

59 - FEDERAL TECHNOLOGICAL EDUCATION CENTER FROM CAMPOS STUDENTS' DISSATISFACTION WITH THE BODY IMAGE ACCORDING TO THE SCHOOL LEVEL

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1 INTRODUCTION

From the historical facts analyzed by Barros(2005) citing Goman (1965), the conception of self image came from studies developed by a French surgeon doctor Ambroise Pare, who identified the existence of a ghost member.

The mental image is built from the integration of several sensory modalities and several psychic processes which are usually exchanging (TAVARES, 2003), such as about social and cultural aspects, which are also determining for their building, evolving continually throughout the lifelong.

Built and associated to the self concept and identity, it gets as dependent facts, the neurophysiologic system development, perception, social and cultural relationships. So, it can be understood that this "includes conscious and unconscious aspects" and it is gathered to the identity and the individual experience of existence, dynamism involving relationship with the world and with the interactions among the conscious and unconscious aspects..."(TAVARES,2003,P.36)

The sociable benefits are related to the insertion of this subject in such this society which emphasizes the desire. The body plays the role of stimulating the "narcissism" culture, where the prosthesis offered by the compulsive society are necessary for the subject to fill in evidence, what means that he exists (CARRETEIRO, 2005).

Foucault (1979, p.), says that:

Different from the last century, the XX century would prioritize the investment on the body, under a control and stimulation way. The power takes its materiality in investing on the body recovering through a complex net of investments: publicity, medicine and different body techniques (...) media images and other referent universes.

Searches done by De Lúcia, (2001 *apud* CAMPAGNA and SOUZA, 2006) involving 580 female adolescent, showed that 80% did not like the self image and 50% looked for diets because they thought they were out of the ideal weight (they feel fat). One of the conclusions he could go up to was that they looked for a diet searching for the ideal body, not for the real shape they were found.

In 2006, Campagna and Souza searched 20 youngs aging 12, belonged to the average social class and high social class, from a private school in São Paulo, though interview, human being draws, they concluded that the groups were under the impact of changes of their bodies which looked for adaptations and tried to reorganize the identity. The self-image shows more negative characteristics, coming from the seizure of the body image in change.

The dissatisfaction, insecurity and the anxiety related to the appearance and only suggested in the interviews, but reinforced in the human being draws.

Then, the present study proposes to rise topics which make possible to identify the levels of satisfaction with the body image of the federal technological education center from Campos students' according to the school level.

2. INSTRUMENT AND METHODOLOGY

To develop the search, according to the aim, to measure the dissatisfaction with the body image, the BSQ "Body Shape Questionnaire" will be used, adapted and evaluated by Di Pietro et al.(2001) among high school, graduation and Lato-sensu Specialization students from Federal Technological Education Center from Campos dos Goitacases.

2.1 SAMPLE SELECTION

As a criteria for inclusion, individuals from both sex and also applied for the high school, graduation and Lato-sensu Specialization from Federal Technological Education Center from Campos dos Goitacases were chosen.

The subjects who were excluded only coursed the technique subjects at the referred school, such as, all the ones that take part in the school levels cited above. The individuals who are also using any controlled drugs or suffer from **anorexia** or **bulimia** were also excluded.

Such the including as the excluding criteria were identified through initial **anamnesis** found in the application form. They got a previous knowledge about the search proposed, voluntarily accomplishing to take part in the mentioned study.

2.2 INSTRUMENT AND TASK

For the development of the search, a simple and of self application form will be used with 34 questions which evaluate and explore the thoughts the feelings and the behaviors related to the own body, being able to graduate the dissatisfaction with the body as perspective measures (DIPIETRO, 2001).

2.3 STATISTICAL TREATMENT

The data were gotten from the study throughout a descriptive and inferential statistic, using for the first, average, variance, pattern deviation reference and other more statistics when necessary. For the inferential analysis, ANOVA unique factor had been used.

3 RESULTS AND DISCUSSION

3.1 Results and discussion about the dissatisfaction with the body image evaluation

The table shows the descriptive results of the three groups with the average and variances.

	EM				ES				PÓS			
	BSQ-fem	fem age	BSQ-masc	male age	BSQ-fem	fem age	BSQ-masc	male age	BSQ-fem	fem age	BSQ-masc	male age
Average	82,8	16,26	67,02	16,04	85,063	22,542	53,525	23,525	103,806	26,444	99,75	24,875
Pattern Mf	4,127	0,142	4,666	0,154	5,080	0,666	2,540	0,808	6,121	0,764	5,664	1,020
Middle Lin	80	16,5	65	16	79,5	22	47	21,5	100	25	52	24
Way	90	17	39	16	120	19	45	21	119	23	##ND	22
Pattern De	29,184	1,006	32,996	1,007	35,196	3,919	16,066	5,109	36,724	4,562	22,617	4,080
Sample Vz	851,714	1,013	1086,755	1,182	1236,783	15,360	258,102	26,102	1348,618	20,997	511,533	16,650
Kurtosis	-0,557	-1,318	1,366	-0,464	-1,083	-0,302	3,668	-0,323	-0,961	-0,984	0,199	-0,720
Asymmetr	0,361	-0,054	1,485	0,017	0,370	0,683	1,789	0,974	0,254	0,566	1,096	0,459
Interval	119	3	126	4	118	16	74	18	128	14	74	13
Least	38	15	34	14	35	17	35	17	47	21	35	19
Maximum	157	18	160	18	153	33	109	35	175	35	109	32
Sum	4140	813	3351	802	4083	1082	2141	941	3737	952	956	398
Coefing	50	50	50	50	48	48	40	40	36	36	16	16
Trust Level	6,294	0,296	9,377	0,309	10,220	1,138	5,138	1,634	12,425	1,550	12,052	2,174

To verify the differences among the groups, the ANOVA of unique factor inferential statistics had been used.

**Table: ANOVA , UNIQUE
FACTOR- BSQ FEM**

SUMMARY			
GROUP	Count	Sum	Average
EM	50	4140	82,8
ES	48	4083	85,0625
POS-GR	36	3737	103,8056

ANOVA						
Variation source	SQ	gl	MQ	F	P-value	Critio-F
Among groups	10548,92	2	5274,461	4,885309	0,010731	3,065296
Inside groups	147158,5	131	1123,347			
Total	157707,4	133				

Analyzing the table 1, it was verified that the difference among the groups was meaningful with a $p < 0,0107$.

3.2 Discussions of the results and conclusion.

The searches showed dissatisfaction with the body image in different age levels and social and cultural levels.

In the countryside in São Paulo, in a total of 102 students being 55 male and 47 female, age average between 18 and 32 years old, showed the existence of differences related to the gender, identifying on the female sex, an inverted view about the own body, which increases significantly the fear of putting up weight, reinforcing social exclusion behaviors as getting rid of going to the beach wearing bathing suit and going to public places for not wearing certain clothes (RUSSO, 2005).

Against what was confirmed in this descriptive analysis search, points out to the average 82,8(EM), 85,06(ES), 103,8(EL) for the female public and 67,02(EM), 53,52(ES), 59,75(PG) for the male public, which shows no dissatisfaction with the body.

However, when we study the inferential analysis, we can notice as the individual gets to higher school levels, increasing their prospects inside the job market and being exposed to more sociable demands, the levels of dissatisfaction with the body image go for a meaningful difference ($p < 0,01$) agreeing with Barros (2005), Fisher (1990), who affirm that the body image is not only a cognitive building, but also a reflex of the desires, emotional attitude interacting with the other. The body image suffers direct interference from the emotion besides the neurophysiologic aspects as well as the experience man-world sets the person in a constant re-making, i.e., evolving until death. (BARROS, 2001,2005).

"So, the importance of comprehending it as an eminently social phenomena because it is sure that there is an exchange between our self body image and the other's" (BARROS, 2005, citing SCHILDER, 1999).

Then, we could conclude that facing the results presented in this study, there is no indicator of dissatisfaction with the body image, and however, we may pay attention to the progressive increasing of dissatisfaction with the body image, mainly among the female subjects, according to their school levels.

We can also conclude that the demands from the job market, as well as the updated social requirement make the subject to fill in a aesthetic pattern dictated by the social rules.

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ABSTRACT

The mental image is made from the integration of several sensory modalities and several psychic processes which are usually exchanging (TAVARES, 2003), then, as the social and cultural aspects, which are also determining for the build, evolving continually lifelong. The sociable benefits are related to the insertion of this subject in such this society which emphasizes the desire. The body roles the play of stimulating the "narcissism" culture, when the prosthesis offered by the compulsive society are necessary for the subject to fill in evidence, what means that he exists (CARRETEIRO, 2005). So, the present study proposes to show topics to identify the levels of satisfaction with the body image among the students from Federal Technological Educational Center from Campos dos Goytacazes according to their school levels. The data gotten had been studied through descriptive and inferential statistics. Using for the first, references about averages, variance, pattern deviation and others statistics when necessary. ANOVA unique fact has been used for the inferential analysis. 300 students have been studied, being 100 from high school (EM), 100 graduation (ES) and 100 post-graduate (PG). Facing the presented data, we can conclude that, there are no indicators of dissatisfaction with the body image, but we must pay attention to the increasing of dissatisfaction with the body image, mainly among the girls and women, by their graduation and the ones submitted to the tests.

Key-words: body image, aesthetics, School Physical Education

L' INSATISFACTION AVEC L'IMAGE CORPORELLE DES ELEVES DU CENTRE FEDERAL D'EDUCATION TECHNOLOGIQUE DE CAMPOS SELON LE NIVEAU DE SCOLARITE.

RESUME

L'image mentale se construit à partir de l'intégration de plusieurs modalités sensorielles et de processus psychiques divers qui sont continuellement en échange (TAVARES, 2003), ainsi que d'aspects sociaux et culturels, qui sont aussi déterminants dans leur construction, en évoluant continuellement au long de la vie. Les biens sociaux sont attachés à l'appartenance du sujet à cette société qui donne la priorité au désir. Le corps assume le rôle de stimulateur de la culture du « narcissisme », où les « prothèses » offertes par la

société de consommation se font nécessaires pour que l'individu se sente en évidence, synonyme de son existence (CARRETEIRO, 2005). Comme ça, la présente étude propose rechercher des indicateurs qui rendent possible identifier les niveaux de satisfaction de l'image corporelle des élèves et des étudiants du Centre Fédéral d'Éducation Technologique De Campos dos Goytacazes selon le niveau de scolarité. Les informations obtenues ont été étudiées à travers les statistiques descriptives et inférentielles. On a utilisé pour l'analyse descriptive, des références de moyennes, les variances, l'écart type et d'autres statistiques lorsque nécessaire. Pour l'analyse inférentielle, on utilise l'ANOVA (analyse de variance) à un seul facteur. 300 personnes ont été évalués, étant 100 lycéens (EM), 100 étudiants universitaires (ES) et 100 étudiants de post-graduation Lato Sensu (PG). On peut conclure face à l'analyse des données présentées dans cette étude, ne pas y avoir d'indicateurs d'insatisfaction avec l'image corporelle, cependant on doit faire attention à la graduelle augmentation d'insatisfaction avec l'image corporelle, surtout avec le public féminin, conformément à l'augmentation du niveau de scolarité des individus expérimentés.

Mots-clés : image corporelle, esthétique, Education Phisique scolaire.

COMPARATIVO DE NORMAS DE ESTÉTICA Y SATISFACCIÓN CON EL IMAGEN DEL CUERPO.

RESUMEN

Goldenberg (2005, apud BOUDIE, 1999), dicen que el imagen del hombre es asociada a seres fuertes, potentes y viriles y las mujeres son seres delicados, sumisos, apagadas. Para Marsillac y Souza (2006 apud Welsch, 1995), tornarse diferente del modelo social establecido es incontestablemente considerado como inhabilidad, sin la posibilidad de ser una opción propia. Yá seguir un modelo "ideal" de cuerpo tórnelo una tortura en busca de aceptación y perfección. Delante de tales factores, el presente estudio propone levantar dados que identifiquen las diferencias entre géneros en lo que es respecto a las concepciones de estética, así como relacionar las a los niveles de satisfacción con el imagen corporal, de estudiantes del Centro Federal de Educación Tecnológica de Campos dos Goitacazes en nivel de Pos grado lato - sensu. Los dados obtenidos fueran estudiados a través de estadística descriptiva por porcentaje. Fueran evaluados 100 alumnos en nivel de pos-grado (PG). Parece, por tanto, que delante de los resultados presentados en este estudio, hay diferencia entre géneros, tiendo el sexo femenino un concepto estereotipado de estética y una mayor preocupación por parecer delgada, produciendo una sensación de malestar con su propia imagen. Mas, el sexo macho, a pesar de demostrar una norma de estética que coincide co el dictado socialmente, presenta índices menores de malestar con el propio cuerpo.

Palavras-chaves: imagem corporal, estética, corporeidade

INSATISFAÇÃO COM A IMAGEM CORPORAL DE ALUNOS DO CENTRO FEDERAL DE EDUCAÇÃO TECNOLÓGICA DE CAMPOS CONFORME O NÍVEL DE ESCOLARIDADE.

RESUMO

A imagem mental se constrói a partir da integração de várias modalidades sensoriais e diversos processos psíquicos que estão continuamente em intercâmbio (TAVARES, 2003), assim como de aspectos sociais e culturais, que são também determinantes em sua construção, evoluindo constantemente ao longo da vida. Os bens sociais são vinculados à pertença do sujeito a essa sociedade que prioriza o desejo. O corpo assume papel de estimulador à cultura do "narcisismo", onde as "próteses" oferecidas pela sociedade de consumo são necessárias para que o sujeito sinta-se em foco, sinônimo de sua existência (CARRETEIRO, 2005). Assim, o presente estudo propõe levantar indicadores que possibilitem identificar os níveis de satisfação da imagem corporal de estudantes do Centro Federal de Educação Tecnológica de Campos dos Goytacazes, conforme o nível de escolaridade. Os dados obtidos foram estudados através de estatística descritiva e inferencial. Utilizando-se para a primeira, referências de médias, variâncias, desvio padrão e demais estatísticas quando necessário. Para a análise inferência, utilizou-se a ANOVA de fator único. Foram avaliados 300 alunos, sendo 100 alunos do Ensino Médio (EM), 100 do ensino Superior (ES) e 100 da pós-graduação (PG). Conclui-se, diante da análise dos dados apresentados neste estudo, não haver quaisquer indicadores de insatisfação com a imagem corporal, contudo deve-se atentar para o gradativo aumento de insatisfação com a imagem corporal, principalmente com o público feminino, conforme o aumento na graduação dos sujeitos testados.

Palavras-chaves: imagem corporal, estética, Educação Física Escolar.