understanding and promote peaceful coexistence between different groups.

However, it is important to highlight that freedom of expression is not absolute and may encounter legitimate limitations to protect other fundamental rights or collective interests. The challenge is to find a balance that preserves freedom of expression without compromising values such as dignity, equality and security.

In short, the relevance of the right to freedom of expression is undeniable, as it permeates the fundamental pillars of a fair, democratic and plural society, providing the foundations for the flourishing of ideas and the promotion of the common good.

The Notarial function in Brazil

Notaries and registrars perform essential functions in the Brazilian legal system, acting as public agents who guarantee authenticity, security and publicity to legal acts. Its responsibilities are mainly related to notarial and registration activities, the objective of which is to confer validity, effectiveness and publicity to various legal acts and transactions. The role of these professionals is provided for in the Federal Constitution of 1988, as well as in infra-constitutional legislation, such as Law No. 8,935/1994, which regulates notarial and registration activities.

The actions of notaries and registrars are governed by the principles of legality, impersonality, publicity, authenticity and efficiency, aiming to guarantee legal security, facilitate access to justice and promote social peace. These professionals play a crucial role in consolidating the Brazilian legal system, contributing to the stability of legal relations and the protection of citizens' rights.

The actions of notaries and registrars are governed by the principles of legality, impersonality, publicity, authenticity and efficiency, aiming to guarantee legal security, facilitate access to justice and promote social peace. These professionals play a crucial role in consolidating the Brazilian legal system, contributing to the stability of legal relations and the protection of citizens' rights.

Among the main principles and characteristics of notarial activity in Brazil, the basic principles that guide and direct the activity stand out. Initially, it is worth highlighting the Principle of Legality, which provides that the actions of notaries are strictly linked to the law. They must observe the legal and regulatory standards that govern their activity, ensuring that the acts carried out are in compliance with the legislation.

The Principle of Impersonality determines that the notary's actions must be impartial, without discrimination or preference for any of the parties involved in the notarial acts. The treatment given to users must be equitable, ensuring equal conditions for everyone.

Through the Principle of Publicity, notarial acts are public and are characterized by publicity. This means that the documents drawn up by notaries are accessible to any interested party, promoting transparency and enabling the verification of the legality and authenticity of the acts.

The Principle of Technical and Legal Autonomy establishes that notaries have technical and legal autonomy to carry out their functions. They have a duty to interpret the legislation applicable to the cases presented to them, ensuring the correct application of the law.

While the Principle of Public Faith provides that notarial acts confer public faith on documents produced by notaries. This means that such documents have a presumption of veracity and authenticity, giving them greater credibility and acceptance among third parties.

The notary's fundamental characteristic is the prevention of disputes through his actions, acting in a preventive manner, guiding the parties involved on the legal consequences of their actions. Currently, notaries can perform extrajudicial mediation and conciliation functions.

The activity also has instrumentality as a fundamental characteristic, that is, notarial activity is instrumental, focused on the formalization and authentication of legal acts. The notary acts as a technical-legal instrument in carrying out business and checking the authenticity of documents.

Another relevant characteristic is consensuality, consisting of the premise that notarial acts are generally consensual, that is, they depend on the agreement of the parties involved. The notary, in this context, plays an impartial and technical role in formalizing the consensus.

These principles and characteristics are fundamental to guaranteeing legal security and effectiveness of notarial acts in Brazil. They aim to ensure that notaries' actions are guided by legality, transparency and reliability, contributing to the stability of legal relationships and the protection of citizens' rights.

Notaries, also known as notaries, are professionals who play a fundamental role in notary activity in Brazil. Its duties are set out in Law No. 8,935/1994, which regulates notary and registration services. The aforementioned Law provides:

Art. 7 Notaries are exclusively responsible for:

I - draw up public deeds and powers of attorney;
II - draw up public wills and approve the cerrados;
III – draw up notarial minutes;
IV - recognize signatures;
V - authenticate copies.
§ 1 Notary publics are entitled to carry out all necessary or convenient steps and steps to prepare notarial acts, requesting whatever is applicable, without any burden greater than the fees due for the act. (Included by Law No. 14,382, of 2022)
§ 2 The requirement for witnesses is prohibited only because the act involves a person with a disability, unless otherwise provided. (Included by Law No. 14,382, of 2022)
§ 3 (VETOED). (Included by Law No. 14,382, of 2022)
§ 4 (VETOED). (Included by Law No. 14,382, of 2022)
§ 5 Notary publics are authorized to provide other paid services, in the manner provided for in an agreement with interested public bodies, entities and companies, respecting the formal requirements set out in Law No. 10,406, of January 10, 2002 (Civil Code). (Included by Law No. 14,382, of 2022)
§ 6 (VETOED). (Included by Law No. 14,711, of 2023)
§ 7 (VETOED). (Included by Law No. 14,711, of 2023)
Art. 7º-A Notaries are also responsible, without exclusivity, for, among other activities: (Included by Law No. 14,711, of 2023)
I - certify the implementation or frustration of conditions and other negotiating elements, respecting the specific competence of protest notaries; (Included by Law No. 14,711, of 2023)
II - act as mediator or conciliator; (Included by Law No. 14,711, of 2023)
III – act as referee. (Included by Law No. 14,711, of 2023)
§ 1 The price of the transaction or related amounts may be received or consigned through the notary, who will transfer the amount to the party due upon ascertaining the occurrence or frustration of the applicable business conditions, and the deposit made in an account linked to the business, under the terms of an agreement signed between the national class entity and an accredited financial institution, which will constitute segregated assets, be restricted by judicial or fiscal authority due to the obligation of the depositor, any party or the notary, for a reason foreign to the business itself. (Included by Law No. 14,711, of 2023)
§ 2º The notary will draw up, at the request of the parties, a notarial act to verify the occurrence or frustration of the applicable business conditions and will certify the transfer of the amounts due and the effectiveness or termination of the concluded transaction, which, when applicable , will constitute a title for the purposes of art. 221 of Law No. 6,015, of December 31, 1973 (Public Records Law), respecting the specific competence of protest

> notaries. (Included by Law No. 14,711, of 2023)
> § 3 Mediation and extrajudicial conciliation will be remunerated in the manner established in the agreement, in accordance with §§ 5 and 7 of art. 7th of this Law, or, in the absence or inapplicability of the agreement, by the applicable state fee table for public deeds with economic value. (Included by Law No. 14,711, of 2023)
> § 4 (VETOED). (Included by Law No. 14,711, of 2023)
> § 5 (VETOED). (Included by Law No. 14,711, of 2023) (BRAZIL, 1994)

Thus, it is possible to list the following acts as the main acts carried out and within the competence of notaries in Brazil: drawing up public deeds and powers of attorney; drawing up public wills and approving cerrados; draw up notarial minutes; recognize signatures; and, authenticate copies.

Regarding Public Deeds, for example, notaries draw up public deeds that formalize the purchase and sale of properties, providing authenticity and legal security to the business. They are also responsible for formalizing donations and exchanges of real estate, ensuring the validity and effectiveness of these acts.

powers of attorney can be drawn up in order to formalize legal representation, granting powers to third parties for legal representation in various matters, such as business, real estate transactions, among others.

Public wills are dispositions of assets, rights and mortis causa stipulations that allow a person to express their wishes regarding the disposition of their assets and wishes after death, providing legality and authenticity to the will.

In cases of consensual divorces and friendly inventories, notaries can draw up public deeds, providing speed and efficiency to the process.

Notary minutes are public instruments available to notaries that enable the documentation of facts and situations, as their drafting aims to document facts, situations or events that are not intended to produce immediate legal effects, but require authentication and certification.

The recognition of signatures and authentication of copies provide authenticity to the signatures and validity to the documents presented, also carrying out the authentication of copies of documents, certifying that they are faithful to the originals.

Through mediation and extrajudicial conciliation, the amicable resolution of conflicts is made possible, seeking peaceful solutions to disputes.

It is important to highlight that notaries always act based on principles such as legality, impartiality, publicity, efficiency and legal security. Its functions contribute to reducing bureaucracy and streamlining procedures, providing greater access to justice and contributing to the prevention of conflicts. Furthermore, these professionals play a crucial role in guaranteeing the authenticity and validity of various legal acts.

In this sense, notaries in Brazil perform various functions and duties, highlighting the notarial act among the main acts performed by notaries.

As already discussed, the notarial act is a notarial instrument used to document facts, situations or events that are not intended to produce immediate legal effects, but that need to be certified by a professional with public faith. It can be requested by any interested party and is drawn up at the request of the interested party or by court order.

The main characteristics and purposes of Notarial Minutes are the recording of facts and situations, as it aims to record, in an objective and impartial manner, facts, situations or events that deserve authentic documentation. This may include the description of objects, properties, environmental conditions, among others.

It also serves as a certificate of veracity, by giving public faith to its content, attesting to the veracity of the facts narrated by the notary. Its preparation is guided by impartiality and reliability of the information recorded.

It enables the certification of documents and online content, as, in modern times, they are also used to certify the contents of electronic documents, internet pages, emails, social networks, among others, giving them authenticity and preserving their integrity.

It allows prevention and proof, as it can be used as a means of preventing disputes, providing pre-established proof of a certain fact or situation. Its usefulness is broad and can range from checking property boundaries to the authenticity of digital information.

Still as a technical verification instrument, due to its use as a technical verification instrument. For example, in cases of damage to property, the notary can play the role of an expert in documenting the condition of an object or property.

It is important to emphasize that, although the Notarial Act is a public document that enjoys public faith, it does not replace judicial evidence, if there is a need to judicialize the case. However, its existence can facilitate the obtaining of evidence and, in many cases, avoid litigation by providing authentic and impartial documentation on certain facts or situations, even being used as evidence in court, as the notarial record plays a role relevant role in notarial activity by providing authenticity and veracity to various facts and situations, contributing to legal security and preventing disputes.

The role of the Notary Public as a means of realizing the right to freedom of expression

The relationship between the right to freedom of expression and the performance of notaries is intrinsically linked to the role of these professionals in authenticating and formalizing legal acts. Although notaries do not have the main objective of ensuring freedom of expression per se, their actions play an important role in guaranteeing the authenticity and validity of documents related to this fundamental right.

Notary Publics are responsible for documenting various acts and manifestations, such as public deeds, powers of attorney, wills and notarial minutes. These documents may contain declarations and expressions of will, contributing to the preservation of individual freedom of expression.

By authenticating documents, recognizing signatures and giving public faith to deeds and powers of attorney, Notary Publics ensure that the expressions of will expressed in documents are authentic, helping to prevent forgery and protect the right to freedom of expression.

With the advancement of technology, Notaries also play a role in authenticating digital content through notarial minutes. This service can help protect the authenticity of online information, indirectly contributing to freedom of expression on the internet.

In the Brazilian State, notaries have the authority to carry out extrajudicial mediation and conciliation. By facilitating the amicable resolution of conflicts, these professionals can contribute to promoting an environment conducive to dialogue and the free expression of ideas.

The recognition of signatures carried out by Notary Publics guarantees the authenticity of signatures on documents, reinforcing the reliability of individual statements and, consequently, strengthening the right to freedom of expression.

Although the activities of Notary Publics are not directly linked to defending the right to freedom of expression, their functions play a crucial role in protecting the authenticity and legitimacy of individual acts and manifestations. This contributes to the creation of a safe and trustworthy legal environment, where citizens feel protected when expressing their opinions, signing documents and carrying out other acts that involve their will and freedom of expression.

In this sense and aiming to guarantee the Right to freedom of expression, the Notary can use the notarial minutes to formalize and materialize this right.

The preparation of notarial minutes by the

Notary Public plays a crucial role in the context of the right to freedom of expression. This translates into its contribution to the preservation, authentication and documentation of relevant events, situations or facts associated with this fundamental right.

Notarial Minutes can be fundamental instruments to guarantee the right to freedom of expression, as they have the capacity to certify the occurrence of public events, demonstrations, speeches or any situations that involve the free expression of ideas. By recording these events, the notary provides authenticity and veracity to the facts, preserving the memory of events related to freedom of expression.

In situations where freedom of expression is under threat or misrepresentation, notarial acts can function as a protective instrument. By impartially and authentically documenting facts and statements, it provides a secure basis for defending freedom of expression in litigation or challenges to the veracity of information.

In the digital context, it can be applied to the certification of content related to freedom of expression, such as texts, videos, images, emails and publications on social networks. This application provides an additional layer of authenticity and integrity, protecting against forgery and manipulation.

The preservation of press freedom also benefits from notarial acts. By documenting interviews, reports or journalistic coverage, the notary ensures the authenticity and veracity of the information, protecting press professionals against possible attacks on their credibility.

It can also be used as a preventive measure against illicit acts that aim to restrict freedom of expression. By officially documenting situations involving threats, harassment or any form of intimidation, the notary contributes to preventing violations of the right to freedom of expression.

In the context of intellectual production, notarial acts can be used to register the creation and authenticate works, texts or publications, protecting copyright and preserving the authors' freedom of expression.

It is therefore possible to see that the notarial act acts as a crucial tool to document, certify and preserve freedom of expression in various circumstances. By providing authenticity, impartiality and veracity to recorded events and statements, it contributes to the protection and strengthening of this fundamental right, ensuring trust in demonstrations and the circulation of information in society.

CONCLUSION

The relationship between the right to freedom of expression and the activities of the Notary Public is established through the documentation, certification and authentication of events, statements and manifestations that involve the free expression of ideas. The Notary plays a crucial role in providing authenticity, veracity and impartiality to documents, notarial minutes and digital content related to freedom of expression. This action contributes to the preservation of fundamental rights, protecting against censorship, misrepresentation, threats and promoting trust in demonstrations and information in society. The certification carried out by the Notary Public acts as an instrument to protect and strengthen freedom of expression in different contexts, including public events, demonstrations, intellectual productions and journalistic reports.

REFERENCES

BRANCO, Paulo Gustavo Gonet . Freedoms . In: MENDES, Gilmar Ferreira; BRANCO, Paulo Gustavo Gonet . Constitutional Law Course. 7 ed. São Paulo: Saraiva, IDP, 2012.

BRANCOa , Sérgio, Fake News and the way out of the bubble . National Interest. Aug -Oct. 2017. Available at: https://itsrio.org/wp-content/uploads/2017/08/sergio-fakenews.pdf. Accessed on November 5th. 2018

BRAZIL. Constitution of the Federative Republic of Brazil . Enacted on October 5, 1988. Available at: https://www.planalto.gov.br/ccivil_03/constituicao/constituicao.htm. Accessed on: 01

Feb. 2023.

_______. Law no. 8,935 , of November 18, 1994. Regulates art. 236 of the Federal Constitution, providing for notary and registration services. (Law on notary offices). Available at: https://www.planalto.gov.br/ccivil_03/leis/l8935.htm. Accessed on: 01 Feb. 2023.

CASSETTARI, Christiano . Separation, divorce and inventory by public deed : theory and practice. 6. ed rev. and current. Rio de Janeiro: Forensic; São Paulo: Method, 2013.

CESAR, Alexandre. Access to justice and citizenship . Cuiabá: EdUFMT , 2002.

CHIESI FILHO, Humberto. A new paradigm of access to justice: self-composition as a method of resolving disputes and characterization of procedural interest . 3. reimp . Belo Horizonte: Editora D'Plácido, 2022.

KUMPEL, Vitor Frederico. Brazilian property registry . 1st ed. São Paulo: YK Editora, 2020.

_______. Rural land regularization . São Paulo: YK Editora, 2022.

_______. Real estate transmission systems from the perspective of registration . 1st ed. São Paulo: YK Editora, 2021.

KUMPEL, Vitor Frederico et al . Notarial and registration treaty , v. 3. 1st ed. São Paulo: YK Editora, 2017.

_______. Notarial and Registration Treaty , v. 5. 1. ed. São Paulo: YK Editora, 2020.

LOUREIRO, Luiz Guilherme. Notarial law manual: activity and notarial documents. 2nd ed. current. ampl . Salvador: Juspodivm , 2017.

NERY JUNIOR, Nelson; NERY, Rosa María de Andrade. Commented Federal Constitution and constitutional legislation. 4th ed. São Paulo: Revista dos Tribunais, 2013.

OMMATI, José Emílio Medauar . A theory of fundamental rights . 5. ed. Rio de Janeiro: Lumen Juris, 2018.

PEREIRA, Adriana Soares et al . Scientific research methodology [electronic resource]. 1st ed. Santa Maria, RS: UFSM, NTE, 2018.

SILVA, José Afonso da. Course of positive constitutional law . 40.ed.rev. current. São Paulo: Malheiros, 2017.

THIOLLENT, Michel . Action research methodology . São Paulo: Cortez Autores Associados, 1986.

iJEResearch
International Journal of Education and Research
Vol-1, Number 1, March - 2024 | Peer-Reviewed
Journal ISSN 2764-9733 | ijeresearch.org
DOI: 10.5281/zenodo.12607575

THE CHALLENGES OF PHYSICAL EDUCATION TEACHERS FROM EAD TRAINING

AUTHOR

Catarina Gama (catymestrado@yahoo.com): Master's Student of the Universidad UNIDA Program, Professor of the Physical Education course at Unopar. High School Physical Education Teacher.

ABSTRACT

This study addresses teacher training and intervention in Physical Education, focusing on the challenges of distance learning. Initially, the historical evolution of Physical Education training in Brazil is discussed , from its military origins to its incorporation into the school curriculum and its transformations. The National Education Guidelines and Bases Law (LDB) of 1996 introduced distance learning as a teaching modality at all levels, including undergraduate courses in Physical Education. The objectives are to reflect on the role of distance learning teachers in teacher training, analyze the acceptance of the distance learning training proposal by educational institutions and highlight the lack of practical bodily experience in their training. The theoretical foundation focuses on teacher training, interdisciplinarity , the importance of pedagogical practice articulated with theory and the need to develop professional skills. The methodology consists of a bibliographic review. Critical analysis of the results seeks to identify trends, gaps in the literature and divergent perspectives. The results highlight the challenges faced by Physical Education teachers trained in distance learning. The conclusion highlights the importance of the continuous search for knowledge, reflection on overcoming challenges in acting, whether in face-to-face or distance learning.

INTRODUCTION

The educational context is increasingly demanding constant discussions about teacher training and intervention, which requires improvement and updates to the teaching-learning process. With the advancement of technological resources, distance learning (EaD) has become a real possibility and is increasingly sought after in Brazil, as it is a real possibility that guarantees access to higher education for those who work and/or do not have access to a lot of time, for various reasons, to dedicate to face-to-face teaching. However, there are many challenges arising from distance learning within the scope of the initial training of Physical Education teachers, especially during their professional career.

Training physical education teachers is a complex and challenging process, which must encompass the different aspects of the profession, from theoretical and methodological foundations to pedagogical practice, knowing that this is an essential process for the quality of school physical education.

Physical education, as well as its professional training, over the years has undergone several changes following human, cultural, social and technological evolution. However, to understand how this training is based today, we need to go back in time, when physical education began here in Brazil as a military practice, where training took place through short courses. After 1822, in the Imperial period, physical education began to be incorporated into the school curriculum, but still with a military focus. Physical education schools were created by military institutions, and training was aimed at preparing teachers for military education. In 1889, during the republican period, Physical Education began to be seen as an activity with educational purposes, aimed at the physical and moral development of citizens. Physical Education schools began to be created by civil institutions, and training began to include subjects such as psychology, pedagogy and sociology. After 1930, Physical Education underwent a series of transformations, with the influence of new pedagogical and sporting currents. The training of Physical Education teachers became broader and more diverse, including subjects such as the history of Physical Education, teaching methodology and assessment.

LDB in 1996 introduced distance learning as the teaching modality at all levels. This type of teaching has been gaining new forms and merits, contributing ever since to the cultural, social and civic development of its followers. The Physical Education undergraduate course began to be offered in this format in Brazil in 2011, with the publication of Resolution CNE/CES nº 5, of November 19, 2011. This resolution established the curricular guidelines for Physical Education courses. degree in Physical Education, both in-person and distance learning .

As a starting point, this research will specifically address the challenges encountered in the practical work of Physical Education teachers trained through distance learning . A pertinent issue that we can list in this relationship deals with the way in which ICTs are incorporated into education to be the central element (or facilitator, or even “mediator”) in the training of distance teachers, bringing from limiting aspects to the possibilities that these artifacts Technological technologies can provide qualified teacher training to work in basic education.

In view of this, a concern arose as to whether the physical education teacher who leaves initial training in the EAD format demonstrates sufficient preparation to be in charge of a classroom, even knowing that training through distance learning brings the advantage to enhance the interaction of participants through the internet, where according to Gouveia (2007) we live in a society that is interaction, training and knowledge. And all these aspects are achieved in a distance learning training course.

This study has the general objective of identifying the challenges faced by physical education teachers, trained through distance learning, in their teaching activities. Three specific objectives were also established:

- Reflect on the role of the distance learning teacher, in contributing to the training of physical education teachers.

- Analyze the acceptance of the distance learning training proposal by regular education institutions.
- Highlight the lack of practical bodily experience in distance learning training for Physical Education teachers.

METHODOLOGY

In this study, a comprehensive literature review was carried out to examine the existing literature on the challenges of physical education teachers coming from distance learning. The literature review methodology followed a systematic approach, starting with a clear definition of the theme and objectives of the review. Next, the main relevant bibliographic databases were identified and appropriate search strategies were developed, using keywords and specific inclusion and exclusion criteria. After the search, the sources were carefully selected based on their relevance to the study, being subjected to a critical and analytical analysis to identify trends, gaps in the literature and divergent perspectives. The results were synthesized in a clear and coherent way, following an appropriate structure for the article, and were carefully reviewed before submission to ensure the accuracy and quality of the literature review carried out.

THEORETICAL FOUNDATION

Teaching training has its own nature, which comes from the interrelationship between teaching, research and extension, and is fully linked to knowing and doing, theory and practice, research and educational intervention in different tasks. and dimensions of man, mediated by human corporeality, in its personal and social collective sense, now called Physical Education. Training teachers means outlining a type of public intellectual who must deal with human corporeality in its concrete and sensitive, technical and aesthetic aspects, with the aim of promoting transformations in the behavior and political and moral values of new generations.

Distance learning has been growing rapidly in Brazil, with the most diverse course offerings, mainly within undergraduate degrees, as a way of enabling access to higher education for those people who do not have enough time available to dedicate themselves to higher education training. in person, and also to facilitate access to college for those who live in regions far from cities that have a higher education institution. Since 2010, the Degree in Physical Education course in this teaching modality has fueled a clash between critics of the distance learning modality for the Physical Education professional course and defenders of this teaching modality. The Federal Council of Physical Education – CONFEF1, in 2018, took a stand against the offerings of undergraduate courses in Physical Education along the lines of EaD2, mainly the bachelor's degree course, but also opposing the degree course, alleging an inability to train professionals with compatible skills. for professional development based on the training obtained through the distance learning modality in its entirety. Some research authors in the area, such as: Freitas (2007), Alonso (2010), among others, believe that this training model can be considered very fragile, due to several factors, including the lack of infrastructure available to undergraduates. Through the authors' conception, we can see the importance of identifying, from the perception of Physical Education professionals, the impacts and challenges of training in the distance learning modality in relation to the training skills and competencies in the quality of learning of undergraduates in the training area.

Teacher training resulting from distance learning must provide practical experience, since pedagogical practice must be understood as an articulated expression of theory with socio-educational reality, aiming to streamline conceptual aspects and pedagogical intervention in the real world. This dimension must be present in the curricular components, articulated with the contents of body culture and with the pedagogical practice of Physical Education at school (Early Childhood Education, and Elementary and Secondary Education).

Physical education is a course that has the particularity of experimenting with bodily practices, which is of fundamental importance that its experience is carried out by associating it with theory, being a field that covers various areas of knowledge such as "pedagogy, physiology, sociology, biomechanics, kinesiology" (NUNES and FRAGA, 2005). In the role of the teacher, Tardif (2012) states that the knowledge of teachers is not just theoretical knowledge, the teacher in their daily lives is a builder of knowledge, producing knowledge, instructing and educating students for life.

In order for educators to gradually develop their professional competence, it is essential that they approach their practice by generating pedagogical knowledge while planning, investigating, evaluating and collaborating with their colleagues, designing interventions that promote student progress. More than assimilating theoretical knowledge about education, it is crucial that the educator adopts a stance that permeates his educational practice and leads him to an attitude of reflection in the face of educational challenges, leading him to deal meticulously and attentively and to critically analyze their own view of the nature of the learning process, as the objective is for the student to learn and for the educator to guide this learning process.

The educator must primarily have knowledge about what he will teach, and his training must result from an interdisciplinary approach, as this requires him to have the ability to master knowledge that goes beyond his specialization in a single discipline. Interdisciplinarity can be considered as a new way of understanding knowledge and the teaching process, that is, a new guiding principle for the reorganization of various areas of study and the reformulation of pedagogical structures. When acting, educators need to seek innovations, redefine their criteria, modify their perspectives and, above all, cultivate critical thinking that leads them to question their knowledge considered officially valid, critically recreating the content they transmit.

RESULTS

Much has been questioned about the most diverse challenges encountered in the role of professionals, trained in distance learning, in the teaching/learning process presented in schools. And in order for us to achieve an improvement in the quality of basic teacher training, it is necessary for this professional to undergo critical reflective training, which constitutes a process of relating knowledge and knowledge with the teacher's personal identity. This process, according to Garcia (1999, pg.19) can be understood as: "... a process of development and structuring of the person that takes place with the double effect of internal maturation and possibilities of learning, of experience of the subjects ."

Therefore, the teacher must act as a trainer and trainee. It is observed that the training of teaching professional development, when based on technique, does not produce reflective, autonomous professionals who take responsibility for their professional development, thus, the challenges encountered by physical education teachers are found, in insecurity in their performance, the lack of practical experience in the teacher training process directly reflects on their mastery and class planning, thus generating a reflection on the experience of the mandatory curricular internship, which is of utmost importance in professional training courses. This is the moment that teachers in training will be able to reflect on their professional future, knowing the reality they will face when they graduate.

CONCLUSION

The teaching-learning process, whether distance learning or face-to-face, involves individuals, each with their own peculiarities and particular needs. Each person brings with them their own life story, their experiences and motivations in addition to their cultural background, and often, students who cannot attend a face-to-face course find distance learning courses an alternative to continue their lives within their studies. From the participants in the research conducted to prepare the article "The challenges of physical education teachers from distance learning training Training of Physical Education teachers in the EaD modality : integration into school culture through supervised internship", none had previous experience in teaching, or any other practice of less similarity. It was clear that there would be many doubts about how to proceed within the classroom as a teacher, how to deal with the unpredictable situations of teaching practice, and these doubts would also arise if the students were in a face-to-face course. Therefore, it would not be correct to attribute the difficulties encountered by the teachers, already at the time, just to the fact that the students were present. in a distance course without practical experience in the classroom. Considering that studying a distance degree, in any area, does not imply studying less or doing things negligently, a distance learning student must have the following in their curriculum. same content, if not more, than a face-to-face student, in addition to requiring a greater discipline of always having to look for sources of knowledge and opportunities to develop practice, since you will also have introductory subjects that prepare you for this modality.

What is fundamental is to recognize our need to seek knowledge and reflect on it, in addition to always being aware of the need for interaction in the teaching-learning processes. Gouveia suggests that this interaction can be expanded via the internet. The same author highlights that we live in a society that is not just marked by interaction.

Thinking about the Physical Education teacher; which is no different from a teacher from another area, as this teacher must also be a research and reflective teacher. A distance teacher training course is capable of training a Physical Education teacher as necessary; provided that the supervised curricular internship is a criterion in the same way as this occurs in a face-to-face teacher training course; because that is where the teacher begins to be born; living the practice. The teacher is trained throughout his life, from the time he passes through the school to his direct and continuous contact with the student. It is in practice that the teacher builds his knowledge, it is in work that the professional grows by doing his reflections and research based on his needs, creating autonomy to make the necessary decisions.

It is important to highlight that no one is born a teacher, but one learns to be a teacher, and the challenges encountered will be daily, which is why it is necessary for the teacher to live in constant reflection on his/her practical performance, seeking solutions to the most diverse challenges encountered in his/her work. day to day. The Physical Education teacher has fundamental importance in the process of training students, and he must seek ways for the teaching-learning process, even if obstacles arise along the way that, with his training base and reflective thinking, can be overcome.

REFERENCES

BRAZIL. Federal Law No. 9,394 of December 20, 1996. Provides for the Guidelines and Bases of National Education. Brasilia DF. 2000.

LAZZAROTTI FILHO, ARI et al. Teacher training in distance learning: Physical Education and its specificity. 2009.

MARCELO GARCIA, Carlos. Teacher training. For Educational Change. Porto: Porto publisher. 1999. Professional Development: Past and Future. Sísifo – Revista das Ciências de Educação nº 8 page. 22 Jan /Apr. 2009. Available at: http://cev.org.br/biblioteca/diretrizes-curriculares-formacao-profissional-educacao-fisica-um-estudo-introdutorio/ accessed on 06/15/2013.

NUNES, Rute Viegas. FRAGA, Alex Branco. Astral Alignment: The Teaching Internship in the Training of Graduates in Physical Education at ESEF/ UFRGS. Thinking about Practice: magazine of the Faculty of Physical Education/ Federal University of Goiás. Vol. 9, n.2, Jul./Dec. 2006-. Goiânia: Ed. UFG.

ROSA, Wilton Célio. Training of physical education teachers: in-person and distance learning. 2014.

TARDIF, Maurice. Teaching Knowledge and Professional Training, 13th Ed. Petrópolis RJ: Vozes, 2012.

iJEResearch

International Journal of Education and Research
Vol-1, Number 1, March - 2024 | Peer-Reviewed Journal
ISSN 2764-9733 | ijeresearch.org
DOI: 10.5281/zenodo.12607636

TRADITIONAL WINE PRODUCTION IN MOZAMBIQUE: THE DAILY LIFE OF RURAL AFRICAN COMMUNITIES AND THE INTIMATE RELATIONSHIP WITH NATURE

AUTHORS

Marcia de Cássia Carvalho (marciadecassia1701@gmail.com): Master in public health from the American University/PY (2016), graduated in Psychology from the University of Guarulhos (1997), graduated in Gastronomy from the State University of Goiás (2009)

Ronaldo do Nascimento Carvalho (dr.ronaldocarvalho@gmail.com): Post-Doctorate from Universidad Ibero Americana/PY, PhD in Education from Universidad Columbia del Paraguay Post-Graduate in Finance and Business Management from IPEP - Instituto Paulista de Ensino e Pesquisa.

Iana Cândido Cunha (gastronomiacaldasnovas.iacsa@ueg.br): Graduated in Nutrition from the Federal University of Goiás (2001), graduated in Physical Education from the State University of Goiás (2003) and master's degree in Health Sciences from the Federal University of Goiás (2008)

Jean Carlos Vieira Santos (jean.vieira@ueg.br): Post-doctorate in Tourism from the Faculty of Economics of the University of Algarve/Portugal; PhD from the Institute of Geography at the Federal University of Uberlândia. Full professor at UEG - State University of Goiás

ABSTRACT

This article aims to analyze and understand the knowledge and discussion presented in the work of Dava, Vilanculo, Tiane and Valoi (2009), which shows a ritual associated with the consumption of the ukanyi sacred ancestor drink, which occurs in southern Mozambique - Africa. This theoretical course allows us to point out that since the beginning, the manufacture and consumption of traditional drinks is intrinsically linked to the different socio-cultural and economic activities of African communities. The study was developed from a theoretical research, based on bibliographic sources, also bringing the theoretical contributions extracted from electronic addresses, made available on home page, especially from journal articles. In this context, it sought to understand in the results presented a discussion that shares several common themes and has themes as broad as divergent about African culture, bringing multidisciplinary possibilities of analysis and debate, about Canhoeiro and its distribution in Southern Africa and wine production. traditional cannon (ukanyi). This analysis presents a commitment to the traditional production of a country, to the richness of a culture that has its roots in the daily life of Mozambican society, made by a mixture of political, economic, social and symbolic values.

Keywords: Southern Africa; Traditional wine; Communities; Culture.

INTRODUÇÃO

This manuscript uses the knowledge and discussion presented in the work of Dava, Vilanculo, Tiane and Valoi (2009) 1 , which presents a ritual associated with the consumption of the sacred-ancestral drink ukanyi. This theoretical path allows us to highlight that since the beginning, the manufacture and consumption of traditional drinks has been intrinsically linked to the different socio-cultural and economic activities of African communities.

According to Dava et al (2009), it is from this perspective that between the months of January and March, some communities in the provinces of Maputo, Gaza and Inhambane, "experience a festive atmosphere, due to the celebration of the ukanyi season. This is Kuluma Nguva ya Ukanyi (first fruits of canhú), a typical manifestation of these communities, transmitted from generation to generation". (DAVA; VILANCULO; TIANE; VALOI, 2009, p. 03).

Although the authors of the work do not present Mozambique, it is important to highlight that this country located in the southeast of the African continent, bathed by the Indian Ocean and bordering Tanzania, Malawi, Zambia, Zimbabwe, Swaziland and South Africa, has as its capital the city of Maputo and became independent from Portugal in 1975. This territory holds:

> [...]the fifth lowest Human Development Index (HDI) on the planet [...]. The similarities of Portuguese colonization, as well as the large presence of African descendants in the ethnic-social and cultural formation matrix of Brazil, establish several similarities between our daily lives and way of being. The intense tropical heat, which easily raises the temperature above 30°C, does not seem to shake the serenity, enthusiasm and good humor of the Mozambican people, always willing to contribute in a positive way, whether in simple directions on the streets that cross the busy and emblematic capital Maputo, or even inside a van in the chaotic transport "system" of the growing metropolis. (STACCIARINI; SILVA, 2018,p. 41).

In this context, it is important to remember that Maputo is the main "financial, corporate and commercial center of the country, bringing together multiple infrastructures, economic activities, medical and educational services, in addition to hosting the country's large commercial and political organizations". (STACCIARINI; SILVA, 2018, p. 43). Therefore, it is considered that the work analyzed in this article has a cultural value that is not restricted to the African continent, as it is necessary to consider that this book can be a permanent source of inspiration for non-African researchers and scholars, especially for academic areas such as geography, gastronomy, tourism and history that also base their knowledge on the cultural dimension of traditional communities.

Therefore, reading and rereading the work of Dava et al (2009) is understanding that for communities in Southern Mozambique, the manufacture of ukanyi has become one of the activities that accompany some moments of their lives. There is no doubt that:

> [...] ukanyi is indispensable in socio-cultural events, whether within families or communities. Its consumption is present, on the one hand, in rituals evoking the spirits of community and family ancestors and, on the other hand, in festive moments celebrating the season and local traditions.. (DAVA; VILANCULO; TIANE; VALOI, 2009, p. 03).

In the words of Dava et al (2009), the 1st National

1 The first contact with the work took place between the 26th and 27th of November 2018, during the International Congress "Culture and Tourism: National development, promotion of peace and rapprochement between nations", held at the Polytechnic University of Maputo (Mozambique). The event brought together students, researchers and professionals from the areas of Cultural Studies, Communication, Tourism and other fields of Social and Human Sciences from countries such as Mozambique, Brazil, Portugal and Spain, in addition to the Community of Portuguese Speaking Countries (CPLP). Our participation in the event was financed by the Goiás Research Support Foundation (FAPEG).

Conference on Culture, held in 1993, highlighted, among various cultural manifestations, the importance of traditional drinks, as a mark of the identity of the Mozambican people. This revitalization is highlighted by the "Cultural Policy and Strategies for its Implementation", in which the "Mozambican Government expresses its commitment to encourage and support initiatives aimed at the valorization and consumption of national foods and beverages, including their industrial manufacture". (DAVA; VILANCULO; TIANE; VALOI, 2009, p. 03).

The study of the book by Dava, Vilanculo, Tiane and Valoi (2009), was developed from theoretical research, with "bibliographical review and internet consultation" being fundamental (ATAÍDES; CUNHA; SANTOS, 2019, p. 32), that is, a bibliographical research, based on "bibliographical sources; that is, the data are obtained from written sources, therefore, from a specific type of documents, which are written, printed works [...]". (GERHARDT ; SILVEIRA, 2009, p. 69).

In this way, we can highlight the arguments of Santos and Silva (2016, p. 220) to highlight that the present work considers the qualitative approach as a method, "a line of investigation that does not seek to follow a rigidly drawn up plan". A theoretical journey through Mozambique, "[...] broadening the horizons of research, it is the similarities and differences, in relation to this familiar world, that impress our spirit" (RIBEIRO, 1987, p. 25).

This manuscript was also constructed from theoretical contributions extracted from electronic addresses, available on the home page, especially from magazine articles. In this context, we sought to understand a "[...] discussion that shares several common themes and has themes as broad as they are divergent" (SANTOS, 2019, p. 150) about African culture, bringing multidisciplinary possibilities for analysis and debate.

Therefore, it can also be highlighted that this manuscript "fills some existing gaps in the conceptual and theoretical spheres". (SANTOS; VONG; FONTANA, 2018, p.113). It is known that it is not always easy, in a scientific reading, to analyze such cultural dynamics of foreign communities that include regional and territorial compositions. In summary, the authors present the culture of a country that still remains on the periphery of the capitalist world.

METHODOLOGY

This text appreciates the writing of Fernando Dava, João Vilanculo, Célio Tiane and Alberto Valoi, by combining the ritual of the firstfruits of Ukanyi with the territory Mozambican, that is, the reader is faced with a theoretical and exploratory study, which went deeper and discussed the references presented at the end of the article. In view of this premise, the work is based on bibliographical research, a method of methodology guided by electronic search and consultation of physical works. The desire to revisit the guiding reference for this work occurred from November 2018, when we participated in the International Congress "Culture and Tourism: Development national, promotion of peace and rapprochement between nations", held at the University Polytechnic of Maputo and the first contact with the work and its theme occurred.

It is worth emphasizing that the title of the book investigated in this manuscript, in addition to alluding to a text full of particularities from 2009, represents dialogues with authors inserted in an interdisciplinary context, by being theoretically inspired by names such as Ab'Sáber (2003), Cossa (2017/2019), Dallanhol and Tonini (2012), Joaquim, Sampaio and Mosca (2018), Ribeiro (1987) and Stacciarini e Silva (2018), approaching themes in different areas of knowledge. Therefore, this article aims to analyze and provide visibility to the work produced by researchers from Mozambique. It is expected to offer other scholars from the African continent an interdisciplinary perspective, with a knowledge bias location, food preparation and spatial dynamics.

RESULTS AND DISCUSSION

The Canhoeiro and its distribution in Southern

In the first chapter, Dava et al (2009), discuss that the canhoeiro is a fruit tree, resistant to drought. Considered one of the oldest among those used by African man. It is also known as the "elephant tree", because in the months of February and March, elephants travel dozens of kilometers looking for the fruit of this tree. Scientifically, the canhoeiro is:

> [...] known as Sclerocarya birrea. This plant belongs to the Plantae kingdom, in the Magnoliophyta division, of the Magnoliopsida class, of the Sapindales order and of the Anacardiaceae family; the same family as the mango tree (Anarcardium Occidentalis) and the cashew tree (Magifera indica). [...] The canhoeiro has a single, straight trunk, grayish in color, with a spherical crown of green, deciduous leaves. In adulthood it can reach 10 to 18 meters in height, especially in low altitudes and open grasslands, typical of savannas. Its growth is rapid, around 1.5 meters per year. However, in some regions it reaches two harvests per year, a fact that occurs particularly in some regions of three countries: South Africa, Zimbabwe and Botswana. [...] Growing on the sandy soils of Sub-Equatorial Africa, the canhoeiro is found in the region between Ethiopia and Sudan, to the North. (DAVA; VILANCULO; TIANE; VALOI, 2009, p. 05).

The work also allows us to state that the distribution of this species in Southern Africa, in general, "and in Mozambique, in particular, is associated with the migration of Bantu peoples, beginning around 500 BC, in the Western region, having reached the Bay of Maputo and Mpumalanga, in South Africa, around 200 AD." (DAVA; VILANCULO; TIANE; VALOI, 2009, p. 06-07). In Mozambique, the canhoeiro is found in the southern region and sporadically in the central and northern regions.

In southern Mozambique, "speakers of the Copi and Bitonga languages use the designation tsula and unvula, respectively, while the Changana and Rhonga ethno-linguistic groups designate canhoeiro as n'kanyi". (DAVA; VILANCULO; TIANE; VALOI, 2009, p. 07). The designation of the tree by different communities varies according to ethno-linguistic groups. The fruits:

> [...]of n'kanyi result from a pollination process, in which female flowers are fertilized by male flowers, through insects. These trees bloom from September to November. The male ones are found in clusters of flowers, while the female ones have small isolated flowers. People cut down male trees for various domestic purposes, namely their use as firewood, stakes for the construction of houses, corrals, etc. At the end of the 19th century, communities left one or two male trees to fertilize the female trees, a common practice to this day.. (DAVA; VILANCULO; TIANE; VALOI, 2009, p. 08).

From a productive point of view, an adult tree can bear around 500 kg of fruit per year. These are never uprooted, but simply picked up when they fall to the ground, which happens when they are about to reach the ripening phase. Once in the ground, they take on a yellowish-red color, until they turn completely yellow, a sign of ripeness. The mikanyi (plural of n'kanyi) also differ in terms of the quality of the fruit. There are mikanyi that bear sweet and sour fruits. Consequently, the latter are not very appreciated by communities.

In order to reverse this situation, communities preserve knowledge, transmitted from generation to generation, which allows them to subject them to certain treatment:

> [...]When a cannon tree bears sour fruit, you dig until you find one of the secondary roots. This is cut, but its base remains attached to the tree. Then, the root is removed from the soil, leaving it uncovered. This can be burned or simply left out in the open. After this treatment, the tree starts to produce fruits that are not very sour, but can be used.. (DAVA; VILANCULO; TIANE; VALOI, 2009, p. 10).

According to Dava et al (2009), the canhoeiro is of great importance for communities. In some, it has values associated with sacredness, in others with political and utilitarian aspects. These qualities, on the one hand, make this tree mythical and special, in the context of cultural preservation and, on the other hand, they are part of the political and daily life of communities.

The work analyzed here shows that cultural forces "[...] effect a territory, a social process, in (and with) geographic space, centered and emanating in and from the everyday territoriality of individuals". (SAQUET, 2003, p.28). For Cossa (2019, p. 239), the "ukanyi ritual is a festive ceremony that allows the exaltation of ancestors, activates and reactivates values, beliefs and practices that strengthen and reinvigorate traditional African religiosity".

In this context, the work of Dava et al (2009) presents the places of the canhoeiro:

> [...]under the intricacies of culture. It is the cultural elements that shape the shape of the place. This one, steeped in symbols, memories and representations. [...] The place is the privileged locus of the existences, resistance and permanence of social groups [...]. Well, that's where the spirit rests! (SILVA, 2012, p. 68).

Furthermore, regarding sacredness, it should be noted that this appears as an attempt to interpret the world and, above all, to seek spiritual tranquility. It is an ancient phenomenon, adopted initially to establish a happy coexistence between the animal and human world and then, as a response to societal dynamics. However, the work states that not every canhoeiro is linked to sacredness, for some communities it is simply considered a utilitarian tree. (DAVA, et al, 2009).

Regarding political experience, the book emphasizes that communities have a set of institutions through which they maintain the order, well-being and integrity of the group and, in this way, regulate and control the life of society. In this way, traditional chiefs are highlighted, whose power is considered linked to ancestors, and is based on the primacy of land occupation, conquests, succession laws and charisma.

For Dava et al (2009), the essential characteristic of political organization is the exercise of power, it is associated with other important aspects, such as loyalty, traditions and respect for community symbols. It is in this context that the relationship between the canhoeiro and political aspects is established, as within communities, this tree symbolizes the power of the traditional chief. It is in the shadow of this tree that many political decisions are made by Mozambican community leaders and their subjects.

The long paragraphs of the work show that the daily lives of rural African communities are carried out in an intimate relationship with nature, from where they obtain what is necessary for their lives. Regarding food, Dava et al (2009), states that the communities rely heavily on the fruit of the canhoeiro tree, making a variety of sweets, vinegar and antitussive syrup. Therefore, it is necessary to highlight that "Makanyi - plural of akanyi – fruit of n´kanyi – tree" (COSSA, 2017, p. 250), that is, of the canhoeiro. Harvesting makanyi guarantees the population's income.

In Mozambique, more particularly in the Province of Zambézia, the fruits are placed around the machambas (place where vegetables are planted; homestead, farm, vegetable garden) to scare away pests, especially rats. Within the scope of traditional medicine, the applications of canhoeiro include:

> [...] in the domain of traditional or local knowledge. Communities remove its inner bark and use it to treat malaria, coughs, thrush, hemorrhoids, as well as to relieve scorpion and snake bites. The root is used as an anti-diarrheal. The leaves are boiled to produce a tea, used to treat poor digestion and cure earaches. In certain countries, such as Cameroon, n'kanyi is used to treat diabetes. Thus, due to the high medicinal value attributed to the trunk of the n'kanyi, it is common to find cannoyers carved along the stems, to remove part of the bark for various purposes [...]. In some regions of Africa, it is believed that the cannoeiro may have some influence on the choice of the sex of future children. To do this, women pound the bark of male and female trees separately until they become powder. If the option is for a son, they eat the dust from the bark of the male tree and if it is for a daughter, the opposite. (DAVA; VILANCULO; TIANE; VALOI, 2009, p. 18-19).

According to Dava et al (2009), the outer bark of male trees is used to manufacture a container locally known as tshevele (container through which the still passes, transforming the vapor into liquid), used in the manufacture of spirits. One of the salient aspects of the multiplicity of the canhoeiro is the use of its almonds and associated animals, such as matomane, a type of larvae, so called by the Tsonga and, scientifically, Argema mimosae, which will be presented below. These two products have proven to be essential in improving the community diet, among other aspects.

In the following excerpts, Dava et al (2009) highlight the immense richness of the canhoeiro in the work, especially for the cuisine of people who live in African territories:

> The canhoeiro seed is called fula – singular and tinfula – plural, and is left to dry after the ukanyi manufacturing process. However, its use depends on the availability and needs of each family. The extraction of almonds (mongo – singular; timongo – plural) is generally done by elderly women, who carry out the time-consuming shelling process, using two stones or just one stone and a hammer. With these instruments, they break and remove the almonds from their interior [...].. The communities use them as a seasoning in the preparation of various foods. [...] Timongos are also a delicacy, served to accompany the consumption of alcoholic drinks or served to people of special importance, such as the head of the family, the most beloved son or grandson. Thus, the consumption of timongo is a social indicator of the hierarchical position reserved for someone and, in general, of admiration or respect within the framework of kinship relationships. Thus, the consumption of timongo makes it possible to highlight an individual's social status, distinguishing them from others. (DAVA; VILANCULO; TIANE; VALOI, 2009, p. 20-21).

Almonds are very rich in oil. The first chapter of the work by Dava et al (2009) then follows a brief report on the matomane, which are black larvae with some white and greenish parts, which appear in the months of August to September. These feed on canhoeiro leaves and are part of the population's diet. In general, the quality of matomane is conditioned by the type of tree, which means that these larvae also occur in other types of trees than canhoeiro.

According to Dava et al (2009), matomane are normally processed for food. After being placed in a pan of water, they are salted and brought to a boil. They are then exposed to the sun for drying, a process that allows them to be used as a sauce, in times of need or even as an aperitif. The text also highlights that given the utilitarian nature of the n'kanyi, some preservation measures are part of local agendas, as it is a tree which brings with it the history of communities in southern Mozambique.

Canhoeiro and the production of traditional canhú wine (ukanyi)

In the second chapter of the work, he sought to present the production of traditional wine from the fruit of the canhoeiro, showing that the culture "encompasses an entire network of relationships in a kind of transmission and accommodation of society that absorbs many of these modeling mechanisms of transformation and economic production and social" (SILVA, 2012, p. 69). Dava et al (2009), show that culture is transmitted and that it has an essence.

Therefore, it is worth mentioning that Dava et al (2009) emphasize that a type of traditional wine (ukanyi) is made from the fruit of the canhoeiro tree, widely appreciated by communities in southern Mozambique. This wine has

different qualities, dictated by the way of processing. According to Dava et al (2009, p. 28), every type of canhú wine has an "aphrodisiac connotation, an aspect that has led to heated debates over several generations. This wine has social importance within the communities".

Regarding the processing of ukanyi wine, the work presents that:

> The use of the word wine in relation to canhú follows the general classification made in relation to drinks, which highlights their origin in fruit plants or cereal products. Thus, canhú, having its origin in fruits, is considered a wine, in this case, with a low alcohol content. [...] all fruit and cereal drinks, when they go through a distillation process, give rise to spirit drinks. [...] Regarding the way of preparing canhú wine, this activity is reserved for older women "va mamana". The preparation begins with the collection of makanyi, which fall naturally. They are then piled on a previously chosen tree for two or three days, a period sufficient for them to fully mature. [...] harvesting makanyi falls within traditional land management. In fact, each house, known as munthi, is surrounded by land whose vastness is related to the ways of accessing the land... It is in these territories where fruit trees flourish or where farms are built. The boundaries (mindzelekane or muqhele) between these territories are marked

> by trees, small ditches, or other landmarks. Violation of these limits has given rise to some conflicts, resolved by the local traditional authority. (DAVA; VILANCULO; TIANE; VALOI, 2009, p. 28-29).

Within this focus, Dava et al (2009) show that the tradition reserved for "va mamana" is a practice followed by several generations and is strictly linked to the social division of tasks between genders, as in these Mozambican communities women were reserved tasks circumscribed within the domestic space, while men dedicated themselves to activities outside this space.

Therefore, returning to the way of preparing ukanyi, Dava et al (2009), says that after having accumulated huge quantities of makanyi, the wine preparation phase follows. This work is normally done under a tree. In this way, the ukanyi preparation phase only begins after the fruits have ripened, with some brown tips. When referring to the manufacture of wine, Dava et al (2009), emphasize that it begins with the collection of makanyi that fall from the trees. Then, grass and tree branches spread:

> [...] or something else under a shade, where the makanyi are laid, so that they are not in direct contact with the ground, taking around two days for the processing phase. Using a fork or other sharp instrument, the women pierce the makanyi. The lumps are placed in a container with a little water. Then, with the help of a stick, the seeds are pressed to extract the juice. The juice is deposited in a clay pot or drum. The next day, the same process is repeated and then the product is mixed with that from the first day. Once the preparation is finished, the next day, it is consumed. [...]. However, ukanyi takes two to three days to ferment. When impurities begin to float due to fermentation, the ukanyi is purged using grass, bags or tree leaves, a process known in Changana as kudhika or kuvungula (process of removing impurities). (DAVA; VILANCULO; TIANE; VALOI, 2009, p. 31-33).

Dava et al (2009), argue that purging ukanyi is generally done by men, although women are responsible for preparing ukanyi, but due to tradition, they must call older or experienced men to taste the drink. Regarding the quality of ukanyi wine, two types are distinguished, derived from the manufacturing process, namely xitowatowa (refers to pure ukanyi wine, a designation used in the province of Gaza) and maphossela (it is a wine mixed with water).

Regarding fermentation, three varieties stand out, namely dhombezi (sweet wine), xivai (wine of intermediate quality) and ukanyi la ku bava (fermented wine). Dava et al (2009) also emphasize that pure ukanyi is the most popular and that it has aphrodisiac properties.

Another importance associated with ukanyi wine is related, on the one hand, to the strengthening of social relationships and, on the other, to the creation of new bonds of solidarity. "It is, therefore, during the ukanyi season that visits between individuals belonging to the same family, members of different communities, are most frequently recorded." (DAVA et al, 2009, p.41). The ukanyi ritual creates and strengthens networks of solidarity between the inhabitants of different ecosystems, which in turn proves to be important in responding to crises caused by natural calamities, in the context of food security or disruption of seed reserves for agriculture.

According to Cossa (2019, p. 240), the beliefs and practices of the "ukanyi ritual are constituents of traditional African religions (RTA) from which individuals give meaning/meaning to their lives as well as interpret and understand the world in which they live." Approach carried out in chapter three of the work by Dava et al (2009), showing that knowledge of nature - sooner or later, through one path or another - reaches the idea that landscape is a heritage. "In fact, it is a heritage in every sense of the word: heritage of physiological and biological processes, and collective heritage of the people who historically inherited them as territory of their communities". (AB'SABER, 2003. p. 9). In this sense, rituals are one of the elements that embody this vast system of socio-spiritual reproduction. More directly, these rituals have different

purposes, whether in the political, economic or socio-cultural sphere. In celebrations related to wine:

> [...] from ukanyi, in the southern region of Mozambique, where it is manufactured, its

> consumption follows some customary rules, an aspect to be touched upon. Thus, there are essentially three rituals, namely, kuphahla ukanyi, xikuwha and kuhayeka mindzeko, that is, the opening, party and closing phases, respectively. These rituals condition, in the community's view, the success of the entire ukanyi season, as it is assumed that this drink also feeds the ancestors. This topic has been the subject of several studies and debates. (DAVA; VILANCULO; TIANE; VALOI, 2009, p. 46).

In the study carried out, it was detected that this ritual is a manifestation of feelings of one or more individuals inserted in any environment, through action. It consists of a type of standardized activity, in which everyone acts more or less in the same way, and which focuses on one or more gods, spiritual beings or supernatural forces, with any purpose. Dava et al (2009), highlight that the rites practiced testify to the great need that man has to be in harmony with the cosmos. The relationship he maintains in his daily life is defined by standards that must be met.

In this context, the consumption of some traditional drinks within communities takes into account a combination of socio-cultural factors inherent to each social group. Ukanyi is no exception. In the fourth and final chapter, the book presents the political dimension of the ukanyi ritual, showing that the participation of political power in traditional ceremonies has been highlighted in various sectors of society. Its involvement is justified by the fact that it does not constitute an absolutely autonomous system.

For Dava et al (2009), the State participates in efforts to value rituals, traditional practices and local knowledge of a people. This aspect is fundamental for the construction and affirmation of identity and raising self- esteem. It is in this context that the involvement of the Mozambican government in community ceremonies, held throughout the country and, in this specific case, the first fruits of ukanyi, in the South region, is justified. After national independence, in 1975:

> [...]The challenge for Mozambicans now consists, among many aspects, of rescuing and valuing their culture, as a key dimension in the country's development. Before independence, colonial authorities made an effort to ban all cultural manifestations of dominated populations, not only in Mozambique, but in all formerly colonized countries. In the case of Mozambique, this acculturation policy was an effort to destroy the self-esteem of Mozambicans, with the aim of inhibiting any claim against the colonial yoke. The Constitution of the Republic of Mozambique establishes the principle according to which the State promotes the development of national culture and personalities and guarantees the free expression of the traditions and values of Mozambican society. Likewise, the Cultural Policy of Mozambique approved by the Council of Ministers in 1997 aims, among several objectives, to create an environment favorable to the preservation and appreciation of cultural heritage. More specifically, the Government also recognizes traditional rituals, beliefs, medicine and power, as these aspects contribute to the maintenance and restoration of social balance. These legal and institutional provisions show the commitment of Mozambican governance to cultural development and particularly, the appreciation of traditions. (DAVA; VILANCULO; TIANE; VALOI, 2009, p.68-69).

Dava et al (2009), argue that in effect, ukanyi rituals go beyond the traditional and spiritual dimension, as they are associated with the political dynamics of the Modern State. Given the importance of these initiatives for improving the well-being of families and consolidating the identity of communities, as the "call for the recovery of traditional values in a modern and increasingly globalized world is one of the factors for the preservation of identity." (DAVA et al, 2009, p.73).

As rightly pointed out by Dava et al (2009), the appeal to value traditions and ancestors can be explained by the fact that in the African view, ancestors are the repositories of desires and guardians of the living, which for African culture guarantees the social balance of a society. Thus, Cossa (2017, p. 260), points out that when celebrating "ukanyi, a set of values and beliefs are celebrated and shared that result in a feeling of social belonging that end up assuming a notion of sociocultural identity". Making social relations more intense, however, to become an endogenous process of change and, to be consistent and sustainable, must:

> [...] lead to dynamism and economic viability, mobilizing and exploring local potential and contributing to increasing social opportunities and, at the same time, it must ensure the conservation of local natural resources, which are the bases of its potential. (HANAI, 2012, p. 210).

Thus, following the different relationships presented throughout this text, Dallanhol and Tonini (2012), argue that whether as a way of strengthening local culture, or even as an economic alternative for a given region, wine production has been gaining ground in different territories of the world, aligning knowledge and culture, as well as creating jobs and new work opportunities, as wine has not been part of the daily lives of some people for a long time now.

In Mozambique Joaquim, Sampaio and Mosca (2018, p. 30), emphasize that agricultural activity "is the backbone of the Mozambican economy, employing more than 80% of the workforce". In view of the reflection presented here, we can finally bring up the words of the geographer Ribeiro (1987), reverberating that regions of the world, as they become better known, acquire increasingly more weight in the different academies and schools around the world.

CONCLUSION

The work analyzed here brings an organization of words that highlight the rich Mozambican culture, showing the experiences that are in the territories of communities that we, the authors, were unaware of. An Africa with multiple faces, filled with rich gastronomy, art and knowledge that demonstrate socio- spatial relationships to researchers and scholars based on their daily lives, based on local knowledge, transmitted over time.

It is believed that the views presented here will take readers to know some Mozambican communities and their relationship with the production of traditional wine from the fruit of the canhoeiro, a local knowledge that marks the transition of the year within the communities. A drink that is important in maintaining social balance, as it brings populations with strong territorial ties closer to the spirits of their ancestors, to make prayers of various types (peace and harmony), with the aim of seeking a cosmological balance.

The book investigated presents a commitment to the traditional production of a country, to the richness of a culture that has its roots in the daily life of Mozambican society, made up of a miscellany of political, economic, social and symbolic values. It is in this sense that the book addresses the rituals of the firstfruits of ukanyi, also bringing a greater focus to this ritual. Here, then, is an analysis that deals with a topic little explored in geography, tourism and related areas courses at Brazilian universities.

REFERENCES

AB" SÁBER, Aziz Nacib. Os domínios de natureza no Brasil: potencialidades paisagísticas. São Paulo: Ateliê Editorial, 2003.

ATAÍDES, M. R. A., CUNHA, I. C.; SANTOS, J. C. V. Cafeterias da área central de Caldas, Goiás: componentes da paisagem urbana turística. Revista Ateliê do Turismo, 3(1), p.31-44, 2019. Disponível em: https://desafioonline.ufms.br/index.php/adturismo/article/view/9543. Acesso em 22 de agosto de 2021.

COSSA, Dulcídio Manuel Albuquerque. Um olhar da antropologia das paisagens e espaços sobre o ritual de Ukanyi. INTRATEXTOS, Rio de Janeiro, vol. 8, n.1, 2017, p. 247-261.

COSSA, Dulcídio Manuel Albuquerque. O mundo dos antepassados e o mundo dos vivos - ritual de ukanyi na mediação: um ensaio sobre ancestralidade no Sul de Moçambique. ODEERE: Revista do Programa de Pós-Graduação em Relações Étnicas e Contemporaneidade – UESB. , Volume 4, número 7, Janeiro – Junho de 2019. P. 221-241.

DALLANHOL, Eliza B.; TONINI, Hernanda. Enoturismo. São Paulo: Aleph, 2012.

DAVA, Fernando; VILANCULO, João; TIANE, Célio; VALOI, Alberto. Ritual da Primícias de

Ukanyi. Maputo/Moçambique: Cegraf, 2009.

GERHARDT, Tatiana Engel; SILVEIRA, Denise Tolfo. (Org). Métodos de pesquisa. Porto Alegre: Editora da UFRGS, 2009.

HANAI, Frederico Y.. Desenvolvimento Sustentável e sustentabilidade do turismo: conceitos, reflexões e perspectivas. Revista Brasileira de Gestão e Desenvolvimento Regional (G&DR), Taubaté-SP, 2012, v.8, n. 1, p.198-231.

JOAQUIM, J.; SAMPAIO, A.; MOSCA, J. Agronegócio Internacional e Multidimensionalidade da Percepção de Valor dos Pequenos Produtores Agrícolas em Xinavane, Moçambique: uma análise factorial confirmatória. Desenvolvimento e Sociedade – Universidade de Évora, n.º 4, v.1, p. 29-42, Julho 2018.

RIBEIRO, Orlando. Mediterrâneo: ambiente e tradição. Lisboa: Fundação Calouste Gulbenkian, 1987.

SANTOS, J. C. V. Velho Porcimunt, Hodierno Porches e as Narrativas de Lima de Freitas: territórios oleiros, arte algarvia e turismo. In. LEMES, F. L.; LUZ, J. S. da.; OLIVEIRA, M. F. (Organizadores). Visões do Cerrado: dinâmicas territoriais, saberes e expressões culturais. Anápolis (GO): Editora UEG, 2019. P. 147-162.

SANTOS, J. C. V.; SILVA, J. A. Arte Popular Criativa e Turismo Cultural na Cidade de Loulé (Algarve/Portugal). Revista Brasileira de Pesquisa em

Turismo. São Paulo, v. 10, nº 2, pp. 212-232, maio/ago. 2016. Disponível em: DOI: http://dx.doi.org/10.7784/rbtur.v10i2.1060. Acesso em 24 de agosto de 2021.

SANTOS, J. C. V.; VONG, M.; FONTANA, R. de F. TURISMO E POLÍTICAS PÚBLICAS: uma análise teórica e comparativa entre Brasil e Portugal. Geografia em Questão, [S. l.], v. 11, n. 2, 2018. DOI: 10.48075/geoq.v11i2.20022. Disponível em: https://e-revista.unioeste.br/index.php/geoemquestao/article/view/20022. Acesso em 22 de ago. de 2022.
SAQUET, Marcos A. Os tempos e os territórios da colonização italiana: O desenvolvimento econômico na Colônia Silveira Martins (RS). Porto Alegre: Edições EST, 2003.

SILVA, Arlete M. O lugar da cultura: uma construção social, espacial e temporal. PEREIRA, A. J.; SANTOS, R. S. (Org.). Educação, Ambiente, Cultural e Lugar: uma análise da produção do espaço geográfico. Goiânia: Editora Kelps, 2012. P. 67-83.

STACCIARINI, João Henrique Santana; SILVA, Laira Cristina da. O mercado informal de Maputo (Moçambique) e a feira de Xipamanine: entre curiosidades e vivências no continente africano. Élisée, Rev. Geo. UEG – Porangatu, v.7, n.1, p.41-52, jan./jun. 2018.

iJEResearch

International Journal of Education and Research
Vol-1, Number 1, March - 2024 | Peer-Reviewed Journal
ISSN 2764-9733 | ijeresearch.org
DOI: 10.5281/zenodo.12607610

THE IMPORTANCE OF EMOTIONAL INTELLIGENCE IN PEDAGOGICAL PRACTICE

AUTHOR

Tânia Cunha (taniacunhapsi@gmail.com): Master's student of the Universidad UNIDA Program, Educational Advisor in the city of Maricá-RJ, Clinical Psychologist with Specialization in Cognitive Behavioral Therapy

ABSTRACT

This article describes Emotional education and its importance in pedagogical practice as a tool for transforming the individual, highlighting the relevance of training courses with educators so that they can develop the necessary skills and competencies so that they are able to deal with the countless challenges that arise on the school floor in our current society, as well as being included in educational planning, so that the student can develop fundamental socio-emotional skills for individual and social transformation.

Keywords : Emotional Intelligence - Education – Teachers

INTRODUCTION

Education is the hope of transformation and development of the individual, through it, human beings acquire skills and abilities to modify the environment they live in and society. Education liberates, constructs and deconstructs paradigms and favors social relationships, developing solidarity, empathy, love and respect. Education is the main tool for the development of the individual and society. Through Education, human beings are freed from ignorance, acquire knowledge, skills and values that enable them to transform their surroundings.

Parallel to this vision, we have observed a society so lacking in humanistic values, not knowing how to deal with its emotions, distant from social relationships, violence in families and schools, drug use, suicides. Given this scenario, we reflect on emotions and their importance for transforming the reality in which educators and students are inserted, the importance of managing their emotions to develop their mental health. Through Education, with the teacher as a mediator of learning, it is up to him, through pedagogical practice, to use strategy in order to improve and develop skills related to Emotional Intelligence in the classroom.

Education, in its essence, transcends the mere assimilation of content. In the contemporary educational scenario, the emotional health of educators emerges as a fundamental pillar for the success of the teaching-learning process. In this context, emotional intelligence for educators assumes a prominent role, directly impacting the well-being of education professionals, the school environment and, consequently, student learning.

This study, of a bibliographic nature, aims to analyze the importance of Emotional Intelligence in pedagogical praxis and its contribution to the teaching-learning process.

Emotional Intelligence

Intelligence for many years was assessed through IQ tests, where cognitive aspects were quantified and were used in several schools. These tests were called the Simon-Binet Scale, which measured IQ (Intelligence Quotient) in young children, listing hundreds of items such as: word definitions, mathematical problems, sensory discrimination, memory tests, among others. (Gardner, 2000, apud Sousa and Freitas, 2016, p.95)

According to Chabot (2005, p.96), in 1990 Peter Salovey and John Mayer first referred to the concept of emotional intelligence as "the ability to perceive one's own feelings and emotions, as well as the feelings and emotions of others, to distinguish them and use this information as a guide for your actions and reasoning.

But it was in 1995 that the concept of emotional intelligence was disseminated through Psychologist Daniel Goleman, through the publication of his book, entitled "Emotional Intelligence: Why it Maters More than IQ ". Based on the definition of Salovey and Mayer in 1990, Goleman gave the following definition:

Emotional intelligence as the ability to recognize our own feelings and those of others, to motivate ourselves and to manage our emotions well, whether internally or in our relationships with other people. (Chabot, 2005,p.96).

Chabot (2005, p.98), says that Emotional Intelligence is a set of skills that allows:

- Identify your own emotions and the emotions of others;
- Correctly express your own emotions and help others to do the same;
- Understand your own emotions and adapt to the emotions of others; Use your emotions and the skills specific to emotional intelligence in different spheres of activity, especially to communicate well, make decisions, successfully manage your priorities, motivate yourself and others, have good personal relationships, etc.

In view of the above, it is understood that emotional intelligence are skills that need to be developed throughout the individual's life and that investing in training courses for educators is essential to promote well-being and consequently a healthier school environment, thus bringing countless benefits in social relationships in all contexts experienced, both for students and teachers.

Emotional Intelligence and pedagogical practice

In an increasingly dynamic and complex world, emotional intelligence emerges as an essential compass for navigating the nuances of interpersonal relationships and building a more positive and welcoming educational environment. More than a trending concept in psychology and education, it is a vital skill for dealing with everyday challenges in a healthy and balanced way.

In the educational context, emotional intelligence takes on an even more significant role, the health of educators is directly linked to the quality of teaching and student development. Educators who have developed emotional intelligence are able to have emotional regulation, recognize their own feelings and reactions and consequently are able to better deal with the challenges that arise in the classroom in relationships with students.

An emotionally intelligent educator is able to recognize and manage their own emotions, preventing the pressures and frustrations of the school environment from influencing the quality of their work. They are able to transmit security and tranquility to their students, creating a welcoming environment, making students feel free to express their emotions and consequently a better performance in the teaching-learning process.

It is understood that Emotional Intelligence connects both cognitive and emotional aspects, which determines better performance in both personal and professional matters of the individual, making them more successful in all areas.

Daniel Goleman, 2001, p.338 presents five emotional and social skills that he considers extremely useful for understanding how important these talents are for life:

- Self-perception: knowing what we are feeling at a given moment and using preferences that guide our decision making; make a realistic assessment of our own capabilities and possess a well-founded sense of self-confidence.
- Self-regulation: Dealing with one's emotions in ways that facilitate the task at hand, rather than interfering with it; be conscientious and delay reward in order to pursue goals; recover well from emotional distress.
- Motivation: Using our deepest preferences to propel and guide us toward our goals, to help us take initiative and be highly effective, and to persevere in the face of setbacks and frustrations.
- Empathy: Sensing what people are feeling, being able to take their perspective and cultivate rapport and being in tune with a wide diversity of people,
- Social Skills: Dealing well with emotions in relationships and accurately reading social situations and networks, interacting with ease; use these skills to lead, negotiate and resolve disagreements, as well as for cooperation and teamwork.

Therefore, it is essential to develop these skills through training courses so that teachers have the necessary skills to be able to include Emotional Education in their pedagogical activities. Teachers with high emotional intelligence are able to create a positive and stimulating learning environment, establish trusting relationships with students, identify and respond to students' emotional needs, manage their own stress and frustration, mediate conflicts between students.

Emotional education can be developed in the classroom through activities that promote reflection on emotions, develop self-knowledge and emotional self-management skills and establish positive social relationships. Through strategies that promote the development of emotional intelligence, which include:

- Activities to reflect on emotions, where the student identifies and names their emotions, understands the causes and consequences of their emotions, and develops healthy coping strategies.
- Self-knowledge activity: these activities

can be used to help students learn about their own strengths and vulnerabilities, their values and their goals.

- Emotional self-management activities. These activities can be used to help students develop strategies for dealing with negative emotions such as anxiety, anger, and stress.
- Activities to promote positive social relationships, these activities can be used to help students develop communication, empathy and conflict resolution skills.

Emotional Education contributes to the formation of more aware, responsible and prepared citizens to deal with the challenges of contemporary society.

We can highlight some benefits achieved through Emotional Education: improving the quality of teaching and learning, reducing indiscipline and bullying; promoting students' mental health and well-being, developing essential skills for life and the job market

Through education, we can promote individual and social transformation, building a more positive future for everyone.

FINAL CONSIDERATIONS

The research concluded that Emotional Education is a powerful tool for individual and social transformation. Investing in teacher training is essential for strengthening mental health, but it is also closely linked to the quality of teaching and the integral development of students, as teachers will be more qualified to deal with the challenges that arise and consequently these skills will result in transformation a more human, welcoming and more pleasant environment for learning.

Furthermore, the development of these skills with regard to Emotional Intelligence will establish a closer relationship between teacher and student, promoting a healthier and more collaborative relationship.

REFERENCES

SOUSA.TMC; FREITAS.MCMA THE INTERFERENCE OF EMOTIONAL INTELLIGENCE IN THE TEACHER'S PRACTICE . 2016-2

CHABOT, Daniel, CHABOT, Miguel. Emotional Pedagogy. Feel to Learn . Publisher: Sá. 2005.

GOLEMAN, Daniel. Working with Emotional Intelligence . Rio de Janeiro. Publisher: Objective. 2001

iJEResearch

International Journal of Education and Research
Vol-1, Number 1, March - 2024 | Peer-Reviewed Journal
ISSN 2764-9733 | ijeresearch.org
DOI: 10.5281/zenodo.12608583

THE INFLUENCE OF PSYCHOSOMATIC THERAPY ON NUTRITIONAL TREATMENT IN OBESITY

AUTHOR

Soneli Mendes Garcia (solgarcia_@hotmail.com): Master in Public Health from Universidad Columbia Del Paraguay; Specialist in Public Health with an emphasis on family health from the International College of Curitiba-PR FATEC/FACINTER; Bachelor's degree in Nutrition from Faculdade São Lucas/RO; Nutritionist.

ABSTRACT

The objective of this study was to investigate the influence and relationship of psychosomatic therapy in nutritional treatment in obesity as one of the determining factors for therapeutic intervention. The research had three phases, being based on a study carried out by collecting data through interviews with the application of an open questionnaire, being a qualitative research, with a Nutritional Assessment Form (Anamnesis) being filled out by the researcher, applying the psychosomatic therapy that was used a Field Diary as a record of emotional occurrences and a Weight Assessment Form being filled out, with only personal data and anthropometric notes, thus, an experimental research. Through the interpretative and subjective analysis of the results in adult women affected by obesity, it was found that emotional factors influence the onset and/or maintenance of obesity, bringing the symptom and the causes that must be looked for in terms of motivations. unconscious of the subject. Thus, obesity has been a challenge not only in the area of mental therapy but also in other areas of human knowledge. Thus, it is recommended that the importance of understanding the psychodynamics of obesity has been of paramount importance for psychological treatment and the participation of psychologists in multidisciplinary teams that provide services and care to obese people in the most diverse contexts.

Keywords: Nutrition. Obesity. Psychosomatic Therapy. Treatment.

INTRODUCTION

The number of people with eating problems, who eat more than they should, has exceeded the number of people who go hungry (WHO, 2002).

It is known that obesity has been a disease that is difficult to control, with very high percentages and also with many therapeutic failures, presenting serious organic and psychosocial repercussions, especially in severe forms (BERNARDI, CICHERELO & VITOLO, 2005).

Many cases of obesity have been linked to the exogenous type, that is, it has been caused by excess food, thus creating a disorder, which the patient comes to understand with therapeutic treatment, that, with excess weight, there can be a certain amount of anxiety, due to lack of control.

When endogenous obesity occurs, which has been the cause of psychological or metabolic factors that define the increase in white adipose tissue, being a special type of connective tissue which observes the predominance of adipose cells, called adipocytes.

The secretions of various hormones are positively related to the amount of tissue, through sleep disorders and stress-related disorders, which is a reaction of the organism due to psychological, physical and hormonal factors that occurs when the need for a major adaptation to a situation arises. serious event or situation. A great influence on body weight has been an increase in cortisol circulating in the blood or the amount of food ingested, with obese individuals using an anti-stress mechanism, thus suffering consequences of the process. Which, in the majority, has been directly linked to behavioral and environmental origin, bringing some favor to exogenous obesity that is caused by excess food.

Furthermore, when it comes to the aspect of the emergence and maintenance of the pathology, it must be associated with food and affection.

Families, from the mother's interaction with the baby, are rewarded and praised for the act of feeding in an accentuated way. Food has also been socialized, with people often going out with friends to eat. When a person feels alone, they may seek food as a form of compensation, due to the lack of people they feel, triggering an excessive increase in body weight (DONATO et al., 2004).

Hunger has been physiological in accordance with the body's need for energy, that is, food, and also appetite has been a psychological desire to eat, giving distinct anticipatory pleasure. It is known that the person's emotional state can bring about a reflection regarding appetite, as well as the increase or decrease in the universal experience of love and pain, with food playing a central role in the individual's emotional area.

It is seen that the act of eating, for obese people, is a tranquilizer for anxiety and anguish in the body, especially when there is difficulty in dealing with frustration and limits. The treatment of obesity can be effective, and health professionals must understand the psychological aspects of the disease. Furthermore, obesity has a multifactorial etiology, which has a treatment that can involve different types of approaches, from dietary guidance, physical activity programming, use of drugs and psychosomatic therapies (SEGAL & FANDIÑO, 2002).

Nutritional treatment is also essential at this stage, as it reduces surgical risk through initial weight loss, identification of eating disorders, and promotion of real weight loss expectations. Therefore, counseling should be provided to prepare the patient for post-operative nutrition.

PSYCHOSOMATIC THERAPY

Psychology has demonstrated great effectiveness in the treatment of obese individuals, whose therapy has played a great role in adherence to treatment and control of people who eat excessively, bringing a focus on working on distorted thinking about food intake, weight and body image, thus demonstrating a possible modeling of patients' eating habits, making changes to healthy foods.

Although Psychology is traditionally seen as the science of the mind, the individual's body can be the target of psychological research, which can be rooted in any psychic process in bodily materiality, whose object adds up to the central object of several disciplines.

It is seen that the body brings a presentation regarding the field that explores and investigates the so-called human sciences, diversifying areas of natural sciences, whose object of greater number of cultural activities is not linked to science, as it can bring a treatment regarding the multiple object, complex, open to great perspectives and subject to great representations. It is seen that the body can be a transdisciplinary object par excellence, a place of obligatory intersection for multiple disciplines, a multifaceted object marked by complexity.

The body is considered as an amalgam of life and death; and the psyche can be considered both body and symbol. It is known that the technique of psychoanalysis thinks about the body based on words, even if the body, seen as pure corporeality, there will always be action regarding specific attention, psychoanalytic psychosomatics (GRODDECK, 2008 apud SANTOS, MARTINS, 2013).

It is currently called Psychosomatics, which can be seen from two different perspectives (PORTER, 1997 apud MADEIRA, COUTINHO JORGE, 2019). When inseparable from mental and bodily processes, they were previously distinct from the origins of "natural sciences", when separated from "human sciences", such as psychology, sociology, history, anthropology, etc. On the other hand, Psychosomatics emerged through medical expansion, coming from the psychiatrist Johann Heinroth, in 1828 (SHORTER, 1995 apud ÁVILA, 2012).

From 1917, with Georg Groddeck (1992) apud Santos and Martins (2013), the study of psychoanalysis can be applied through organic processes, especially when one becomes ill and also when there are meanings. Over the last 100 (one hundred) years, psychoanalytic psychosomatics can be developed by the large body of evidence, which demonstrates the unconscious processes that can be affected by bodily functions, being produced by manifestations in the organism, aggravating diseases and translating psychic conflicts into somatized symptoms.

It is known that it is from psychoanalytic psychosomatics, when supported by the contributions of Freud, Groddeck, Bion and McDougall, that there is the development of psychosomatic phenomena that seeks to take into account the complex nature of these manifestations. The body that becomes ill is simultaneously both the individual's body, therefore experiential, eminently subjective, and the body that will be treated as a positive object by the practices of medicine, pharmacology, physiotherapy, etc.

Know the biological origins of psychology in obesity and the best weapon to face it, understand why emotions exist and what they are for, and why they trigger a vicious cycle in obesity.

In this approach, joint treatment of psychosomatic and nutritional therapy can be essential for improving therapeutic intervention and improving preventive health actions in the context of obesity, a disease of global proportions.

NUTRITIONAL TREATMENT FOR OBESITY

The Body Mass Index (BMI = kg/m 2) is the standardized unit of measurement to assess body weight. The classification follows according to the BMI result in tables. Less than 20, the person evaluated is considered thin; classified between 20 and 25, your weight is normal; from 25 to 30, overweight; from 30 to 35, moderate obesity; from 35 to 40, more advanced obesity, from 40 to above, morbid obesity. (ACUÑA, CRUZ, 2004)

Obesity can appear at any stage of life, but it is most common in the first year of life, between five and six years of age and in adolescence. Childhood and adolescent obesity has increased alarmingly in all industrialized countries. In recent decades, prevalence in the USA and Brazil has increased by around 50%. (DIAS et al. , 2017)

Obesity can become a metabolic syndrome when there is a set of associated pathologies, glucose intolerance, increased abdominal circumference, dyslipidemia and high blood pressure, which characterizes a chronic condition of inflammation and a disposition to cardiovascular problems (SOUZA et al. , 2015).

The most indicative treatment for morbid obesity classified as grade III is bariatric surgery, both to reduce weight and maintain it. It is a viable alternative in a situation where conventional treatments have had no effect, such as diet, physical activity, medication and psychotherapy, with around 95% of patients regaining weight gain, equaling or exceeding their initial levels within two years (MARCELINO , PATRÍCIO, 2011).

Bariatric surgery is a radical method, and weight loss can reach 40 to 50% of the initial to maintain weight in the long term (ALMEIDA, ZANATTA, REZENDE, 2012).

Treatment with medicines is also considered one of the main approaches, although the collection available on the market is still small, according to the Brazilian Consensus on Obesity, Sibutramine and Orlistat are considered the main drugs indicated for obesity grade II above, i.e. , BMI > 25kg/m 2 , according to the recommendation, pharmacotherapy can be administered to people with obesity who have not obtained results through nutritional treatment and physical activity. However, they must be made aware of possible side effects, and prescribed by professionals specialized in the subject. (MANCINI, HALPERN, 2002)

Although lifestyle changes are the cornerstones of obesity treatment, they are often only possible with the help of important behavioral changes. The main psychological intervention in obese patients is based on changes in behavior, with the aim of reducing caloric consumption and increasing energy expenditure. (LUZ, OLIVEIRA, 2013.)

This research sought to investigate the influence and relationship of psychosomatic therapy in the nutritional treatment of obesity, investigating whether there is effectiveness when two variables, food and psychological, are combined.

The study was carried out in the Nutrition Office at the Central Basic Health Unit of the Municipal Health Department-SEMUSA located at Rua Corumbiaria, n° 1880, Setor 03, CEP: 76880-000 in the city of Buritis, state of Rondônia, Brazil.

Figure 1. Central Basic Health Unit of the Municipal Health Department - SEMUSA in the municipality of Buritis -RO.

The universe is made up of those attending the Central Basic Unit of the Health Department of the city of Buritis. The population includes obese women in the adult age group who attend the central Basic Health Unit in the city of Buritis-RO every month and is made up of 280 obese patients.

PSYCHOSOMATIC THERAPIES PROGRAM

To start the program, an obesity group was formed for a period of 3 (three) months. With the first general meeting to explain the objectives and methodology of the research to the participants, and one at the end to present the results and get together. The Psychosomatic Therapy sections were divided into 3 (three) individual meetings:

- Self-Reflection therapeutic behaviors were applied with a focus on obesity, identifying thoughts and emotions, recognizing what could be the trigger point that generates binge eating. And after a 30-minute induced Relaxation using the Video End Obesity by author Cristina Cairo, for the participants to initially come into contact with the science of serenity;
- In the second section of 1:30 minutes, which was 20 (twenty) days after the first section, the therapeutic behaviors applied were to encourage the participant to process the emotions and feelings identified in the first section with pleasurable activities (pay attention to what arises effect) such as: dancing, healthy games, painting, playing instruments, etc. This section also covers music therapy with calm and relaxing music, encouraging people to explore the style that works best for them and making a selection to listen to on a daily basis. And going over Doctor Augusto Cury's (DCD) Technique , when any doubtful or negative thoughts arise, Doubt, Criticize and Decide;
- The third and final section of 1:30 minutes 20 (twenty) days after the second section, the following actions were carried out in the first 30 minutes to find out how the participant is after the two previous sections. So some homework: Prayer of forgiveness, indication of Hooponopono for 90 (ninety) days to renew the psychic cycle, Phrases to bring positive sensations , Breathing Techniques, long and with intervals to accompany

relaxation, feet on the ground to feel energy from the earth.

Throughout the treatment, participants were encouraged to cultivate peace of mind with gratitude to the universe and have a positive attitude towards problems, not letting harmful thoughts accumulate and become addictions. Try to recognize victims' attitudes by changing behavioral patterns, being more flexible.

And to further assist the psychosomatic Program, participants were guided to alternative therapeutic indications, with other professionals of their choice, such as: Bach Flower Remedy, Acupuncture, Relaxing or therapeutic massage, aromatherapy, chromotherapy and Reick, etc.

DATA COLLECTION ANALYSIS

Data analysis was carried out by identifying the factors generated in the results of therapies in the application of nutritional treatment, to what extent they are significant and to what degree they are achieved, observing the number of positive or negative points, whether there were changes in the emotional state of the participants, which the effect it has on obesity, whether or not it reduces body weight and any changes in lifestyle.

Quantitative data were tabulated and presented in graphs to better represent the data.

Minayo (2012) states that the structuring terms of qualitative analysis are based on: the nouns experience, experience, common sense and social action and the verbs understand and interpret.

Interpretation is the starting point in qualitative research according to Minayo (2013). The technique consists of data description, analysis, interpretation, and as an approach to qualitative material, content analysis, it is based on counting the frequency of appearance of characteristics in the content of messages. It is the most common data analytical approach in research with qualitative methods.

This research followed the ethical standards in accordance with Resolution no. 466/2012, which considers respect for human dignity and the special protection owed to participants in scientific research involving human beings.

It was approved by the CEP of Faculdades Integradas Aparício Carvalho - FIMCA on August 14, 2019 under opinion number 3,508,009.

PRESENTATION AND DISCUSSION OF RESULTS

The present study brought data on the influence of psychosomatic therapy on nutritional treatment in obesity in patients residing in the city of Buritis-RO, including a sample of 30 patients aged 25 to 60 years, as reported in the research methods, being classified as Obesity I to III, female.

During the research, of the 30 patients, in general, 4 dropped out, leaving a sample at the end of 26 patients, aged between 25 and 60 years.

The reasons for the 4 patients' withdrawal were: contact phone number did not complete the call; absence for an unidentified reason at previously scheduled meetings; withdrawal for work reasons, claim of not having available time to participate in the program and, also, withdrawal for Religious reasons (Jehovah's Witness Religion).

In the first phase, an interview was collected using a form from the Nutritional Assessment Form (Anamnesis) which was filled out by the researcher. In the second phase, psychosomatic therapy was applied, in which emotional events were recorded. And finally, in the third phase, the Weight Assessment Form was filled out, with only personal data and anthropometric notes.

The results were presented regarding the influence of psychosomatic therapy on nutritional treatment in obesity in the months of September to November 2019.

RESULT OF THE WEIGHT ASSESSMENT FORM

Regarding the result of the weight assessment form, it is clear that of the 26 patients who participated in the research, their initial weight was between 70 and 140 kg, with their nutritional diagnosis before and after losing weight, varying between obesity I, obesity II, obesity III and overweight.

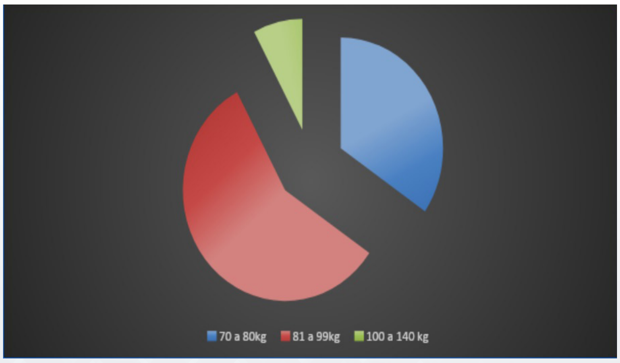
Table 1. Result of the participants' weight assessment form.

Participant 1	84,200	Obesity I	75	9	Overweight
Participant 2	137,800	Obesity III	130	7,800	Obesity III
Participant 3	90,450	Obesity I	83	7,450	Obesity I
Participant 4	92	Obesity II	85	7	Overweight
Participant 5	88	Obesity II	81	7	Obesity I
Participant 6	91,900	Obesity II	85	6,900	Obesity I
Participant 7	96,650	Obesity III	90	6,650	Obesity II
Participant 8	93,500	Obesity I	87	6,500	Overweight
Participant 9	107,200	Obesity II	101	6,200	Obesity II
Participant 10	78	Obesity II	72	6	Overweight
Participant 11	86	Obesity I	80	6	Overweight
Participant 12	86	Overweight	80	6	Overweight
Participant 13	73,900	Obesity I	68	5,900	Overweight
Participant 14	70,500	Overweight	65	5,500	Overweight
Participant 15	96	Obesity II	91	5	Obesity I
Participant 16	76,900	Overweight	72	4,900	Overweight
Participant 17	73,900	Overweight	70	3,900	Normal
Participant 18	98,600	Obesity I	95	3,600	Overweight
Participant 19	80	Obesity I	77	3	Obesity I
Participant 20	92,500	Obesity II	90	2,500	Obesity I
Participant 21	80,500	Overweight	78,650	1,850	Overweight
Participant 22	70,850	Overweight	70,700	0.00	Overweight
Participant 23	78,500	Obesity I	79,400	+ 1	Obesity I
Participant 24	91,400	Obesity I	91,500	0.00	Obesity I
Participant 25	82,650	Obesity II	82,650	0.00	Obesity II
Participant 26	87,400	Obesity II	90	+ 2,600	Obesity II

Source: Central Basic Unit of the Health Department of the city of Buritis, 2019

The results of each stage will be presented below. In graph 1 below, the initial weight of the participants was analyzed.

Graph 1. Participants' initial weight.



Source: Author, 2020.

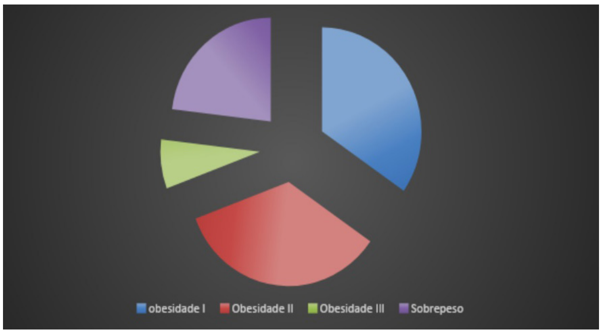
It can be seen that according to the data in table 1, bringing together all the data collected on the initial weight, it was found that 58% of the participants weighed between 81 and 99 kg. Soon after, 34% of the participants weighed between 70 and 80 kg and finally, 8% of the participants weighed between 100 and 140 kg.

It is known that overweight and obesity have been increasing in a worrying way in terms of public health in Brazil. Therefore, excess weight is a current problem in the population, and weight loss has been a common concern in the population in different age groups (ALMEIDA et al. , 2009).

Adherence to proposed changes has been regarding eating practices to lose excess weight, which has been low in scientific studies.

Finally, excess weight has occurred when a person has a large body weight and is oriented towards their height, the importance of which weight should be body composition, that is, objectively greater than the person when they become thinner and stronger.

Graph 2. Nutritional diagnosis (initial weight).

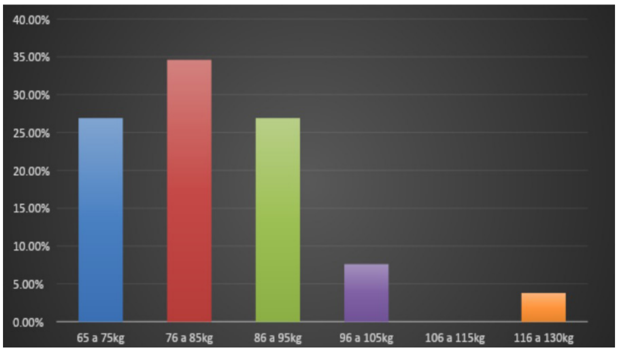


Source: Author, 2020

According to the total sum of table 1, regarding the nutritional diagnosis regarding initial weight, graph 2 shows the following result: 35% had obesity I and II, 23% patients were diagnosed with overweight and 7% of these were obesity III.

It is known that the analysis of the nutritional diagnosis of the patients studied was characterized by the prevalence of obesity according to BMI. Nutritional assessment has been extremely important to previously diagnose the condition, instituting appropriate nutritional therapy to improve their quality of life, which is important in terms of multidisciplinary action in patient care (FERRAZ, VIRIATO, MOURA, 2013).

Graph 3. Final weight of participants.



Source: Author, 2020

According to table 1, regarding the final weight of the participants, the graph above describes that 35% of these were around 76 to 85 kg, 27% were around 65 to 75 kg and 86 to 95 kg. Thirdly, 7% of participants weighed around 96 to 105kg. And only 4% weighed between 116 and 130 kg.

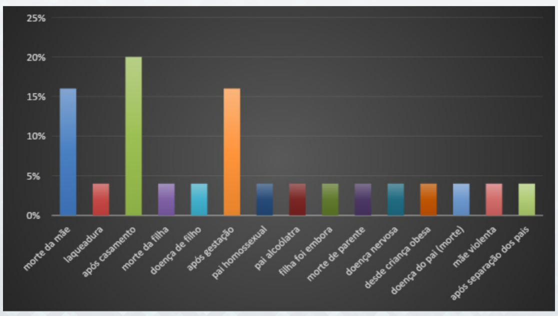
RESULTSTOIDENTIFYEMOTIONAL FACTORS CAUSING OBESITY

It is known that people eat not only because they need to nourish themselves and/or when they are hungry, but it is seen that food also brings emotional meaning, due to the effect it brings of stimulation or relaxation, which is socialized in the representation and proportion to who consumes it, thus bringing triggers that cause obesity and the associated disease to occur.

In this sense, below the participants bring two trigger points, bringing diseases that are associated with obesity and also the intestinal assessment of each patient.

Below are the results of each stage. The graph below analyzed the first trigger point to identify emotional factors causing obesity.

Graph 4. First trigger point to identify emotional factors causing obesity.

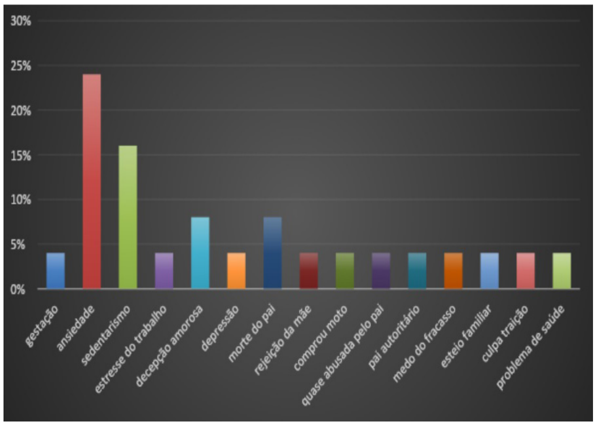


Source: Author, 2020

The graph above discusses the first trigger point to identify the emotional factors that caused obesity in patients, and it was noticed that 20% of these responded that it was after marriage, followed by 16% with the death of the mother and after pregnancy , coming 4% in the remaining results as mentioned above.

Thus, it was observed that obesity has varied causes, interacting with social, genetic, behavioral and even cultural factors. It is seen that the abuse of caloric intake and sedentary lifestyle have caused excessive calories (BRASIL, 2006).

Graph 5. Second trigger point to identify the emotional factors causing obesity.

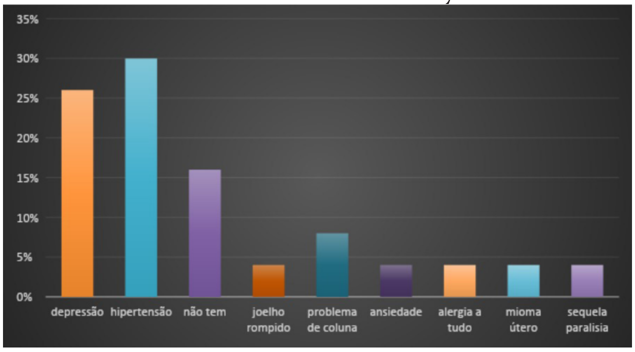


Source: Author, 2020

The second trigger point, which was identified as emotional factors causing obesity, found that 24% were due to anxiety, followed by 16% due to a sedentary lifestyle and 8% were due to the death of the father and disappointment in love. .

In the words of Mendonça and Anjos (2004), it is considered that when other factors are associated with excessive weight gain, there must be changes at certain moments in life, such as marriage, widowhood, separation and other factors, as well as situations of violence, psychological factors, such as stress, anxiety, depression and binge eating.

Graph 6. Associated disease to identify emotional factors that cause obesity.

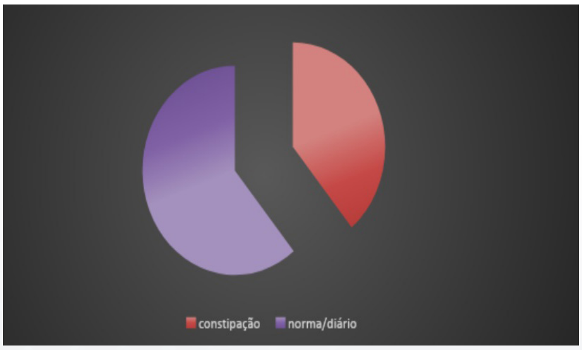


Source: Author, 2020

The graph above discusses associated disease to identify emotional factors causing obesity, and it was noticed that the participants responded that 30% is due to hypertension, 26% is due to depression, 16% has no associated disease and 8% is due to back trouble.

Silva et al (2006) described that there are changes in body image which cause weight gain, thus producing a decrease in self-image and even a devaluation of psychological self-concept, which consequently may result in symptoms of depression and anxiety, reducing the feeling of well-being and increased feeling of social inadequacy which can be consequently related to performance degradation.

Graph 7. Intestinal assessment when emotional factors causing obesity are identified.



Source: Author, 2020

According to graph 7, patients responded regarding intestinal assessment when the emotional factors causing obesity are identified, and 61% said it has been normal/daily and only 39% responded that they have constipation.

Coutinho and Benchimol (2006) discuss the search for explanations when it comes to the accelerated growth of obesity in populations, which has highlighted the modernization of societies, thus causing food supply combined with the improvement of forms of work due to mechanization and automation. of activities.

It is seen that the way of living has changed the economy of energy expenditure at work and also in life activities, which has been associated with a greater supply of food, whose obesity has been called "disease of civilization" or "New World syndrome" (MANCINI, 2001).

RESULTS OF CHANGES IN PATIENTS' EATING HABITS

The goals of behavioral therapy are to help patients improve their eating habits.

To establish a plan to change patients' eating habits, behavioral changes are also necessary. This requires each patient to monitor their own eating behavior by recording the type of food they are used to eating, the places where these foods are consumed, the frequency with which the foods are consumed and the emotional condition at the time of consuming these foods.

By analyzing these records, patients are able to identify problems that can be corrected, particularly with regard to places and times of the day that facilitate greater food or calorie intake.

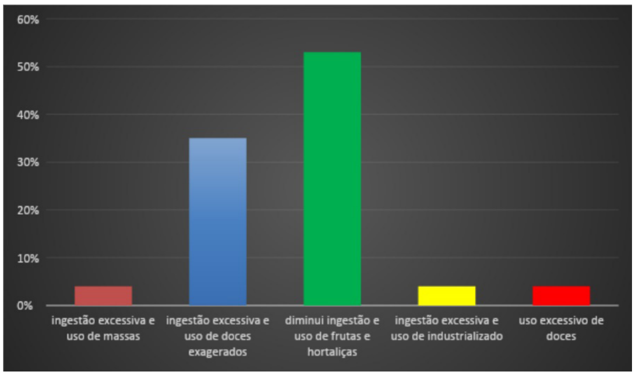
Graph 8. Changes in patients' eating habits.

Source: Author, 2020

According to graph 8, regarding changes in patients' eating habits, 54% of them responded that it has been adequate. That is, to lose weight, they used healthy foods. And 46% had inadequate eating habits, that is, they did not eat properly, probably not achieving the necessary weight loss.

In the words of Almeida et al. , (2009), the healthy eating index constitutes a measure of diet quality through an assessment system of 12 components (nine food groups and total content of saturated fat, sodium and energy from solid fat, alcoholic beverages and sugars) in accordance with American dietary recommendations. This index has been considered an instrument with broad potential for use in nutritional epidemiology, useful for describing and monitoring the population's dietary pattern and for evaluating interventions carried out.

Graph 9. Details regarding changes in patients' eating habits.



Source: Author, 2020

Regarding the details of the changes in the patients' eating habits, 53% of the patients responded that they reduced their intake and use of fruits and vegetables, 35% responded that they had excessive intake and use of excessive sweets. And the remaining 4% was due to excessive intake and use of pasta, excessive intake and use of processed foods and excessive use of sweets.

According to Sharovsky et al. (2004) described that adherence to proposed changes, especially with regard to eating practices for losing - even if timidly - excess weight, has been very low.

The change in lifestyle habits and, consequently, in dietary issues should not come from a process of standardization, much less from blaming the individual, as the changes are not restricted only to changes in food consumption and physical activity, but have an influence about the entire constellation of meanings linked to eating, the body and living (BUENO et al. , 2011).

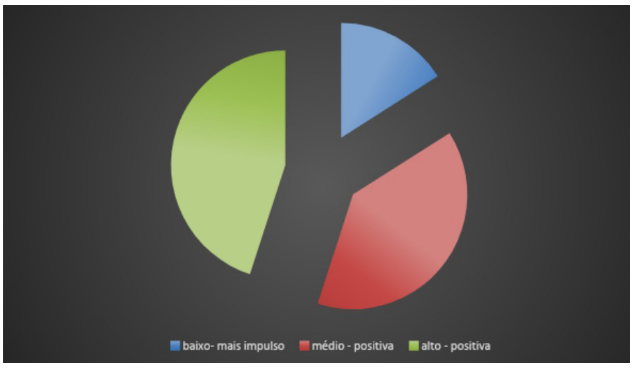
Food education plays an important role in relation to the process of transformation, recovery and promotion of healthy eating habits, as it can provide knowledge necessary for self-decision making, forming attitudes, habits and healthy and varied eating practices (BUENO et al. , 2011).

EMOTIONAL RESULT OF PSYCHOSOMATIC THERAPY

Three levels were considered, high, medium and low, as results indicated by patients regarding psychosomatic therapy, thus influencing the presence of psychosomatic symptoms.

Below is a graph that will better demonstrate the emotional results of patients regarding psychosomatic therapy.

Graph 10. Emotional result of psychosomatic therapy.



Source: Author, 2020

And the last graph, regarding the emotional result of psychosomatic therapy, it was noticed that 45% of the patients were highly positive, that is, they noticed major emotional changes. 39% had a positive average, and 16% had a low plus impulse, that is, many of them were unable to lose weight due to their emotional impulses.

In the words of Viana et al. (2013), there are few effective therapeutic measures for the treatment of overweight and obesity, with treatments such as diets, medications and lifestyle modifications producing modest reductions in body weight, although with an important impact on the individual's health.

COMPARE THE RESULTS OF APPLYING PSYCHOSOMATIC THERAPY WITH NUTRITIONAL THERAPY

According to the table below, it was found that the application of psychosomatic therapy together with nutrition was significant. Of the 26 patients, they performed well in terms of weight loss.

Table 2. Total loss and gain weight.

Participant 1	84,200	75	9	High - Positive
Participant 2	137,800	130	7,800	Low
Participant 3	90,450	83	7,450	Medium – Positive
Participant 4	92	85	7	Low- more boost.
Participant 5	88	81	7	High - Positive, s
Participant 6	91,900	85	6,900	Medium – Positive
Participant 7	96,650	90	6,650	High – Positive
Participant 8	93,500	87	6,500	Low- more boost.
Participant 9	107,200	101	6,200	Medium – Positive
Participant 10	78	72	6	Medium – Positive
Participant 11	86	80	6	High - Positive
Participant 12	86	80	6	Medium – Positive
Participant 13	73,900	68	5,900	Medium – Positive
Participant 14	70,500	65	5,500	High – Positive
Participant 15	96	91	5	Medium – Positive
Participant 16	76,900	72	4,900	Medium – Positive
Participant 17	73,900	70	3,900	High – Positive
Participant 18	98,600	95	3,600	Medium positive
Participant 19	80	77	3	High - Positive,
Participant 20	92,500	90	2,500	Low- more boost.
Participant 21	80,500	78,650	1,850	Medium – Positive
Participant 22	70,850	70,700	0.00	Low- more boost.
Participant 23	78,500	79,400	+ 1	High - Positive
Participant 24	91,400	91,500	0.00	Medium – Positive
Participant 25	82,650	82,650	0.00	High – Positive
Participant 26	87,400	90	+ 2,600	Low- more boost.

Source: Central Basic Unit of the Health Department of the city of Buritis, 2019

Of the 26 participants, the results were compared, and the majority of patients lost weight between 1 and 9 kg, in total, during the treatment for obesity, with the help of psychosomatic therapy. Thus, the more weight lost, the better the patients' emotions, resulting in positive results.

Patients 1 to 15 lost weight between 5 and 9 kg, with the majority being high and medium positive.

The majority had a positive high and average, with confidence and improved self-esteem, even if they did not feel motivated to practice physical activity and healthy eating habits, but noticed an improvement in depression, which is an important point for psychosomatic therapy.

Only two patients (23 and 26) had weight gain between 1 kg and over 2 kg, these being highly positive, feeling confidence and self-esteem, motivated to practice physical activity and have healthy habits.

CONCLUSION

The research aimed to investigate the influence and relationship of psychosomatic therapy in nutritional treatment in obesity as one of the determining factors for therapeutic intervention, as it was evident that emotional factors influence the onset and/or maintenance of obesity, bringing the symptom and causes that must be sought in terms of the subject's unconscious motivations.

It was possible to conclude that the objectives were achieved, since the influence of psychosomatic therapy on nutritional treatment in obesity was one of the determining factors for the therapeutic intervention, and the results were successfully obtained.

Obesity has been a challenge not only in the area of mental therapy but also in other areas of human knowledge. Thus, it is recommended that the importance of understanding the psychodynamics of obesity has been of paramount importance for psychological treatment and the participation of psychologists in multidisciplinary teams that provide services and care to obese people in the most diverse contexts.

That other Basic Health Units use the same program. That Nutrition practices add new psychosomatic therapies to the obesity treatment program.

Finally, we recommend that new studies associating psychosomatic therapies with obesity reduction be carried out to prove their effectiveness and for the benefit of the obese population.

REFERENCES

ABESO: BRAZILIAN ASSOCIATION FOR THE STUDY OF OBESITY. Available at: < http://www.abeso.org.br >. Accessed on: 20 Aug. 2018.

ACUÑA, Kátia.; CRUZ, Thomaz. Assessment of the nutritional status of adults and elderly people and the nutritional status of the Brazilian population. Arq Bras Endocrinol Metab . - v. 48, n. 3 - São Paulo – June, 2004. Available at https://doi.org/10.1590/S0004-27302004000300004 . Accessed on 20 Jan. 2020.

ALMEIDA, Jussara C. de. (et al.) Systematic review of weight loss diets: role of dietary components. Arq Bras Endocrinol Metab .; v . 53, n.5, 2009. Available at http://www.scielo.br/pdf/abem/v53n5/20.pdf . Accessed on 20 Jan. 2020.

ALMEIDA, Sebastião Sousa; ZANATTA, Daniela Peroco; REZENDE, Fabiana Faria. Body image, anxiety and depression in obese patients undergoing bariatric surgery. Psychology Studies Magazine , v. 17, n.1, p. 153-160.janeiro-abril/, 2012.

ÁVILA, Lazslo Antonio. The body, subjectivity and psychosomatics. Psychoanalytic time. vol.44 no.1 Rio de Janeiro jun. 2012. Available at http://pepsic.bvsalud.org/scielo.php?script=sci_arttext&pid=S0101-48382012000100004 . Accessed on 20 Jan. 2020.

BERNARDI, F.; CICHELERO, C.; VITOLO, MR Food restriction behavior and obesity. Rev. Nutr . v.18, n.1, Campinas Jan./Feb. 2005. Available https://doi.org/10.1590/S1415-52732005000100008

BRAZIL. Ministry of health. Epidemiology: relevance of the problem and concept and classification. Brasília-DF: MS; 2006. p.16-26. Basic Care Notebooks n.º12. Series A. Standards and Technical Manuals.

BUENO, Júlia Macedo (et al.) Food education in obesity: adherence and anthropometric results. Rev. Nutr. v.24 n.4 Campinas July/Aug. 2011

COUTINHO, WF, BENCHIMOL,AK Morbid obesity and associated conditions. In: Garrido Junior AB, Ferraz EM, Barroso FL, Marchesini JB, Szego T. Obesity surgery . São Paulo: Atheneu; 2006. p.13-7.

DIAS, PC. et al. Obesity and public policies: concepts and strategies adopted by the Brazilian government. Public Health Cad .; v. 33, n.7; e00006016. 2017.

DONATO, A., et al. Obesity. In SR Busse (Org.), Anorexia, Bulimia and Obesity , pp.: 329-361. Barueri: Manole. 2004.

FERRAZ, LF; VIRIATO, A.; MOURA, A. Analysis of the nutritional diagnosis of patients undergoing hospital infectious disease care. The World of Health , São Paulo – v. 37, no. 3, p.:253-258. 2013.

LUZ, Felipe Quinto da; OLIVEIRA, Margareth da Silva. Cognitive-behavioral therapy for obesity: a review of the literature. Aletheia [online]. n.40, pp. 159-173. 2013.ISSN 1413-0394.

MADEIRA, Maria Ormy Moraes.; COUTINHO JORGE, Marco Antonio. The Enchanter of It – a return to Groddeck. Rev. Latinoam. Psychopath. Fund., São Paulo, 22(2), 238-253, jun. 2019. http://dx.doi.org/10.1590/1415-4714.2018v22n2p238.5

MANCINI MC. Diagnostic obstacles and therapeutic challenges in obese patients. Arq Bras Endocrinol Metab .; v. 45, no. 6, p.:584-606. 2001.

MANCINI, MC.; HALPERN, A. Pharmacological Treatment of Obesity. Arq Bras Endocrinol Metab v.46 n.5 São Paulo Oct. 2002. Available at: https://doi.org/10.1590/S0004-27302002000500003

MARCELINO, FM.; PATRÍCIO, ZM. The complexity of obesity and the process of living after bariatric surgery: a public health issue. Collective health science v.16 n.12 Rio de Janeiro Dec. 2011. Available at: https://doi.org/10.1590/S1413-81232011001300025 . accessed on Feb 9th. 2020

MENDONÇA CP, ANJOS LA. Aspects of eating practices and physical activity as determinants of the growth of overweight/obesity in Brazil. Cad Public Health .; v.2, n. 3, p.:698-709. 2004.

MINAYO, Maria Cecília de Souza. Qualitative analysis : theory, steps and reliability. Collective health science [online]. 2012, vol.17, n.3, pp.621-626.

MINISTRY OF HEALTH, Natural health – obesity and nutrition. 1993. Available at: http://www.geocities.com/curi_br/obesidade.html (accessed on 09 Feb. 2020)

SANTOS, Lucas Nápoli dos.; MARTINS, André . The originality of Georg Groddeck's work and some of his contributions to the field of health . Interface (Botucatu) vol.17 no.44 Botucatu Jan./Mar. 2013. Available at https://doi.org/10.1590/S1414-32832013000100002

SEGAL, A., &FANDIÑO, J. Indications and contraindications for performing bariatric operations. Brazilian Journal of Psychiatry, v.24, p.: 68-72. 2002.

SHAROVSKY, LL, et al .. Group psychotherapy in patients with metabolic syndrome. Rev Soc Cardio Estado de São Paulo; v. 14, no. 4, p.:646-651, 2004.

SILVA, MP, et al. Obesity and quality of life. Acta Méd Port. ; v. 19, p.:247-50. 2006

SOUZA, MD G. (et al.) Prevalence of obesity and metabolic syndrome in park visitors. ABCD, arch. bras. cir. dig . v.28 supl.1 São Paulo 2015. Available at: https://doi.org/10.1590/S0102-6720201500S100010 . Accessed on 20 Jan. 2020.

VIANA, Luciana Verçoza (et al.). Factors determining weight loss in adults undergoing diet therapy interventions. Arq Bras Endocrinol Metab ., v. 57, n.9, 2013. Available at http://www.scielo.br/pdf/abem/v57n9/a07v57n9.pdf . Accessed on 20 Jan. 2020.

Virtual Submission

Articles accepted for publication in the IJEResearch – International Journal of Education and Research, must be unpublished and follow the structure described below.

Whoever makes the submission must be the main author or have a power of attorney for this act.

Author and co-authors (first and last name in full + e-mail and telephone number).

To have the article submitted, payment of US$35 is required.

Structure:

1. The text must have a minimum of 10 and no more than 25 pages, A4 format (including bibliography and explanatory notes). typed in Arial or Times New Roman 12 for body text, 1.5 spacing between lines.
2. All manuscripts must be accompanied by an abstract (maximum of 200 words), 5 keywords, abstract, 5 key words (preceding the text).
3. The title must be in Arial or Times New Roman 14, centered. Subheads: Don't start a new page with every subhead; titles are graphically differentiated between sections of different hierarchy and the same when of the same hierarchy; must follow a sequential numbering.
4. The manuscript must be composed of: abstract, abstract in Portuguese, introduction, development, conclusion and references.
5. For emphasis or emphasis, double quotation marks must be used;
6. Italics for titles of works, words or expressions in other languages cited in the text.
7. When a reference has up to three authors, all authors must be indicated. When you have more than three authors, indicate only the first author followed by the expression et al.
8. Footnotes should be restricted as much as possible.
9. References must be presented at the end of the text, before the explanatory notes, in compliance with ABNT standards (NBR-6023). The article cannot exceed the limit of 25 references.
10. Electronic file reference: authorship, title, source (if published). Available at: URL. Accessed in: day, month and year.
11. The illustrations (figures, graphs, table, etc.) must have the necessary quality for a good graphic reproduction (300Kb). The image file format must be JPG or PNG. At images must be identified, with title or caption and source, designated, in the text, in abbreviated form, as a figure (Fig. 1, Fig. 2 etc.).
12. All works sent for publication will be submitted to the appreciation of the Editorial Boards, which have full authority to decide on the convenience or not of their publication, and may suggest changes.
13. Disregard of the rules will imply non-acceptance of the text.
14. The approval of a work does not imply its publication in the number immediately following it.
15. Calls will be made to special or commemorative numbers.

Submission conditions

As part of the submission process, authors are required to verify the submission's compliance with all of the items listed below. Submissions that do not comply with the rules will be returned to the authors.

1. The contribution is original and unpublished, and is not being evaluated for publication by another

journal; otherwise, it must be justified in “Comments to the Editor”.
2. Files for submission are in Microsoft Word, OpenOffice or RTF format (as long as they do not exceed 2MB).
3. URLs for references should be provided when necessary.
4. The text is in 1.5 spacing; uses a font of 12 (Arial or Times New Roman); figures and tables are included in the text, not at the end of the document, as attachments.

Copyright Statement

Privacy Policy

The names and addresses given in this magazine will be used exclusively for the services provided by this publication and will not be made available for other purposes.

ISSN 2764-9733

THIRST

Av. Pastor Martin Luther King Júnior,
126 (Torre 2000 Sala 104)
Del Castilho
Rio de Janeiro - RJ - Brasil
CEP 20765-971
TEL: +55 (21) 3490-5511

iJERESEARCH.ORG