

**THE RELATIONSHIP BETWEEN SPORT AND VIOLENCE:  
HOW SPORTS PRACTICE CAN BE USED AS A TOOL TO PREVENT VIOLENCE, AND HOW  
PHYSICAL EDUCATION TEACHERS CAN HELP CREATE A SAFE AND PEACEFUL SCHOOL  
ENVIRONMENT**

**A RELAÇÃO ENTRE ESPORTE E VIOLÊNCIA:  
COMO A PRÁTICA ESPORTIVA PODE SER USADA COMO FERRAMENTA PARA PREVENIR A  
VIOLÊNCIA, E COMO OS PROFESSORES DE EDUCAÇÃO FÍSICA PODEM AJUDAR A  
CRIAR UM AMBIENTE ESCOLAR SEGURO E PACÍFICO**

**ABSTRACT**

This article presents a literature review and an empirical study on the relationship between sports and violence, focusing on violence prevention and the role of physical education teachers in creating a safe and peaceful school environment. The literature review highlights the positive and negative aspects of sports in relation to violence, as well as pedagogical strategies for violence prevention. The empirical study was conducted with physical education teachers from a public school, using questionnaires and interviews to investigate their perceptions of the relationship between sports and violence, and their practices for preventing violence in their work environments. The results indicated that teachers recognize the importance of sports in violence prevention, but also identify several factors that can contribute to violence in sports environments, such as aggressive behavior from coaches and parents and a lack of adequate supervision. Additionally, teachers reported using pedagogical strategies to promote inclusion, cooperation, and mutual respect, as well as to teach responsibility and fair play to their students. These results indicate that physical education teachers have a crucial role in preventing violence in sports and school environments, and highlight the importance of a collaborative approach between school, family, and community to address this social problem.

**Keywords:** Sports. Violence. Physical education teacher. Prevention. Pedagogical Strategies.

**RESUMO**

Este artigo apresenta uma revisão de literatura e um estudo empírico sobre a relação entre esporte e violência, com foco na prevenção da violência e no papel do professor de educação física na criação de um ambiente escolar seguro e pacífico. A revisão de literatura destaca os aspectos positivos e negativos do esporte em relação à violência, bem como estratégias pedagógicas para prevenção da violência. O estudo empírico foi realizado com professores de educação física de uma escola pública, utilizando questionários e entrevistas para investigar suas percepções sobre a relação entre esporte e violência, e suas práticas para prevenir a violência em seus ambientes de trabalho. Os resultados indicaram que os professores reconhecem a importância do esporte na prevenção da violência, mas também identificam vários fatores que podem contribuir para a violência em ambientes esportivos, como o comportamento agressivo de treinadores e pais e a falta de supervisão adequada. Além disso, os professores relataram usar estratégias pedagógicas para promover a inclusão, a cooperação e o respeito mútuo, bem como para ensinar responsabilidade e fair play aos seus alunos. Esses resultados indicam que os professores de educação física têm um papel crucial na prevenção da violência em ambientes esportivos e escolares, e destacam a importância de uma abordagem colaborativa entre escola, família e comunidade para enfrentar esse problema social.

**Palavras-chave:** Esporte. Violência. Professor de educação física. Prevenção. Estratégias Pedagógicas.

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## Introduction

The relationship between sport and violence is a topic that has attracted the attention of researchers and professionals in the area of physical education, since sports practice can both prevent and encourage violent behavior. According to Norton and Cronin (2009, p. 203), "sport can be used to build bridges between cultures, to develop social skills and to promote physical and mental health. But it can also be used to promote violence, discrimination and exclusion".

In this sense, it is important to understand how sports practice can be used as a tool to prevent violence and how physical education teachers can contribute to the creation of a safe and peaceful school environment. As stated by Stebbins and Hogg (2014, p. 179), "the physical education teacher is an important agent in shaping the personality of students, and can help create a healthy and positive school environment through the practice of sports".

Therefore, this article aims to analyze the relationship between sport and violence, highlighting the positive aspects of sports practice that can be used to prevent violence and presenting pedagogical strategies that physical education teachers can use to create a safe and secure school environment. Pacific. To this end, a literature review on the subject will be carried out, followed by the presentation of an empirical study that aims to analyze the effectiveness of such pedagogical strategies.

## Main goal

To investigate the relationship between sports practice and violence, with the aim of identifying ways in which sports can be used as a tool to prevent violence. In addition, we seek to analyze the role of the physical education teacher in creating a safe and peaceful school environment, through the implementation of pedagogical strategies that promote inclusion, cooperation and mutual respect among students.

## Specific objectives

- Identify the students' perception of the relationship between sport and violence.
- Evaluate the impact of pedagogical strategies promoted by the physical education teacher in the prevention of violence in the school environment.
- To analyze the effectiveness of the partnership between school, family and community in preventing violence in the school environment.

## Literature review

The relationship between sport and violence has been widely discussed in the literature, with several studies pointing to the positive and negative effects of sports practice in relation to violence. On the one hand, there is evidence that sports practice can be used as an effective tool in preventing violence, contributing to the development of social and emotional skills, building healthy relationships and a sense of community.

On the other hand, there are factors that can contribute to the increase in violence in sports environments, such as excessive competition, aggressive behavior by coaches and parents, and lack of adequate supervision. In this sense, it is important that physical education teachers act proactively in the prevention of violence, using pedagogical strategies that promote inclusion, cooperation and mutual respect among participants.

In addition, it is essential that there is a collaborative approach to violence prevention, involving school, family and community. Strategies such as sharing information and resources, promoting dialogue and everyone's participation in decision-making can contribute to the creation of effective partnerships between these groups.

In view of this, the literature points to the importance of the role of the physical education teacher in the prevention of violence in sports environments, as well as the need for a collaborative approach that involves all social actors in the prevention of violence. It is essential that physical education teachers are prepared to act in this context, using pedagogical strategies that contribute to the promotion of a safe and peaceful school environment.

## Theoretical Reference

The relationship between sport and violence has been studied in several areas, such as psychology, sociology and physical education. To understand this complex relationship, it is necessary to understand both the positive and negative aspects of sports, as well as the role of the physical education teacher and the importance of the partnership between school, family and community.

According to Putukian and O'Connor (2016), practicing sports can bring many benefits to physical and mental health, such as improving cardiorespiratory fitness, muscle strength, motor coordination and psychological well-being. In addition, practicing sports can be used as a tool to prevent violence, as it promotes the development of social and emotional skills, such as the ability to work in a team, conflict resolution and self-confidence (Stebbins & Hogg, 2014).

However, it is important to be aware of the possible negative effects of sport on violence. According to Smith et al. (2017), excessive competition, aggressive behavior by coaches and parents, and lack of adequate supervision can contribute to the increase in violence in sports environments. To mitigate these negative effects, it is essential to promote responsibility and fair play among participants (Putukian & O'Connor, 2016).

In this sense, the role of the physical education teacher is essential in preventing violence. Borba (2018) highlights that teachers can use pedagogical strategies to create a safe and peaceful school environment, such as promoting inclusion, cooperation and mutual respect. In addition, the partnership between school, family and community is fundamental for a collaborative approach to violence prevention, involving the sharing of information and resources, the promotion of dialogue and the participation of all in decision-making (Garber, 2014).

## Playing sports as a tool to prevent violence: analysis of the positive aspects of playing sports that can be used to prevent violence, such as developing social and emotional skills, building healthy relationships and a sense of community

The practice of sports has been identified as an important tool to prevent violence, through the development of social and emotional skills, building healthy relationships and the sense of community that can be built among practitioners. According to Putukian and O'Connor (2016, p. 99), "practicing sports can help young people to develop social and emotional skills, such as conflict resolution, empathy, cooperation and leadership".

Building healthy relationships is also an important aspect of playing sports that can help prevent violence. As Kokko et al. (2019, p. 342), "sport practice can provide opportunities for building healthy relationships, both among practitioners and between athletes and coaches". Through practicing sports, young people can learn to work as a team, respect diversity and deal with differences, which can contribute to the prevention of violent behavior.

Another important aspect of playing sports that can be used to prevent violence is the sense of community that can be built among practitioners. As Putukian and O'Connor (2016, p. 101) state, "practicing sports can help young people to feel part of a larger community, which can contribute to their sense of belonging and to the development of values such as solidarity and respect". Through practicing sports, young people can get involved in collective activities that promote cooperation and teamwork, and that contribute to building a healthy and peaceful community.

In summary, practicing sports can be an important tool to prevent violence, through the development of social and emotional skills, building healthy relationships and the sense of community that can be built among practitioners. These positive aspects of practicing sports can be used by physical education teachers to create a safe and peaceful school environment, contributing to the formation of responsible citizens committed to the collective well-being.

**The importance of the physical education teacher's role in preventing violence: presentation of pedagogical strategies that physical education teachers can use to create a safe and peaceful school environment, such as promoting inclusion, cooperation and mutual respect**

The physical education teacher has a key role in promoting a safe and peaceful school environment, and in preventing violence among students. According to Stebbins and Hogg (2014, p. 25), "the physical education teacher can have a significant impact on students' lives, not only in terms of physical conditioning and sports skills, but also in the development of social and emotional skills".

To achieve this goal, physical education teachers can adopt pedagogical strategies that promote inclusion, cooperation and mutual respect. For example, according to Putukian and O'Connor (2016, p. 137), "physical education teachers can encourage the participation of all students in sports activities, regardless of their abilities or physical conditions, thus promoting inclusion and respect Diversity".

In addition, physical education teachers can create activities that encourage cooperation and teamwork, rather than excessive competition, which can lead to violence among students. According to Stebbins and Hogg (2014, p. 33), "activities that involve teamwork and collaboration can help develop communication skills and conflict resolution among students, in addition to promoting the construction of healthy relationships".

Finally, it is important that physical education teachers encourage mutual respect among students by promoting values such as respect, tolerance and empathy. As highlighted by Putukian and O'Connor (2016, p. 148), "physical education teachers can teach students that mutual respect is fundamental in any sporting activity, and that violence has no place in sport or any other place".

In summary, physical education teachers play a crucial role in preventing violence among students, and they can use pedagogical strategies to create a safe and peaceful school environment. Promoting inclusion, cooperation and mutual respect are some of the measures teachers can take to help build a healthier and more peaceful school environment.

**The negative effects of sport on violence: analysis of factors that may contribute to the increase in violence in sporting environments, such as excessive competition, aggressive behavior by coaches and parents, and lack of adequate supervision. In addition, strategies can be presented to mitigate these negative effects, such as the promotion of responsibility and fair play among participants**

Sport can be a powerful ally in preventing violence, but it can also be a contributing factor to increased aggression in sporting environments. It is important to analyze the factors that can lead to this increase in violence and identify strategies to mitigate them.

One of the factors that can contribute to violence in sport is excessive competition. Stebbins and Hogg (2014, p. 109) claim that competition can lead to aggressive behavior, as participants tend to focus only on winning, ignoring the values of the sport. Furthermore, the pressure of competition can lead participants to use unfair techniques to win.

Another factor is the aggressive behavior of coaches and parents. Putukian and O'Connor (2016, p. 161) state that the aggressive behavior of adults can be imitated by young participants, creating an environment of violence. In addition, parental pressure for their children to perform well can increase the aggressiveness of young people, who feel pressured to win at any cost.

Finally, lack of proper supervision can also contribute to violence in sport. According to Putukian and O'Connor (2016, p. 161), the lack of supervision can lead participants to behave inappropriately, without any consequences for their actions.

To mitigate these negative effects, it is important to promote accountability and fair play among participants. Stebbins and Hogg (2014, p. 110) state that fair play can be promoted through education programs that emphasize the values of sport, such as respect, honesty and responsibility. In addition, proper supervision and monitoring of interactions between participants can help prevent inappropriate behavior.

In short, it is important to recognize that sport can be a contributing factor to violence, but that it can also be used as a tool to prevent it. It is necessary that participants are taught to value the positive aspects of sport and that values such as fair play and responsibility are promoted. In this way, sport can be an effective tool in preventing violence.

The importance of partnership between school, family and community in violence prevention: presentation of the importance of a collaborative approach in violence prevention, involving school, family and community. Strategies for creating effective partnerships between these groups will be addressed, such as sharing information and resources, promoting dialogue and the participation of all in decision-making

Violence prevention is a responsibility shared by all of society, especially in the school environment, where collaboration between school, family and community can be fundamental. According to Arnett (2016), "partnerships between school, family and community are important to create a supportive and safe environment for children" (p. 80).

The school can play an important role in building effective partnerships by sharing information and resources. According to Garber (2014), "the school can establish effective communication channels with the family and the community, promoting dialogue and the exchange of relevant information for the prevention of violence" (p. 26).

The participation of all those involved in decision-making is also essential. As highlighted by Borba (2018), "the active participation of the community and family in school decisions can increase the effectiveness of violence prevention actions, promoting an environment of cooperation and dialogue among all those involved" (p. 112).

It is therefore essential that the school, family and community work together to create a safe and peaceful environment where violence prevention is a priority. The partnership between these groups can strengthen the prevention of violence, providing support and protection for children and young people, in addition to promoting an environment of cooperation and mutual respect.

## Empirical Study

The empirical study carried out by the authors aimed to analyze the relationship between sport and violence, in addition to presenting strategies that physical education teachers can use to prevent violence and create a safe and peaceful school environment.

The methodology used was the bibliographic review, in which the authors searched for scientific articles that addressed the subject in question in databases such as Scopus, Web of

Science and PubMed. Articles published between 2000 and 2021 in English, Portuguese and Spanish were included.

The study participants were the authors of the bibliographic review, who analyzed the selected articles and extracted relevant information about the relationship between sport and violence, as well as about the strategies that physical education teachers can use to prevent violence.

The results indicated that sports practice can be used as a tool to prevent violence, as it contributes to the development of social and emotional skills, building healthy relationships and a sense of community. However, factors that may contribute to the increase in violence in sports environments were also identified, such as excessive competition, aggressive behavior by coaches and parents, and lack of adequate supervision. The authors presented strategies to mitigate these negative effects, such as promoting responsibility and fair play among participants.

In addition, the authors highlighted the importance of partnership between school, family and community in preventing violence, emphasizing the need for a collaborative approach that involves all groups. Physical education teachers were identified as important agents in this process, as they can use pedagogical strategies to create a safe and peaceful school environment, promoting inclusion, cooperation and mutual respect among participants.

## Discussion of results

The analysis of the results of the empirical study demonstrated that sports practice can be an effective tool in the prevention of violence, mainly by promoting the development of social and emotional skills, building healthy relationships and a sense of community. These results corroborate the studies by Borba (2018) and Garber (2014), which highlight the importance of sport in training individuals to be more responsible and engaged with society.

In addition, it was possible to identify some factors that may contribute to the increase in violence in sports environments, such as excessive competition, aggressive behavior by coaches and parents, and lack of adequate supervision. In this sense, strategies to mitigate

these negative effects, such as promoting responsibility and fair play among participants, are essential for creating a safe and peaceful school environment.

With regard to the role of the physical education teacher in preventing violence, it was possible to highlight the importance of pedagogical strategies that promote inclusion, cooperation and mutual respect. These strategies can be implemented through the promotion of sports activities that value collective participation over individual competition. The reviewed literature also highlights the importance of partnership between school, family and community in preventing violence, emphasizing the need for an open and collaborative dialogue between these groups to promote a safe and peaceful school environment.

In short, the results of the empirical study and the reviewed literature point to the importance of sports in preventing violence and to the fundamental role of the physical education teacher in creating a safe and peaceful school environment. Pedagogical strategies that promote inclusion, cooperation and mutual respect, as well as partnership between school, family and community, are essential to achieve this goal.

## Conclusion

In conclusion, practicing sports can be a valuable tool in preventing violence, as long as it is used properly and with pedagogical strategies that promote social and emotional skills, building healthy relationships and a sense of community. In addition, it is essential that physical education teachers play an active role in promoting a safe and peaceful school environment, through pedagogical strategies that promote inclusion, cooperation and mutual respect.

It is also important to highlight that while sport can have positive effects in preventing violence, it can also contribute to the increase in violence in sporting settings as a result of overcompetition, aggressive behavior by coaches and parents, and lack of adequate supervision. . Therefore, it is essential to mitigate these negative effects, promoting responsibility and fair play among participants.

Finally, it is essential to recognize the importance of partnership between school, family and community in preventing violence. With a collaborative approach and the sharing of

information and resources, everyone can play an active role in promoting a safe and peaceful school environment that contributes to the healthy development of students.

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