



PERCEPTION FROM MEMBERS OF THE INTENSIVE CLOWNING UNIVERSITY MOBILE GROUP ABOUT THEIR LUDIC ACTIVITIES

PERCEPÇÃO DOS COMPONENTES DO GRUPO UNIVERSITÁRIO MÓVEL DE PALHAÇADA INTENSIVA SOBRE SUAS ATIVIDADES LÚDICA

PERCEPCIÓN DE LOS COMPONENTES DEL GRUPO UNIVERSITARIO MÓVIL DE PAYASOS INTENSIVOS SOBRE ACTIVIDADES LÚDICAS

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ABSTRACT

Objective: to learn about the perception from members of the Intensive Clowning University Mobile Group about their performance in ludic activities in the humanization work in inpatient units of a University Hospital. **Method:** this was a qualitative and cross sectional study with Bardin analysis of content, performed with 20 members of the University Group League from a municipality in the South of Minas Gerais/MG. Data were collected through the socio demographic questionnaire and a scripted semi-structured interview according to approval by the Research Ethics Committee, CAAE 02962012.1.0000.5102. **Results:** the following categories emerged from the data analysis: Volunteer/social work and Humanization; Joy and Personal Growth; Empathy, Values, and Changes; Important/beautiful work; and Teamwork. **Conclusion:** the results showed that volunteer work helps patients and the league's members feel important and gratified by offering help to others. **Descriptors:** Nursing; Students; Toys; Ludotherapy.

RESUMO

Objetivo: conhecer a percepção dos componentes do Grupo Universitário Móvel de Palhaçada Intensiva sobre sua atuação nas atividades lúdicas no trabalho de humanização nas unidades de internação de um Hospital Universitário. **Método:** estudo de abordagem qualitativa, transversal do tipo analítico com análise de conteúdo de Bardin, realizado com 20 membros da Liga do Grupo Universitário de um município do Sul de Minas Gerais/MG. A produção de dados se deu por meio do questionário sócio demográfico e roteiro de entrevista semiestruturada, conforme aprovação do projeto de pesquisa pelo Comitê de Ética em Pesquisa, CAAE 02962012.1.0000.5102. **Resultados:** das análises das entrevistas emergiram as categorias: Trabalho voluntário/social e Humanização; Alegria e Crescimento Pessoal; Empatia, Valores e Mudanças; Trabalho importante/bonito e Trabalho em equipe. **Conclusão:** os resultados mostraram que o voluntariado ajuda os pacientes e aos componentes da liga sentem-se importantes e gratificados pela ajuda que dispõe ao outro. **Descritores:** Enfermagem; Acadêmicos; Brinquedos; Ludoterapia.

RESUMEN

Objetivo: conocer la percepción de los componentes del Grupo Universitario Móvil de Payasos Intensivos sobre su actuación en las actividades lúdicas en el trabajo de humanización en las unidades de internación de un Hospital Universitario. **Método:** estudio de enfoque cualitativo, transversal de tipo analítico con análisis de contenido de Bardin, realizado con 20 miembros de la Liga del Grupo Universitario de una ciudad del Sul de Minas Gerais/MG. La producción de datos fue a través del cuestionario socio demográfico y guía de entrevista semi-estructurada, conforme aprobación del proyecto de investigación por el Comité de Ética en Investigación, CAAE 02962012.1.0000.5102. **Resultados:** de los análisis de las entrevistas surgieron las categorías: Trabajo voluntario/social y Humanización; Alegria y Crecimiento Personal; Empatia, Valores y Mudanzas; Trabajo importante/bonito y Trabajo en equipo. **Conclusión:** los resultados mostraron que el voluntariado ayuda a los pacientes y a los componentes de la liga sentirse importantes y gratificados por la ayuda que ofrece a los otros. **Descriptores:** Enfermería; Académicos; Juguetes; Ludoterapia.

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INTRODUCTION

Assistance to hospitalized children has taken place by means of complementary therapies, with a significant emphasis on the diagnostic and therapeutic process, privileging affective, emotional, social, and cultural needs and being defined as a form of therapeutic care seeking to eliminate or minimize psychological and physical discomfort experienced by children in the hospital environment.¹

Minimize any injury resulting from hospitalization is of paramount importance and some strategies can be considered by caregivers such as: accurate information about the disease and treatment, knowledge of the evolutionary steps and milestones of child development, and the provision of a cozy environment, accompanied by a family member, stimulating and motivating children.²

It is valid to emphasize the priority to increasingly humanize the assistance to hospitalized children favoring their motor, social, emotional, and intellectual proper development.³

Playing is critical in the life of children for to their growth and development. In the case of hospitalization, their life routine changes significantly, and in this context, playing can emerge as a possibility of organizing these activities, helping understanding of what is happening in that moment. The act of playing can help the child and encourage the use of available resources in the context of hospitalization.⁴

Toys have an indisputable therapeutic value because it can assist the child in the process of hospitalization, enabling dealing with fears, angers, frustrations, and anxiety in an improved way, stimulating their physical, psychological, and social development.⁴ In this scenario, the ludic activity must be considered as a serious therapy that stimulates, amuses, and enriches the child's moment. In the case of hospital, playing can make the environment less traumatic and more cheerful, which effectively contributes to the child's recovery, providing moments of mental hygiene and helping in the relationship between child, family, and health team.⁵

The child learns and understands the moment he is living through ludic activities.⁶

It is very important that in this context, the focus is centered on the child and not the disease; this can occur more effectively through art, recreation, leisure, and toys in the hospital environment because this is a social and therapeutic treatment that considers the value of art applied to medicine. Therefore, many forms of artistic expressions can be developed in the hospital from classic ones such as theater, painting, drawing, mime, literature, and the *clown-theatre*, and all with theories and fundamentals, together in the same sense, making the hospital a welcoming place for children.⁴ On the exposed, this study aims to:

- To learn about the perception from members of the Intensive Clowning University Mobile Group about their performance in ludic activities in their humanization work in inpatient units of a University Hospital.

MÉTHOD

The present study was extracted from the Monography << *The perception from members of the Intensive Clowning University Mobile Group about their performance in ludic activities* >> submitted to the Undergraduate program in Nursing at the Vale do Sapucaí University/UNIVÁS, in 2012.

This was a qualitative and cross sectional study performed in the backdrop of the research conducted at the Vale do Sapucaí University (UNIVÁS), which is a private education institution in the city of Pouso Alegre (MG), for four decades educating approximately 10,000 health professionals, active in the labor market. The University offers education at undergraduate and postgraduate levels aiming to develop knowledge and skills with competencies required for the future professional. The GUMPI league was established in 2004, composed by students of all courses at UNIVÁS, regularly enrolled and attending classes in 2012. The subjects were 20 academic students from various courses, who participated in activities proposed by the GUMPI league. All participants signed a Volunteer Informed Consent which allowed the scheduling of interviews and consent to recording, which were conducted on the premises of UNIVÁS, in intervals between classes, and according to the participants' availability.

Subsequently, the transcription of the audio recordings and their destruction were conducted by the authors. The socio demographic questionnaire used was created to sample personal and social identification together with the scripted semi-structured interview, and consisting of four open-ended questions: What did motivate you to become a member of the GUMPI League? Is there any benefit in being a member of the GUMPI League? What changed for you after joining the GUMPI League? How do you see the work of the GUMPI League? Data were analyzed according to the criteria of content analysis of Bardin, where principle of content analysis is defined in the demonstration of structure and elements of the content to be researched, accounting for different characteristics and extracting its meaning, not conforming with the strict steps but to a simultaneous reconstruction with the researcher's perceptions. The project followed all provisions of resolution 196/96, from 10/10/1996 from the Ministry of Health, under protocol number 24592. The autonomy and anonymity of each student and the information's confidentiality and moral and ethical values were respected.

RESULTS AND DISCUSSION

Twelve members of the League were Nursing students, six were Psychology students, and two were medical school students; 18 were females and two were males; the age range was between 18 and 29 years, and the time in the League was between 2 months and 3 years.

♦ Question n° 1 - What did motivate you to become a member of the League GUMPI League?

Bigodão: Being in a league that does not only worry with the cause and disease.

Gracinha: I like smiling at people all the time and playing with them, thus these are the reasons for me to join league.

Batatinha: The volunteer work that they do in hospitals, daycare, and campaigns.

Violeta: The volunteer work of people going to hospitals bringing joy to all, bringing a little bit of happiness.

Cebolinha: To try to give some joy to hospitalized people.

♦ Thematic analysis according to the division of categories in Question 1

In the speech of respondents it is possible to observe the identification of several

categories that reflected the perception of GUMPI League members related to volunteer work:

♦ Category I: volunteer and social work

For *Violeta: The volunteer work of people going to hospitals bringing joy to all, bringing a little bit of happiness.*

The concern with volunteering has grown increasingly and the number of volunteers willing to provide this type of service has increased in different areas of society, in particular in hospital environments. Volunteering can be understood as a motivation geared to social values, involving participation and solidarity, where the person donates time, labor, talent, spontaneously and without remuneration, benefiting those involved in this type of work.⁷

In this issue, the satisfaction of each member can be observed from the performance of volunteer work showing how rewarding it was from the involvement in actions based on only using a certain time out of a day to devote himself to others, the importance for each one and desire to do good to those who are in need at least for a certain time, and even more considering the significant importance for those who are sick.

♦ Category II: humanization

In the speech from *Bigodão: Being in a league that does not only worry with the cause and disease.*

According to *Pipoca: the humanization work can help people, bring people joy.*

In addition to attitudes such as medical treatments, surgical procedures, consultations, and good assistance, today it is known that humanization in the hospital environment has helped many people remain hospitalized, resulting in reduced risk of stress.⁸

Humanization rescues and strengthens the ethical behavior, articulating the technical-scientific care, taking into account the need to embrace the unpredictable, the uncontrollable, the different, and the unique. The act of humanizing is to adopt a practice that professionals and users consider the set of physical, social, and subjective aspects, assuming an ethical posture of respect to the other, including the embracement of the unknown and recognition of limits.⁷

The hospital environment always causes certain fear to patients, and is what ends up driving them away mainly from their everyday life. Thus, the hospital must take into consideration not only its physical, technological, and administrative structure but also the appreciation and respect for human dignity, which is essential.⁹

We noticed the significance in the humanization term for each member, the importance that we not only worry about the treatment of the disease-oriented person but that there exists a human being who has needs beyond the interventions targeted to his treatment.

♦ Category III: satisfaction

To the member, Patati: [...] *to identify that a smile of a child can have an impact on his improvement.*

Patatá stated that *it is gratifying to see the joy of patients when they see the members of the League.*

The volunteer work shows various situations of gratification; affectionate relations, appreciation of self-image, social affirmation, execution of projects, and personal aspirations are cited as some of the earnings from volunteering.¹⁰

The human being has solidarity as one of his original values, being a characteristic of a social individual who relates. Man has always moved normally, either individually or in a group, to help others in complicated situations, which is inherent to the human being anywhere in the world.¹¹

Overall, the respondents cited that volunteer work is to donate oneself and help the other, being a very beautiful work that spreads joy and rescues smiles. They also cited that what draws attention is the humanization work and contact with patients, providing them moments of distraction and even an improvement in their health.

♦ Question nº 2 - Is there any benefit in being a member of the Gumpi League?

Salsinha said: To make a certain charity.

Violeta said: Personal growth, provide them a smile, a moment of joy, a caring act to the soul.

Violeta said: It helped to be more liberal, to speak about what I feel because I could not express myself very well.

Patati said: Yes, a benefit greater than any material or financial value, bringing the feeling that all you give comes back to

you, peace and happiness that makes you forget the physical fatigue.

♦ Thematic analysis according to the division of categories in Question 2

In the speech of respondents it is possible to observe the identification of several categories that reflected the perception of GUMPI League members related to volunteer work, which are:

♦ Category I: joy

In Sininho's speech: *to be able to make a person who finds himself in moments of suffering and pain to smile is rewarding and motivating.*

Humor or laughter can be based on the perception of an inconsistency or a paradox. Faced with this complexity, the brain begins to pursue new ideas in order to understand what happened, which brings out a change of perspective. From this discovery, laughter emerges because the patient discovers that it is new, not bad, nor a threat. Thus, laughter releases the logical thinking and disarms anyone, including at the biological level, because it breaks the reflex reaction of fight/flight that occurs in threatening situations, dropping the adrenaline level and reducing tension.¹²

In this question, respondents reported how gratifying it was to get a smile out of a person who only expresses sadness at the moment, how much they grew and felt special in being able to bring a moment of joy to every face in the hospital.

♦ Category II: personal growth

According to Bigodão, *volunteer work can develop skills related to their resourcefulness and how they face the world.*

It can be affirmed that the investment in volunteer activities contributes significantly to personal and professional development because it enables the discovery of new skills, contributes to increasing the circle of friendships, and brings satisfaction on the certainty that it is possible to help your fellow man.¹³

A very important factor is the observation of personal changes in each GUMPI League member in a little span of time, from the moment the member begins to understand the greatness of this work and the importance he has in the improvement of so many people, his own growth simply emerges, his evolution as a person, his way of thinking, and his views of things in a

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different way, with all these representing a significant improvement in his quality of life.

♦ Category III: development of new skills

In the words of the participant Canjica, *personal satisfaction at every smile we trigger, that is enough.*

The volunteer is a person who feels motivated by social values of participation and solidarity, and thus donates his time, labor, talent, spontaneously and without remuneration, which benefits both his personal work and the team in which he operates; in the case of a hospital environment, significant benefits for patients are also observed. Actions of professionalism and responsibility are present in this scenario, involving essential commitments to the development and continuity of social projects, which consequently generates personal satisfaction.¹⁴

On this issue, answers that showed how voluntary work can help people were noted, bringing joy and smiles during such a delicate time. It also indicated the perception in personal growth, changing ways of thinking and developing new skills.

♦ Question No. 3 - What has changed for you to join the League Gumpi?

Salsinha said: to look at people one way, with other perspectives, we realize that we do not live forever and we also have our moments inside the hospital.

Bigodão said: I grew up as a person and became more empathetic to people.

Cebolinha stated: It brought me more joy in everyday life.

Espoleta said: The way of thinking.

Pipoca said: The way I see things, my way of thinking, being more human, I learned to listen to people more.

♦ Thematic analysis according to the division of categories in Question 3

It was possible to identify the following categories in this question:

♦ Category I: empathy

According to Bigodão, *you can be more empathetic to people through volunteering.*

Certainly, the work in a hospital environment can cause suffering; however, on the other hand, it provides experiences of pleasure as it pertains to professional achievement and personal growth. It is possible to affirm that the work, regardless of its nature, enables the process of

individual formation in its technical, political, and cultural productivity, which also involves subjectivity.

In this scenario, the presence of alternative resources as the clown figure can help to ease fears, conflicts, tensions, anxieties, stress, and other factors that are inherent in the daily life of work and hospitalization of patients in addition to causing alterations in the humor of professionals participating in the team.¹³

A very important positive point in this work is that it allows us to exchange interactions with other people, it makes us closer to people we do not know well when a feeling of warmth that makes we all appear close to each other arises in both members of the members' League and hospital employees working with patients; this approach, combined with affection, is of extreme importance in the well-being of the institution and all who are there.

♦ Category II: values

The Sereia participant stated, *I became more human and realized that my problems were not as big as theirs.*

Currently, it is possible to observe the intense search for greater communication between health professionals and patients; however, there are still communication gaps. New trends seek greater humanization in the hospital environment taking into consideration that love governs this type of profession, which involves health and disease and this dualism, where suffering, anguish, and hope are present.¹⁵

Therefore, it is necessary to mention that the humanization is on the rise for the need of a human relationship in the daily lives of people, particularly in the hospital environment, which in this case can be easily coupled to the role of a clown.¹⁵

The change in attitudes in each GUMPI League member is remarkable when humanization was introduced in the activities through each change, human growth, changes in values, and ways to face and deal with life. We complain about our lives many times, but what we actually need to do is to thank each and every day for living.

♦ Category III: changing in mindset.

Chaves said, *I have become a more patient person, thoughtful, calm, cheerful, and in good humor.*

The resource of volunteer work with clowns is able to work significantly with joy and irreverence, promoting unique situations and at the same time motivating emotions that positively mark the lives of those who live, bringing personal satisfaction attached to work and personal life. The clown is always attentive and available to others, getting to understand the situation in which he finds himself, and thus enabling a re-signification of what seems difficult or painful to live, being a patient, family member, or staff member.¹⁵

In question 3 it was noticed that the participants cited developing feelings such as empathy, companionship, and humanity in addition to the important growth as a human being, giving more value to life and the little things.

♦ Issue No. 4 - How do you see the work in the Gumpi League?

Salsinha said: It is a work that is growing, that is developing.

Violeta said: It is a very beautiful work, volunteer work, a very interesting work and should continue.

Gracinha said: It is a work that needs a lot of effort, dedication.

Pipoca said: It is a great work, a teamwork.

♦ Thematic analysis according to the division of categories in Question 4

The following categories were identified in question 4:

♦ Category I: important and beautiful work

Bigodão collaborates affirming that *it is a work of ants that carries a little bit at a time, but can take up to ten times more than their weight.*

The initiatives that involve volunteer work can provide fun and humor in addition to lightness in the work environment and as a consequence, creates an atmosphere of well-being in those who experience this space. Thus, the clown inserted in the hospital context can be an important instrument, able to promote the culture of happiness and joyous passions. At the hospital, an environment where most often the use of hard technologies is present, these clowns can show that it is possible to touch people with simple attitudes just by being open to understand the other.¹⁶

In the present day, the importance of this type of volunteer and humanized work in

health units is unquestionable, as well as everywhere, which besides being a very beautiful work by people who have a special gift, it is also of great importance to anyone who carries it out, providing moments of joy, relieving the environment's stress, diverting the focus and difficulties encountered in everyday life.

♦ Category II: teamwork

Canjica stated that, *it is a serious and extremely important work.*

Patati collaborates and stated that: *it is a contagious work.*

Volunteer work, when humanitarian, has an essential role in rescuing the essence of the being human, raising eyes to people and seeing them as a whole, and not just as a disease labeling their passage through the hospital. It is so important to respect the human condition, and thus invest in human relations with the team, creating linkages and valuing the role of each participant.¹⁵

In this matter, it was possible to perceive that volunteer work raises feelings such as initiative, dedication, and effort, where the work is reciprocated with a smile and improves the patients' well-being in addition to providing respect and the possibility of a group work.

The work performed by the GUMPI League not only provides benefits for the patient, but to those who performs it. In the literature, volunteer work that expressed the perception of patients and of those who received the attention and care is in evidence. However, in this scenario, the care is focused on others and not on self. You do not think about the possibility of illness having feelings, or that one is equal to any other person and has life outside of the workplace.

In this study, it was noticed that respondents cited voluntary work as a form of donation, helping others, which they consider a very beautiful work that spreads joy and rescues smiles. The volunteer work that is humanized and taken seriously has an essential role in rescuing the essence of being humans.

The volunteer work helps both patients and those who perform it, where people feel important and gratified with the assistance offered to the other. However, lack of studies in relation to feelings and care of those who practice volunteer work is also noticeable, who could benefit from psychological monitoring, for example,

where everyone can expose fears and doubts because the volunteer is constantly faced with illness, pain, and even death, particularly in hospitals.

When you are a volunteer, you donate energy and creativity, and receive human contact, coexistence with different people, opportunity to learn new things, and the satisfaction of being useful to others in return.

Volunteer work is based on the love of others. It has been assuming significant importance in the construction of citizenship arousing more and more young academics and the participatory consciousness toward integrated actions, whose main objective is social welfare.

Ludic activities are educational and social work developed by members from the GUMPI League in the various sectors of society with varied public in every vital cycle. Volunteering is a rich human relationship and a tool that facilitates social integration where the benefit becomes bilateral. Therefore, it was concluded that the volunteer work of the GUMPI League members assists in the social criticism formation process of reality.

It serves as an experience to all academic students from various areas because it is not a specific work but that of contact with the reality of people often lacking attention and companionship. In addition, the sure feeling of being useful and important to someone really makes a difference. It is also considered that this activity might change the conceptions of students who will be future professionals, and who could never shy from social commitment.

We highlight the contribution that the performance of ludic activities as a University extension provides for the academic life, collaborating with the formation of a more humane and solidary professional.

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