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RESEARCH ARTICLE

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MATERNITY, GRADUATION AND PROFESSION: PROFILE OF WOMEN FROM THE PERSPECTIVE OF PSYCHODRAMA

^{1,*}Gilmar Antoniassi and ²Glória Lúcia Alves Figueiredo

¹Doctorate in Health Promotion, University of Franca – Unifran, Teacher of Psychology of College Patos de Minas – FPM, Patos de Minas, Minas Gerais, Brasil; ²PhD in Public Health – USP/RP, Teacher of Programa de Post-Graduation in Health Promotion at the University of Franca – Unifran, Franca, São Paulo, Brasil

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*Corresponding author: Gilmar Antoniassi.

ABSTRACT

The present study is to identify the profile psychosocial participating women psychodrama group in the context of a Brazilian city, the regally the Alto Paranaíba, State of Minas Gerais. It is a cross-sectional field research, of an interventionist nature, with a qualitative approach, which apprehended the description of the psychosocial profile of university women participating in a psychodramatic psychotherapy group. Having the research approved according to the CAAE number: 96025118.2.0000.5495 by the Research Ethics Committee of the University of Franca. THE sample selection occurred by convenience, intentionally, with no criterion in the pre-selection of the public to be researched, resulting in the participation of 18 women. The results of this research point to a new perspective of the woman, of the vision of herself and of the places she occupies, bringing a new bias about this feminine condition nowadays, with potentials, capacities and possibilities of recognition.

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INTRODUCTION

With the beginning of the 1990s, the population gap between those of isogenesis increased by about one million. In the 2000s the number increased to 2.5 million women in absolute numbers, in 2010 it rose to more than 3 million. It is expected that by the year 2050, the increase in women will reach 7 million (IBGE, 2018). Considering to global statistics, Brazil is the second most female country in the world, being the first to Russia. It is worth mentioning that in Brazil, there is a higher rate of women concentrated in urban areas and it is even higher according to the advancement of the age (MARTINI and SOUZA, 2016). With the phrase - you are not born a woman, you become a woman, Simone Behavior, defined the way in which women assumed the various roles within society. The author considered that the existence of women is not stated as a gender, but as a person with a social default of being the procreative (mother), home and family caregiver. It would be necessary for women to take to enter the social environment through representations that go beyond these stereotypes and to be submissive to men (BEHAVIOUR, 2009). Leaving to the movement of becoming a

woman and, here in this cut, accumulating roles of mother, university and professional. For Martini and Souza (2016), women ceased to occupy the functions that were assigned in the 50/60 decades, of mother and wife, and began to exercise their feminine identity built from the representations they assumed before society. At this time, the number of children, the way of relations, among others were factors that hindered his removal of his responsibilities at home and the whole his attention is directed to the household. In general, the side the twentieth century, it became possible for some women access to elements auxiliary to be planning the future and family background. They are: contraceptive methods; man wedding utención and the achievement of employment outside their Domicilio, is considered a significant achievement for the contemporary women (MENDES, VAZ and CARVALHO, 2015). However, even with significant changes in women's role in society, yet she remains focused in the home of the family nucleus. The complexity of the times in urban areas increases, since, in addition to work and study, it is highlighted and appreciated the action of women as caregivers of the task domestic of the home (MARTINI and SOUZA, 2016). The option to address the simultaneity of female roles

from the perspective of psychodrama permit in diagnosing the situation with the collection of information, but also provides us to participants one therapeutic space, the Quality and justifiable or the preparation of this article. In view of the above, the objective is to identify the psychosocial profile of a group of women who accumulate the roles of mothers, university students and professionals in the context of a Brazilian city.

MATERIALS AND METHODS

It is a cross-sectional field research, of an interventionist character, with a qualitative approach, which apprehended the description of the psychosocial profile of university women participating in a group of psychodramatic psychotherapy. The research obtained approval of C omits is ethics in Research (CAAE: 96025118.2.0000.5495). The sample selection took place in a Higher Education Institution in a Brazilian city in the interior of the state of Minas Gerais, in Alto Paranaíba, with 18 participants. The selection CRITERIA inclusion were women over 18 years with no limits of age and occupation, residents in the city, which accepted part of the meetings of the psychodrama group and signed the Informed Consent Term (IC). It was held one meeting of psychodrama, according to Wechsler and Monteiro (2016). The *meeting of knowing*, with a warm-up activity with music, in order to establish rapport and create a connection of attunement and empathy in the group through body movement. As activity and drama and creation, it was proposed to the participants to introduce themselves freely. The post all the presentations, participants were invited to build an act that could represent the image built by all. There was room for dialogue so that they could express the feelings and emotions experienced in the circle of the day. The methods used about act qualitative for a smooth, taking as reference the Theory Psic odramática Moreno (2011) and the Health Promotion.

RESULTS AND DISCUSSION

The group of participants consisted of 18 university aged 21 to 50 years, most of them (n = 10) aged 21 to 25 years, shown in Table 1. The majority (n=12) of participants not possessed was going children, and four possessed was going at least one child, being one with two children and another with three children. Among the home of, all reside would live with your children and spouse s, just being a woman aged 50, who reside going with spouse, children, grandson and one of the children currently resident is in prison. Among single, three women had children, a reside was Sozinha, the other (n = 1) lives with her son, mother and sister the; and one resides only with the youngest child. It is significant to articulate these results with literature when Coboa and Savoie (2010), mother in a parallel on a single adult with children or not, quality and residences would live with parents constituting a percentage considerable opposite the sample raised in his studies, referring to the phenomenon little studied as a consequence of factors such as dependence in the economic and psychoemotional scope, also involving the unemployment rate and the self-indulgence by these subjects.

It is perceived that possibly the instability and insecurity regarding the financial and psychological are the main elements so that these women still live with their parents or with their families. Relatively the women who reside would live

alone alone or with friends, it is also important to consider the context to which they are inserted referring to the quest for independence and training in higher education, and this idea of autonomy and future prospects, currently understood by ability to choose and decision also was desired by those women who reside would live with spouse and / or children and who are graduation courses at universities (OLIVEIRA; VIEIRA; BARROS, 2010).

Table 1. Distribution percentage of women participants, by age group and with whom they live at home. Patos de Minas, 2019

VARIABLES	WOMEN	
	N = 18	
	n	%
Age range		
21 to 25 years	10	56
26 to 30 years	4	22
31 to 35 years	1	5.5
35 to 40 years	1	5.5
Above 41 years	2	11
Lives with		
Parents	3	17
Parents and siblings	3	17
Husband and children	3	17
Mothers and brothers	2	11
Friends	2	11
Husband and children	2	11
Children	2	11
Parents, grandmother, sister and niece	1	5

Source: Author

"I'm a university student, I enjoy every moment of my life doing what I like ..." (P5)

"I am single, I have a 15 year old daughter and I am a student of the psychology course." (P16)

"I study psychology at night and work in monitoring." (P17)

Observations raised about the profile of women students go according to the data with regard to the presence of women in Brazilian universities (VENTURINI, 2017) which depicts a university population in Brazil. The insertion opportunities in universities it is not been democratic for both sexes, however, is being MARCAD the presence of the growing number of females in these spaces, which is confirmed from Census of Higher Education issued by the National Institute of Studies and Research Anísio Teixeira (INEP, 2019) which point out that in 2018 women constitute a milestone of more than 60% of the student profile to compose and conclude higher education in presence modality in Brazilian universities. As a worldwide phenomenon, the female presence in universities has grown significantly since 1990, where in research involving several countries the number of women was higher than that of men in colleges, reaching a percentage of 80% (UNESCO, 2009; MCDANIEL, 2014).

Access to education for women symbolizes the expectation of progress and improvements, both as an individual and socially, when it starts to occupy places commonly filled by the male figure. The opportunity to enter and especially to conclude higher education represents an opportunity for autonomy for women, in addition to representing a relevant tool for awareness, possibilities and social development (VENTURINI, 2017). Among the factors for the result of the rise of women in higher education currently point to the feasibility study and principal being a educação as essential elements and a differential to build their careers and adaptation of their identities against the new workplace (HENDERSON; FERREIRA; DUTRA, 2016). Most women participating in

this study did not arem AES, those that are have a close relationship and valuable to their children.

"I love my son more than anything. The most important people for me are my son, my mother and my brother ... " (P2)

"I am a warrior who works eight hours a day, I suppose d to cas to, a child of 19 years." (P5)

"I am a mother, a student, I am a woman ..." (P6)

It is noticeable in these women in situation d the maternity on the link affective the sense of interdependence, that some of these women are faced with ambiguity and the ambi valence d the feelings on d the different roles played because they are marked by meanings and valorizaçõ es that they will come from the other ; because being a mother and being a student are significant. The role in psychodrama Works from its socio-historical construction to give visibility (DE DOMENICO, 2013) so that women are heard and have their right to exist (BRAGA; ANTONIASSI JUNIOR, 2019) a social place as wife, mother, housewife, student and professional. And this plurality of roles, evoke feelings to women, who often put themselves in the place of doubt, questioning whether the possibilities of progress also cover those women who become pregnant or who are already mothers, and who are home caregivers. Given this, the presence of conflicts can be established in the face of the routines between motherhood, graduation and profession, favoring the various sensitizations in relation to the absence at home, at work or in studies (OLIVEIRA; TRAESEL, 2008). All these acum functions uladas can cause conflicts and internal requirements, one of the factors that constitute psychotherapy as ferr fundamental Amenta for the management of these dubious emotions and to the expressed need of always being strong and being warriors d iante the LUT to the achievement of new spaces (URPIA; SAMPAIO, 2011 ; ANTONIASSI JUNIOR; ROCHA; BERETTA; FIGUEIREDO, 2019) the woman who perceives herself to be autonomous, student and professional, is also faced with the performance of different roles from her figure before society, with the journeys divided between the responsibilities of being a woman, wife, mother, housewife with the household chores, resulting in an accumulation of functions which they themselves call themselves strong and warlike (URPIA; SAMPAIO, 2011).

"I am a person who believes and fights for my dreams, persistent, I become demanding. I like my way I have self-love, I am strong and warrior. " (P1)

"I am a person with a strong genius who is often just a" mask "and who needs to be broken in some ways in others not because he is a personality and this is my preference to be rational than someone emotional." (P7)

This autonomy and persistence often apprehended in the female discourse, refer to an achievement for the power of choices and decisions, for the ability to have an active voice in the midst of society, changing a cultural scenario in which women move from domestic to social. For M oreno (2011), the roles represent the way the individual positions himself and reacts to specific people or situations, which can be observed through behaviors, that is, the subject can perform different functions depending on the context in who meets and behaves in different ways. The contemporary portrait of the woman goes beyond the social constructions of who that woman should be or the role she should occupy, but rather the places she wants to occupy, appropriating her desires, without

necessarily dressing fragile image to be a woman or a woman (ANTONIASSI JUNIOR; ROCHA; B ERETTA; FIGUEIREDO, 2019). In describing about speak about their identities and who are, in general, participating in the Settings group anger m positive manner and displays r m value characteristics. When responding on itself realizes ra m their personalities, weaknesses, uncertainties, and potential defects, as they are speaking.

"I am a charismatic person, and at the same time shy. I enjoy meeting people and listening to them. I am extremely anxious, nervous and fearful. I am a dreamy person, fulfilled and grateful for life. I hope one day to let go of my shyness and spread love around, to be able to help and welcome others, because I know that everything I do and have done is still little. I am very jealous and protective of the people I like. I am also a little selfish due to my jealousy, but I have already improved a lot. My motto in life is to constantly evolve, to be a better person every day. And finally, and what I would most like to change, I am proud, thick, stubborn and full of reason always. " (P11)

"A person sounds full of wants, desires, dreams. I am sensitive, loving, caring, concerned, anxious and sometimes stubborn. I love music, I love being who I am, but I experience the taste of wanting to be more than I am. " (P13)

Realize u is known that subjectivity is manifest each of the through their personal IDs, individually, from life experiences, giving each their meanings singula res their interactions with the environment, their influences, values, and behaviors (COSTA, 2018). Nes ses vs the few women addresses RA m about their families, loved ones, and bonding directly to the associated track themselves . It differs from the researched literature, which addresses a portrait of the woman perceiving herself primarily from her roles played within the family, in the group and in society, and not of herself (SOARES; CARVALHO, 2003). In recognition of personal characteristics qua ing categorized, was identified among the participating women a similarity in traits of affection and emotion, expectedness, dreamy, irritability and instability, fear, motherhood, ang ú Stia, anxiety and suffering, impatience and support / family support.

"I am a person who believes and fights for my dreams, persistent, I get to be demanding . I like my way, I have self-love, I am strong and warlike, I know how to recognize my positive points and the negative also, which is to expect more from other people and to cling to others easily. I am loving, and very happy. My word of life is hope. " (P1)

"I am thirsty for life, for living, more afraid of change. I can't make choices in life, I really miss my late father and my close family. " (P2)

"I am intense and passionate. I said that I am "out of patience", but it is actually that I lose patience very easily. I get irritated by little things. " (P3)

"I live in constant change, work, study and want to win my own House, own my own Family." (P14)

The predominance of the sentimental profile and expectations is relevant among the nominations of the participants in the group, followed by dreamy and unstable, which dialogues with the self-portraits constructed by these women when they

express their desires, feelings and emotions. It is observed also in irritability, loneliness and persistence, when these participants reveal strength or say they mask their feelings not to show weakness. And notwithstanding, yet they are able to define how they feel and how they express. Cultural speeches in Ural literature point to the female features like proper, gifts and natural in women in general, but also could be transformed and/or camouflage as they assume new roles in groups and in the environments in which they operate, with an incisive demand to be resistant and strong, as already mentioned (SOARES; CARVALHO, 2003). It is possible to understand the assertive group experience, since the group offers support and conditions for the subject to recognize himself in terms of his personal perspectives and in his relationships, encouraging an individual and internal observation. Despite the difficulties in dealing with their weaknesses, limitations and insufficiencies, the profile of women in psychotherapy in this study suggests the possibility of an approximation of self-perception, appreciation, recognition and expression of feeling as it is, which Lowen (1984), suggests as a discovery of the subject, of his individualities and sensations.

Consideration

The profile of participants in psychotherapy in this study, refers to the woman in self process, with sensitivities, potential and capabilities, that regardless of age, is in building an empowered identity and Autonomy, and in the quest for independence, she studies, works and seeks to achieve improvements in his role first as a person and later occupying social functions. These results point to a new perspective of the woman, the view itself in sam to and places it occupies, bringing a new twist on this feminine condition today with potential, skills and recognition of possibilities to exercise its rights.

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