

**107 - HUMOR AND SPORTS PERFORMANCE IN PRACTITIONERS OF AMATEUR FOOTBALL**

TAMIZA DOS SANTOS MAMEDE;  
MARCOS ANTONIO MEDEIROS DO NASCIMENTO  
Faculdades Integradas de Patos  
Patos – PB – Brasil  
[kmarcosk@ig.com.br](mailto:kmarcosk@ig.com.br)

doi:10.16887/86.a1.107

**INTRODUCTION**

The athlete's behavior in the game much influence on your performance, which is directly linked to emotional issues. Humor is one of the aspects that most affect this behavior, emotional balance is of great importance to high-level athletes (Böhme, ST, 2008).

Some authors indicate that, when considering the performance levels, there are indications of the relationship of psychological characteristics with athletic performance, professional and amateur, with emotions interfere with learning and motor performance.

Delimits the profile of mood from theoretical and methodological emplacements, from initial studies in population of non-athletes in different variables or categories, fatigue, vigor, tension, confusion, anger, depression and kindness.

Football is one of the most popular sports and practiced in the world. Born in England, but Brazil was chosen to be called "Brazil, the country of football." Football in Brazil before, it was only practiced by men of high society, only after the poorer classes could practice football. (Guterman, M., 2013).

According to Curi, M., (2014) amateur football, known in São Paulo by "floodplain football" for the lower class players who had no access to clubs playing in the floodplains of rivers. The structural dimension is similar between amateur football and professional football, in general, those groups of amateur soccer players incorporate the terms and organizational models of professional football (DUARTE PEPPER, R.; LOPES, S., 2009).

The game dynamics follows the model rules of professional football, being distinguished by their adaptations and situations of amateur football (GRECO, PJ MATTIA, M., 1996).

The rules will impact on the dynamics of the game, but with the conduct of amateur players will help to keep the balance between tension and pleasure inherent in amateur football match (AZEVEDO DE OLIVEIRA MAGALHAES FILHO, P.; OAK, AP, 2003).

An example to be cited cases of athletes who can not have the same performance from training in an official competition in which psychological factors that negatively influence the athlete's performance (JUSTUS, FLÁVIA BRENNER Focaccia, 2010).

Thus, the psychological variables have been representative in various areas of performance sport. Anxiety is one of the variables that has been extensively investigated by researchers of Sports Psychology and sports performance depends on how the athlete interprets the factors that influence it. The athlete can the answer be both negative and positive, depending on the threat of conception, fear, worry or a positive reaction, desirable to the competition process (BRANDÃO, 2002).

The sports training is an activity that seeks to improve the performance of athletes, where athletes suffer during the training morphological, metabolic and functional changes which allows as a consequence of the results of competitions (NAKAMURA et al., 2010).

The environment developed for the sport, it can affect your performance because often generates changes in the psychological aspects of the athlete. According Samulski (2009) states that the moment of pre competition can generate a psychic overload in the athlete that is characterized by anxiety and pre competitive stress generated by the psychological state of the athlete.

The motivation for the game has a key role in the performance of athletes in the game. The motivation and well-being of athletes directly influence the performance, thus contributing to the action of players through the impulses that lead people to act a certain way to achieve a certain goal (MAGIL, 1984).

Mood states in sport and feelings, emotions, affections and humor are the four elements that make up the emotional life of human beings and provide joy with harmony throughout our life in society (VIEIRA et al., 2008).

The mood is set with a range of feelings, joys, sorrows, depending on the individual in nature, varies in duration and intensity, in most cases, involves more than an emotion (LANE; TERRY, 2000) and the psychological factor It is important for any sporting competition, as the athlete may feel insecure and suffer changes in mood and consequently present a yield lower than expected result (BECKER JUNIOR; SAMULSKI, 1998).

According to Becker Junior; Samulski (1998) any problems that occur, both the cognitive level and emotional level, will have consequences in the athlete's behavior. Some investigations have tried to clarify the relationship between mood and performance of athletes (LEUNES; Burger, 1998; LEUNES, 2000).

The elements that led to that confusion in Sport Psychology literature would be the non-existence, of course, about understanding the mood \* (COX, 1998; RENGER., 1993; ROWLEY et al, 1995; TERRY, 1995; VANDEN AUWEELE et al . 1993), the uncertainty of the methods used and the lack of studies proving the relationship of humor with sports performance. (TERRY, 1995; LANE, TERRY, 2000).

Regardless of the physical and technical preparation of athletes, psychological factors can interfere with the performance, noting that the well prepared athlete physically and can technically be less impacted psychological factor for is more confident of itself (DE ROSI JUNIOR et al., 2004).

To predict the performance of amateur athletes, assessing the mood proved to be effective. The profile of mood states - POMS (profile of mood states) one of the tools used to assess emotional states, developed in 1971 by McNair et al. The assessment tool of humor contains 65 items and measures six factors of humor: stress, anger, depression, fatigue, mental confusion and vigor.

Fatigue is due to the physical and mental fatigue of athletes and the force is characterized by feelings of excitement and physical energy (TERRY AND COLS, 1999).

Football is a sport regulated by the International Football Federation (FIFA), which was founded in Paris in 1904, which is responsible for directing major international championships and publish the rules of the game. These characteristics

express the popularity of the sport in the world, in Brazil, before, it was only practiced by men of high society, only after the poorer classes could practice football (BRUNORO AND AFIF, 1997).

In the football context, players are exposed to a high number of stressors aspects that influence their good performance as a player in the field, as in sports career. According Samulski and Chagas (1992) within the context of football there is a diversity of internal and external stress factors that can destabilize the athlete psychologically and physically during the game. In the early nineteenth century, within the universities of England, a variety of games have been spreading and shaping the football we know today. A progressive process for the development of football, where they were established basic rules that allowed football to be played in various locations around the world.

The soccer practice will both play in a playful game to the highest level of professionalism, thus becoming widely professional sports. Brazil has an outstanding position in the global soccer scene, renowned for its technical quality of their players, when many players were exported.

## MATERIALS AND METHODS

### Characterization Research

This is a descriptive study aims to observe, analyze and record the phenomena. This type of research, there is no interference of the researcher. Which just looking perceive and analyze carefully how often the result happen (THOMAS, NELSON and SILVERMAN, 2007).

### Population and Sample

The sample consisted of 30 adult men practicing amateur football, which included: individuals soccer players with over a year of practice.

### Variables and Instruments

Applied a known and validated instrument to assess the mood of the players before and after the match. This instrument is Profile of mood States (POMS).

### Procedures for data collection

Mood levels were measured by the questionnaire POHMS, a questionnaire containing 65 items to check force as a positive factor of humor, and as negative factors, stress, anger, fatigue, depression and mental confusion. Players were addressed 15 minutes before the game begins, to present themselves as volunteers, participated in a meeting with investigators, in which they informed the objectives and methodological procedures of the study. Following this authorization, aware that they are participating voluntarily and be no consequence for not participating, players were informed of all the procedures to administer the questionnaire.

### Ethical aspects

After the clarifications and procedures of the study, subjects were asked to sign the consent form. - IC (Appendix A), according to the norms of Resolution 466/12 of the National Health Council Submission approved by the Ethics in Research Committee (CEP) no son CAAE: 42777415.9.0000.5181

## RESULTS

According to data collection conducted in this study, the variable displays the POMHS questionnaire related to voltage presented 29% in the state "a little", 14% "moderate" state, 13% in the "pretty" in the state "great deal" 4%, and in the "nothing" had a higher percentage being 39%.

The variable presented in the questionnaire related to depression presented a very significant result of 89% in the state evaluated for "nothing", ie the level of depression of individuals was very little. In the variable presented as anger, showed a significant result of 65% in the state evaluated for "nothing", which presents the anger level of individuals is low, which showed only 19% to the state considered "a little" 11% in the "moderate", 6% to the state considered "enough."

For the variable force which is used to denote evaluation of the mood of individuals achieved a significant result in which has 39% in the "quite" as is "greatly" and "moderate" showed similar results of 20%, showing that the level of force is favorable to individuals.

The variable presented with fatigue, showed a significant result of 67% in the "nothing", with a favorable outcome in terms of fatigue, thus demonstrating that the fatigue of the subjects showed that individuals are "nothing" fatigued. And in the variable called to assess the Confusion level of individuals, it showed a significant result in the state evaluated for "nothing" being 55%, 13% in the state "a little", 8% in the "moderately" by 18% state called "Enough" and 6% in the state of "very much".

The graph below (01) shows the results collected under the POMS questionnaire, which was used by the researcher to assess the levels of humor, answered before departure of amateur football.



Graph 1 - results collected under the POMS questionnaire to evaluate the level of humor.

## DISCUSSION

According to Anderson WS, Daniel SR, Danielle BA, 2008, due study presented entitled "Transient State basketball players of humor," got meant to examine the transient moods in basketball players of Mines indoor games, where 10 athletes were selected adult male between 18 to 27 years old. It is worth mentioning that the mood force, termed as positive factor of humor, had a decrease after the first game held. And the states of depression, anger and fatigue, known as negative factors the

mood increased after the first game, high prevailing levels of fatigue early in the second game. Contrary to the study so measured herein, identified the level considered negative mood had no significant relationship to the study discussed herein, presented in this study that the positive mood is higher levels compared to the levels of negative mood.

Gleivinilson dos Santos, in 2008, assessed the "List of transient moods with the performance on the field of football competition of the city of Pouso Alegre / MG", which aimed to study identify the emotions presented in the field of football athletes during competitions in football athletes practicing in the city of Pouso Alegre aged between 16 and 24, checking the status of predominant mood before and after the games, thus showing similarity to the study presented here. Where obtained a result of significant increase in negative mood states in the first game and prevailing high in the second game, even after the victory, since the state of positive mood force increased in both phases of the competition. Tension had some significant results in both games, with an increase only in the pre-match point in the second set got an increase in stress levels. Contrary to the study quoted here, which demonstrated the negative mood of the low amateur soccer practitioners, thus favoring the mood as positive "force" that was at a high level of percentage.

To Idamélia ORM, Mario AMS, Franco N., 2007, which made their research on the "Using the POMS in monitoring mood states before the competitions in different athletics events," aimed to study, measure states mood of the athletes in the moments before they compete in the tests of athletics, with participating in the study a total of 103 athletes from several athletics events, including 60 males and 43 females. Where presented a result of inverted iceberg, and the voltage factor that is considered a negative variable was showed the most critical, in which the force level was below the average level expected in the study, with higher values in the dimension, voltage, depression and confusion. In the article aimed to study the "relations between the states of mood and athletic performance of high-level sailors," studied by Ricardo B., Maick SV, Luciana S., et AL 2011. The objective was to study the levels of humor high-level sailors. Thus contradicting the study here today, this shows the levels of tension and anger as negative factors for the performance of amateur soccer players.

According to Luiz Escobar and Adriana Lacerda, 2010, which was titled article "Identification and characterization of moods athletes of Rio's selection of beach soccer in the Brazilian championship," the objective of the study aimed to identify the moods predominantly 12 athletes of beach soccer, aged individuals 21 and 43 years. This contributing to the results of the research study cited here, where he obtained no significant differences in the variables of humor as negative.

## CONCLUSION

In conclusion the results of this study no significant difference between the variables of humor as negative and positive, showing of relevance other expectations of the result expected by the researcher, where individuals over 40 years of age showed significant results in the survey, showing a results beneficial to the practice of amateur soccer and other sports practices to be amateur, in which the level of humor of these practitioners are not affected by your performance in the game, analyzing the players of amateur football had positive results for practice and, compared to mood these players at this age-old prevailed here in the study. It is therefore evident the importance of sport to these aspects.

## REFERENCES

- \*VANDENAUWELEY, DECUYPER B., RZEWNICKI R. Elite performance and personality: from description and prediction o diagnosis and in tervention. In: R. Singer; M. Murphy; L.Tennant. (eds), Handbook of researchon sport psycholog. NewYork: Macmillan. 1993.
- AZEVEDO, O. M. F. P.; DE CARVALHO, A. P. A Configuração Organizacional dos Clubes de Futebol do Estado de Pernambuco e a Expansão da Lógica de Mercado, 2003. 130 p. (Pós-graduação em administração) Universidade Federal do Pernambuco, Recife.
- BECKA.T.; CLARK D.A. Anxiety anddepression: an information processing perspective. *Anxiety Research*, n. 01, p. 23-56, 1988.
- BECKER, B. J.; SAMULSKID. Manual de Treinamento Psicológico para o esporte. Rio Grande do Sul: Feevale, 1998.
- BOHME, S. T. M. Relações entre aptidão física, esporte e treinamento esportivo. *Revista Brasileira de Ciência e Movimento* v.11, n.3 p. 91-96, 2008.
- BRANDÃO, M. R. F. Perfil Psicológico: Uma proposta para avaliar atletas. *Revista Brasileira de Ciência e Movimento*, v. 7, n. 2, p. 16-27, 1993.
- BRANDÃO, M. R. F.; BARROS, T.; GUERRA, I. Ciência do futebol. Barueri: Manole, p. 203- 220, 2004.
- BRUNORO, J. C.; AFIFA. Futebol 100% profissional. Editora: Gente, São Paulo, 1997.
- CORRÊA, D. K. A., et al. Excelênci na produtividade: a performance dos jogadores de futebol profissional. *Psicologia: Reflexão e Crítica*, v. 15, n. 2, p. 447-460, 2002.
- CURI, M. Soccer in Brazil: an introduction. *Soccer & Society*, v. 15, n. 1, p. 2-7, 2014.
- DASILVA, M. V. O.; DASILVA, M. B. D.; MARUCCI, F. S. A Influencia Do Futebol Na Cultura E Na Política Da América Do Sul. *Semioses*, v. 6, n. 2, p. 1-12, 2012.
- DE ALMEIDA, R. G. M. Analise da descontinuidade do patrocínio esportivo em clubes de futebol no Brasil, 2009. 145 p. (Dissertação de mestrado em Educação Física) Universidade Federal de Campinas, Campinas.
- DE OLIVEIRA, D. A. M.; SERRA, A. A. P.; RAMOS, M. V. H. Aspectos Gerais Do Treinamento Desportivo. *UNINGÁ Review*, v. 5, n. 1, 2011.
- DE ROSE J. D. O Esporte E A Psicologia Enfoque Profissional Do Esporte. In: RubioK. (Coord.), *Psicologia do esporte: interfaces, pesquisa e intervenção*. São Paulo: Casado Psicólogo, 2000.
- DE ROSE J. D.; SATO, C. T., SELINGARDI, D.; et al. Situações de jogo como fonte e "stresse" em modalidades esportivas coletivas. *Revista Brasileira de Educação Física e Esportes*, v. 8, n. 14, p. 385-395, 2004.
- DUARTE P. R.; LOPES, S. Desvendando o jogo: futebol amador e pelada na cidade e no sertão. 2009. 215 p. (Tese de pós-graduação em Sociologia) Universidade Federal de Pernambuco, Recife.
- GOMES, A. C.; SOUZA, J. Futebol: Treinamento esportivo de alto rendimento. Editora: Artmed, Porto Alegre, 2008.
- GRECO, P. J.; MATTA, M. O processo de ensino-aprendizagem-treinamento da técnica esportiva aplicada ao futebol. *Revista Mineira de Educação Física*, v. 4, n. 2, 1996.
- GUTERMAN, M. O futebol explica o Brasil: uma história da maior expressão popular do país. Editora Contexto, 2013.
- HALL, C. J., LANE, A. M. Effects of rapid weight loss on mood and performance among amateur boxers. *Br J Sports Med*, v. 35, p. 390-395, 2001.
- JUSTUS; FOCACCIA BRENNER. O impacto do estresse no desempenho técnico de atletas profissionais de futebol de campo, 2010. 62 p. (Dissertação para mestrado em Educação Física) Universidade Federal do Paraná, Curitiba.
- LANE, A. M.; TERRY, P. C. The nature of mood: development of a conceptual model with a focus on depression.

- Journal of Applied Sport Psychology. v. 12, p.16-33, 2000.
- LEUNES, A. Up dated bibliography on the profile of mood States in Sport and exercise psychology research. Journal of Applied Sport Psychology. P. 110-113, 2000.
- LEUNES, A.; BURGER, J. Profile of mood states research in sport and exercise psychology: Past, present, and future. Journal of applied sport psychology. V.12, p. 5-15, 2000.
- LIZUKA, CRISTINA AKIKO, et al. Controle da ansiedade em mesa-tenistas e a sua relação com o desempenho esportivo. Revista Mackenzie de educação Física e Esporte, v. 4, n. 4, 2009.
- MACHADO, A. A. Psicologia do esporte: temas emergentes. Jundiaí: Ápice, 1997.
- MAGGIL, R. A. Aprendizagem motora: conceitos e aplicações. São Paulo: Edgard Blucher, 1984.
- MORGAN, W. P. Prediction of performance in athletics. Coach, Athlete and the Sport Psychologist. p. 173-186, 1980.
- Confederação paulista de Handebol. Disponível em <[www.fphand.com.br](http://www.fphand.com.br)> acessado em 10 ago. 2009.
- NASCIMENTO JUNIOR, J. R. A., et al. Análise do estresse psicológico pré-competitivo e estratégias de coping de jovens atletas de futebol de campo. Revista Brasileira de Ciência e Movimento, v. 18, n. 4, p. 45-53, 2010.
- ORTIZ, J.P. História Del fútbol: evolución cultural. Revista digital. Buenos Aires. n. 106, disponível em <<http://www.efedeportes.com>> acessado em março de 2007.
- OURIQUES, N. D.; BARRETO, D. M. Estado, Esporte e Ideología na Venezuela: Hacer deporte es hacer Revolución. Ensaios Alternativos Latino-Americanos de Educação Física, Esportes e Saúde, p. 71, 2010.
- PRAPAVESSIS, H. The POMS and sports performance: A review. Journal of Applied Sport Psychology. v. 12, n. 1, p. 34-48, 2000.
- RENGER, R. Are vie wof the Profile of Mood States in the prediction of athletic success. Journal of Applied Sport Psychology. v. 5, p. 78-84, 1993.
- ROHLFS, I. C. P. M.; CARVALHO, T.; ROTTA, T. M.; KREBS, R. J. Aplicação de instrumentos de Avaliação de estados de humor na detecção da síndrome do excesso de treinamento. Revista Brasileira de Medicina e Esporte. v. 10, p. 111-116, 2004.
- ROHLFS, I. C.; CARVALHO, T.; ROTTA, T. M.; KREBS, R. J. Aplicação de instrumentos de avaliação de estados de humor na detecção da síndrome do excesso de treinamento. Rev Bras Med Esporte, v. 10, n. 2, 2004.
- ROSE JUNIOR, D. A competição como fonte de estresse no esporte. Revista Brasileira de Ciência e Movimento. v.10, n.4, p. 19-26, 2002.
- ROWLEY, A. J.; LANDERS, D. M.; KYLLO, L. B.; ETNIER, J. L. Does the iceberg profile discriminate between success fulandless success fulath letes? A meta- analysis. Journal of Sport and Exercise Psychology. v.16, p. 185-199, 1995.
- SAMULSKI, D. Psicologia do esporte. Barueri: Manole, 2002.
- SAMULSKI, D. Psicologia do esporte: conceitos e novas perspectivas. Barueri: Manole, 2 ed., 2009.
- SAMULSKI, D.; CHAGAS, M. H. Análise do stress psíquico na competição em jogadores de futebol de campo das categorias infantil e juvenil (15-18 anos) Revista Brasileira de Ciência e Movimento. V. 6, p. 12-18, 1992.
- SAMULSKI, D.; NOCE, F. Perfil psicológico de atletas paraolímpicos brasileiros. Rev Bras Med Esporte, v. 8, n. 4, 2002.
- SILVA, P. S. B. D.; FERREIRA, C. E. S. Exercício físico e humor: uma revisão acerca do tema. Educação Física em Revista, v. 5, n. 3, 2011.
- SILVA, R. Z. Processos de aprendizagem e construção psicossocial de uma equipe de alto desempenho em um clube de futebol, 2012.
- SPIELBERGER, C. D. Manual of the State-Trait Anger-Expression inventory. Odessa, FL; Psychological Assessment Resources, 1991.
- TERRY, P. C. The efficacy of mood state profile ngwi the lite performers: Are view and syntheses. Sport Psychologist. v. 9, p. 309-325, 1995.
- TERRY, P. C.; LANE, A. M.; FOGARTY, G. J. Construct validit of de POMS-A for use with a dults. Psychology of Sport and Exercise. v. 4, p. 125-139, 2003.
- VIANA, R., Abola e o verbo: O futebol na crônica brasileira. 1. ed. São Paulo: Summus Editorial, 2013.
- VIEIRA, L. F.; FERNANDES, S. L.; VIEIRA, J. L. J.; VISSOCI, J. R. N. Estado de humor e desempenho motor: Um estudo com atletas de voleibol de alto rendimento. Revista Brasileira. Cineantropometria e Desempenho Humano. v. 10, n.1, p. 62-68, 2008.
- WEINBERG, R. S.; GOULD, D. Fundamentos da psicologia do esporte e do exercício. Editora: Artmed, 2. ed., Porto Alegre, 2001.
- WERNECK, F. Z., BARRA, F. M. G., RIBEIRO, L. C. Efeitos do exercício físico sobre os estados de humor: uma revisão. Rev Bras Psicol Esporte Exer. p. 22-54, 2006.

Rua Francisco Vicente de Araujo, 227  
Jardim Bela Vista – 58.704-560 PATOS – PB - BR

## HUMOR AND SPORTS PERFORMANCE IN PRACTITIONERS OF AMATEUR FOOTBALL ABSTRACT

The aim of this study was to evaluate the moods of amateur footballers. For the research were asked 30 males aged above 40 years, playing amateur football for more than two years in the city of Patos, Paraíba. For data collection was used questionnaire POMS (mood state profile), which contains 42 items, which address the force as a positive factor of humor and as negative factors presents: anger, fatigue, mental confusion, tension, depression. The data were answered on the questionnaire POMS, marking an "X", in which the mood which is the individual, the terms being used for evaluation at all, a little, moderately, and quite a lot. Then it was made the statistical analysis to develop the search result. As a result of the questionnaire, it was analyzed that the levels of force of amateur soccer players had a significant result, thereby contributing to the affirmation that individuals have a positive mood for the amateur football. And the negative factors, stress, anger, depression, mental confusion and fatigue did not show significant results, thus concluding that the moods of the players of amateur football research participants are influenced by the practice of football.

**KEYWORDS:** Amateur football, sports performance, Humor.

**HUMOUR ET PERFORMANCE EN PRATICIENS SPORTS FOOTBALL AMATEUR  
RÉSUMÉ**

Le but de cette étude était d'évaluer l'humeur des footballeurs amateurs. Pour la recherche, on a demandé à 30 hommes âgés de plus de 40 ans, jouant au football amateur depuis plus de deux ans dans la ville de Patos. Pour POMS collecte de données a été utilisé au questionnaire (humeur de profil de l'État), qui contient 42 articles, qui traitent de la force comme un facteur positif de l'humour et de facteurs négatifs Presents: colère, fatigue, confusion mentale, tension, dépression. Les données ont été répondues sur les poms questionnaire, marquant un «X», dans lequel l'état d'esprit qui est l'individu, les termes utilisés pour l'évaluation du tout, un peu, moyennement, et beaucoup. Puis elle a été faite l'analyse statistique pour développer le résultat de recherche. À la suite de l'enquête, il a été analysé que les niveaux de force des joueurs de football amateur avaient un résultat significatif, contribuant ainsi à l'affirmation que les individus ont une humeur positive pour le football amateur. Et les facteurs négatifs, le stress, la colère, la dépression, la confusion mentale et la fatigue ne montrent des résultats significatifs, concluant ainsi que les humeurs des joueurs de participants à la recherche de football amateur sont influencés par la pratique du football.

**MOTS-CLÉS:** le football amateur, performances sportives, humour.

**HUMOR Y RENDIMIENTO DEPORTIVO EN PROFESIONALES DE FÚTBOL AMATEUR  
RESUMEN**

El objetivo de este estudio fue evaluar los estados de ánimo de los futbolistas aficionados. Para la investigación se preguntó a 30 varones de más de 40 años, jugando al fútbol aficionado desde hace más de dos años en la ciudad de Patos, Paraíba. Para POMS se utilizó la recopilación de datos del cuestionario (perfil del estado de ánimo), que contiene 42 artículos, que abordan la fuerza como un factor positivo del humor y como factores negativos Presenta: ira, fatiga, confusión mental, tensión, depresión. Los datos fueron contestadas en el POMS cuestionario, marcando con una "X", en la que el estado de ánimo que es el individuo, los términos que se utiliza para la evaluación en absoluto, un poco, moderadamente, y bastante. Luego se hizo el análisis estadístico para desarrollar el resultado de búsqueda. Como resultado del cuestionario, se analizó que los niveles de fuerza de futbolistas amateurs tuvieron un resultado significativo, contribuyendo así a la afirmación de que los individuos tienen un estado de ánimo positivo para el fútbol amateur. Y los factores negativos, el estrés, la ira, depresión, confusión mental y la fatiga no mostraron resultados significativos, por lo tanto la conclusión de que los estados de ánimo de los jugadores de fútbol participantes en la investigación de aficionados se ven influidos por la práctica de fútbol.

**PALABRAS CLAVES:** fútbol amateur, rendimiento deportivo, Humor.

**O HUMOR E DESEMPENHO ESPORTIVO EM PRATICANTES DO FUTEBOL AMADOR  
RESUMO**

O objetivo desse estudo foi analisar os estados de humor de jogadores de futebol amador. Para a realização da pesquisa foram questionados 30 indivíduos do sexo masculino com idade de 40 anos acima, que jogam futebol amador a mais de dois anos na cidade de Patos, Paraíba. Para a coleta de dados foi utilizado o questionário de POMS (Perfil de estado de humor), que contém 42 itens, que abordam o vigor como fator positivo de humor e como fatores negativo apresenta: Raiva, Fadiga, Confusão mental, Tensão, depressão. Os dados foram respondidos sobre o questionário de POMS, assim marcando com um "X", em qual o estado de humor que se encontra o indivíduo, sendo usados os termos para avaliação, nada, um pouco, moderadamente, bastante e muitíssimo. Em seguida foi feita as análises estatísticas para desenvolver o resultado da pesquisa. Como resultado do questionário, analisou-se que, os níveis de vigor dos praticantes de futebol amador teve um resultado significativo, contribuindo assim para a afirmação que os indivíduos apresentam um humor positivo para o futebol amador. E os fatores negativos, tensão, raiva, depressão, confusão mental e fadiga, não apresentaram resultado significativo, assim concluindo que os estados de humor dos jogadores de futebol amador participantes da pesquisa são influenciados pela prática do futebol.

**PALAVRAS-CHAVE:** Futebol amador, Desempenho esportivo, Humor.