

107 - THE PERCEPTION OF BODY IMAGE BY SCHOOL TEENAGERS

MARIA DE FATIMA DE MATOS MAIA¹
 THATIANA MAIA TOLENTINO²

1 - Universidade Estadual de Montes Claros - UNIMONTES; Grupo Integrado de Pesquisa em Psicologia do Esporte, Exercício e Saúde, Saúde Ocupacional e Mídia - GIPESOM. Montes Claros, MG - Brasil

2 - Prefeitura Municipal de Montes Claros – Secretaria da Juventude Esporte e Lazer. Montes Claros, MG - Brasil
mfatimaia@yahoo.com.br

INTRODUCTION

The adolescence is defined by Maia and Vasconcelos Raposo (2009) like the phase of transition between the infancy and the adult age, characterized mainly by transformation. In physical point of view, the changes are lived by young with anxiety, because they occur fastly and, many times, in disordered way, even because the teenagers do not exercise anyone kind of control about themselves.

How the changes in this phase occur successively and in a short space of time, the kind by what the body presents for itself many times do not follow the modifications just occurred, causing troubles in psychological field and maybe disturbers in body image.

In this phase, the preoccupation with the present, the anxiety in to advance the future, the psychological pressure of professional choose and the search in to satisfy the expectations of adults represent for the teenager a strong emotional pressure. Leading also difficulties of acceptance of himself and group of him, making with that the teenager now has difficulties with that that he is and that would like to be. The problems with the body image come from the moment that the teenager comes to not like of his body and of relationship with the world (PIRES et al, 2004).

The body image is an important composing of complex mechanism of personal identity. The subjective composing of body image refers to satisfaction of a person with his body size or specific parts of his body.

In seek of theirs construction like separated individuals of others and with personal identity, the teenagers are constant preoccupations of researchers, making with that different intervenient variables in this construction be analyzed of intense form (MAIA, VASCONCELOS RAPOSO, 2009). The body image, when do not be well prepared, produces disorders those can to take the adolescents to have many psychological and social disturbers. However, is possible that the intensity of dissatisfaction do the body image the main orientation or encouraging for the young individuals initialize a program of physical activity (HART, 2003).

From the point that the physical activity can to present positive effects of psychological and social character through real or imaginary modifications in body appearance, moreover the benefits of kind strictly physiologic, we understand that the simple fact of to practice a physical activity with regularity, independently of objective results about the work and look of body, can cause in teenager the feeling or the impression those normative exigencies of culture had been accomplished or in process of accomplish.

Having in view what was said previously, the physical activity seems to be one of the variables of fundamental importance in all process of balanced development of individual, assuming as better way for the obtaining higher levels of satisfaction with the body image (BATISTA, 1995).

The impact of physical activity about the body image have been argued in many researches with children, youngsters, adults and elders in different parts of the world and of Brazil, but the school teenagers in north of state "Minas Gerais" do not have register.

So, we came across this research to verify the impact of voluntary and regular physical activity about the body image of teenagers. Although to considerer that nature of physical activity may be relevant in study of relation of this with the body image, our research had as target to study the physical activity in global way, without to considerer its nature. The variable physical activity was discussed in global way, without to discriminate the type of activity even if it was practiced individually or in a group. An activity, however, would use be regular and spontaneous.

OBJECTIVE

Verify the impact of voluntary and regular physical activity on body image of teenagers.

METHODOLOGY

This is a mix and descriptive study, with a qualitative quantitative approach, presenting a design of transversal type.

The sample was composed by 524 school teenagers of both sex separated in age line between 12 and 20 years according with the division of adolescence defined by (MAIA; VASCONCELOS RAPOSO, 2009). About the ages and the sub-stages, we will follow (COLE; COLE, 2003). So, 12 to 14 years (34.7%) composed initial adolescence; 15 to 17 years (41.6%) composed medium adolescence and from 18 to 20 (23.7%) composed final adolescence. This sample come from two big state school from the city of "Montes Claros" chosen by to be the biggest number of students in these age lines. Of 524 teenagers, 43.3% are from male sex and 56.7% are from female sex.

To participate of this research, the adolescents would use be registered and frequents in high school or basic education and be frequents in minimal three times by week in physical activities. The following exclusion criteria were utilized: to have diseases or metabolic disturbers and skeletal-muscle; use of any medicament that can change the psychological state; those who the parents or responsible do not authorize to participate and all considered as outliers.

The independent variables were sex, age and the regular and volunteer practice of physical activity. The dependent variable was body image.

This project was submitted to the Ethics Committee of the "Universidade Estadual de Montes Claros – Unimontes" and was approved by the consolidated Case No. 528/2006 on 12/15/2006. The authorization of 22ª superintendence of "Montes Claros" was conceived through a term of compromise signed by superintendent in exercise.

The instruments were a structured and a specific questionnaire, in which we used the scales of valuation of silhouette second Stunkard, Sorensen, Schulsinger (1983).

Was utilized a descriptive statistic (frequencies); analysis by the correlation for the not parametric data. The coefficient of correlation used was Spearman's. In long of study, the level of significance defined was 5% (p = 0.05). All values presented were rounded to two decimal places. Was used the Statistic Package for the Social Sciences – SPSS 13.00 for Windows.

RESULTS AND DISCUSSION

1 – PRACTICE OF PHYSICAL ACTIVITY

Was evidenced the number of physical activity from male sex in initial phase (90.1%), medium phase (93.3%) and final phase (73.5%). In female sex: initial phase (83.2%), medium phase (64.9%) and final phase (92.9%). About the not practitioners from male sex: initial phase (9.9%), medium phase (6.7%) and final phase (7.1%). In female sex: initial phase (16.8%), medium phase (35.1%) and final phase (26.5%).

Dealing the results, the teenagers from male sex do practice more physical activity than the teenagers from female sex, and those tend to raise the practice of physical activity from one phase to another of adolescence. However, the adolescents of female sex tend to raise the level of physical inactivity from one phase to another. Besides, for Priore (1998), the biggest preoccupation with the body image generally is the incentive that takes many teenagers to look for sports activities, especially extracurricular.

Our results are corroborated by Alves et al (2000) when noting that 42.5% of adolescents began to develop one type of physical activity before 12 years old, 51% between 12 and 16 years and 6.5% later than 16 years. 47% mentioned interruption in practice of physical activity, being that this occurred strongly after 15 years. According the authors, the beginning of sports activity, in most part of cases, probably coincided with the growth spurt.

2 – BODY IMAGE

Table 1 – General Silhouette between sexes and the phases of adolescence.

Silhouette	Sex		Phases of Adolescence		
	Male	Female	Initial	Medium	Final
1	n=8; 42.1%	n=11; 57.9%	n=11; 57.9%	n=5; 26.3%	n=3; 15.8%
2	n=25; 23.6%	n=81; 76.4%	n=37; 34.8%	n=46; 43.4%	n=23; 21.8%
3	n=80; 41.4%	n=113; 58.6%	n=73; 37.8%	n=89; 46.1%	n=31; 16.1%
4	n=62; 52.5%	n=56; 47.5%	n=34; 28.8%	n=42; 35.6%	n=42; 35.6%
5	n=24; 55.8%	n=19; 44.2%	n=9; 20.9%	n=23; 53.5%	n=11; 25.6%
6	n=14; 77.8%	n=4; 22.2%	n=7; 38.9%	n=6; 33.4%	n=5; 27.7%
7	n=3; 100%	n=0; 0%	n=3; 100%	n=0; 0%	n=0; 0%
8	n=1; 50%	n=1; 50%	n=0; 0%	n=2; 100%	n=0; 0%
9	n=10; 45.5%	n=12; 54.5%	n=8; 36.4%	n=5; 22.7%	n=9; 40.9%

Corroborating with those results, Damasceno et al (2001), using the same group of silhouettes of Stunkard, Sorensen and Sculsinger (1983), was encountered as ideal the silhouette 3 (55%) for the women (silhouette 2 = 18% and 4 = 21%) from same way, was evidenced in our study the silhouette 3 and the 4 as those that most resemble to teenagers of male and female sex.

Corresponding Almeida et al (2005), in analyze of chooses on size considered normal for man and woman, was noticed a bigger concentration of own chooses of figures not representing of obesity in representative silhouette of women. This datum suggests a difference between what is considered synonymous of normality for men and women, characterizing for the women the exigency of tin bodies, where the meaning is more than that.

For Fleitlich et al (2000), the adolescents, even when they are in adequate weight or lower, they generally felt fats or disproportional, which denominate themselves like body image distortion. In female sex, with the raise of age, there is the tendency to want to lose weight; inversely, in male sex, this will lowers, privileging the wish to win weight in athletic size (VILELA et al, 2001).

Table 2 - Silhouette of teenagers practicing and not practicing physical activity from male sex.

	Practitioners of Physical Activity			Not Practitioners of Physical Activity		
	General Silhouette	Superior Silhouette	Inferior Silhouette	General Silhouette	Superior Silhouette	Inferior Silhouette
General Silhouette	1.000	.551	.505	1.000	.374	.354
Superior Silhouette	.551	1.000	.647	.374	1.000	.880
Inferior Silhouette	.505	.647	1.000	.354	.880	1.000

According table 2, exists a positive and significant correlation to the level of p = 0.01 for teenagers practitioners of physical activity from male sex between the general, superior and inferior silhouette, being the coefficient of correlation of superior silhouette equal to 0.551 and the coefficient of correlation of inferior silhouette equal to 0.505, having the silhouettes the force of relation moderate. This means that not exists difference in choose of positive and negative silhouette when compared with the general silhouette, what shows that independently of silhouette, the evaluated have perception of their body image.

When compared the superior silhouette with the inferior, the coefficient of correlation of teenagers practicing and not practicing physical activity from male sex, was observed, respectively, values 0.647 and 0.880, what shows that the practitioners of physical activity have difficulties of perception of their body image when used these silhouettes. Besides, the not practitioners have perception of body image with a level of strong correlation. What can refer us to the situation of a not body perception, bringing them to choose of correlated silhouette.

By to be a complex stage what comprises a number of physical and psychological changes during puberty, there is tendency of adolescents raise their body grease, resulting in look changes and in feeling for the body, what causes a reorganization of body image. By the other side, teenager boys experienced significant raise of muscle mass and height (DAMASCENO, 2004).

As data of table 2, does not exist a significant correlation to the level of $p = 0.05$ for the teenagers not practitioners of physical activity from male sex between the general, superior and inferior silhouette, being the value of coefficient of correlation, respectively, 0.374 and 0.354, having the weak relation force, viewing that exists difference in choose of positive and negative silhouette when compared with the general silhouette, more shows too that in choose of silhouettes, the evaluated do not have a good perception of their body image, showing that even the correlation between superior and inferior of the not practitioners being strong, submit us to valuation realized previously to one choose by convenience.

Table 3 - Silhouette of teenagers practicing and not practicing physical activity from female sex.

	Practitioners of Physical Activity			Not Practitioners of Physical Activity		
	General Silhouette	Superior Silhouette	Inferior Silhouette	General Silhouette	Superior Silhouette	Inferior Silhouette
General Silhouette	1.000	.609	.640	1.000	.690	.626
Superior Silhouette	.609	1.000	.599	.690	1.000	.652
Inferior Silhouette	.640	.599	1.000	.626	.652	1.000

According the data of table 3, exists a positive and significant correlation about the level of $p = 0.01$ between teenagers from female sex practitioners of physical activity with general silhouette and superior and inferior silhouette, being the correlation coefficient of superior silhouette equal to 0.609 and the correlation coefficient of inferior silhouette equal to 0.640, having the moderate force of relation of silhouettes. Independently of silhouette, the evaluated have perception of their body image. When compared the superior silhouette with the inferior of adolescents practicing physical activity from female sex, we found in coefficient of correlation a decrease in value identical to 0.599. However, the force of relation continues moderate.

The data of table still show that exist a positive and significant correlation to level of $p = 0.01$ between the adolescents not practicing physical activity from female sex with the general silhouette and the superior and inferior silhouette, being the correlation coefficient of superior silhouette equal to 0.690 and the correlation coefficient of inferior silhouette equal to 0.626, being the force of relation of silhouettes equivalent to moderate, what means that does not exist difference in choose of positive and negative silhouette when compared with the general silhouette. This fact shows that independently of silhouette, the evaluated have perception of their body image. When compared to superior silhouette with the inferior of teenagers not practicing physical activity from female sex, we encountered the coefficient of correlation equal to 0.652 and the force of relation like moderate.

On the other hand, we compared the correlations and the force of relation of silhouette between the adolescents practicing and not practicing physical activity, we can say that girl teenagers those do not practice physical activity have a better perception of their general silhouette compared with the superior and the superior silhouette compared with inferior. At last, adolescents practicing physical activity have a better perception of general silhouette image compared to inferior.

CONCLUSION

From the results, we can conclude that most data presented good and significant correlation. The teenagers from male sex practice more physical activity than female sex, tending to raise the practice of physical activity of one phase to another of adolescence, but the girl teenagers tend to raise the level of physical inactivity.

In relation to silhouettes, these presented significant correlations, having a good perception from their all to their parts. When compared the silhouettes between the sexes of practitioners and not practitioners of physical activity, the men practitioners have a better perception of their body image compared with the not practitioners. About the female sex, the difference between practitioners and not practitioners almost does not exist. However, the girl adolescents not practitioners have a better perception of their body image.

In relation to phases of adolescence by sex, was evidenced that the teenagers from male sex practicing physical activity from initial, medium and final phase have a better perception of their body image compared to not practitioners. Besides, in female sex, the adolescents from initial phase not practitioners of physical activity have a better perception of their body image than the practitioners. In medium and final phases, the teenagers with practice of physical activity have a better perception of their image then the not practitioners.

In other hand, we can say that the voluntary and regular physical activity assist in a better perception of body image by teenager, even that this result does not have been proved in all results presented. So, the regular practice of physical activity must be encouraged to adolescents as soon as possible for those may preview themselves of risks and diseases and turn themselves sedentary adults.

REFERENCES

- ALMEIDA, G.A.N. et al. **Percepção de tamanho e forma corporal de mulheres: Estudo exploratório**. *Psicol Est. Maringá*, v. 10, n 1. p.283-292. jan/abr, 2005.
- ALVES, S.S. et al. **Avaliação de atividade física, estado nutricional e condição social em adolescentes**. *Folha méd. Rio de Janeiro*, V.119: p.26-33. 2000.
- BATISTA, P. **Satisfação com a imagem corporal e auto-estima**. *Rev Horiz, Porto*, v. XVI, p. 9-15. 1995.
- COLE, M.; COLE, S.R. **O desenvolvimento da criança e do adolescente**. 4 ed. (M. Lopes, Trad.). Porto Alegre : Artmed, 2003. 800p. (Publicado originalmente em 1989).
- DAMASCENO, V.O. **Insatisfação com a imagem corporal e variáveis antropométricas de praticantes de atividade física em academia**. 2004. Tese - Universidade Castelo Branco, 2004. Rio de Janeiro.
- FLEITLICH, B.W. et al. **Anorexia nervosa na adolescência**. *J Pediat. Porto Alegre*. v.76. p.323-329. 2000.
- HART, E.A. **Avaliando a Imagem Corporal**. In: BARROW; MCGEE. *Medidas e Avaliação em Educação Física e Esportes*. São Paulo: Manole, 2003, p 457- 488.
- MAIA, M.F.M.; VASCONCELOS-RAPOSO, J.J.B. **Bem-estar psicológico, depressão, auto-estima e índice de massa corporal em jovens adolescentes da cidade de Montes Claros, Estado de Minas Gerais – Brasil. Tese - (Doutorado em Ciência do Desporto)**. Universidade de Trás-os-Montes e Alto Douro. 2009. 479p. Portugal: Vila Real.
- PIRES, E. et al. **Hábitos de atividade física e o estresse em adolescentes de Florianópolis – SC, Brasil**. *Rev Bras*

Ciênc Mov. Brasília. v.12, p.51-56. 2004.

PRIORE, S.E. **Composição corporal e hábitos alimentares de adolescentes: uma contribuição à interpretação de indicadores de estado nutricional.** Tese. Universidade Federal de São Paulo/Escola Paulista de Medicina. 1998. São Paulo.

RIBEIRO, E. EISENSTEIN, E. **Falando de saúde: para crianças, adolescentes e educadores nas escolas e comunidades.** Petrópolis: Vozes, 1990.174p.

STUNKARD, A.J.; SORENSEN, T.; SCHULSINGER, F. **Use of the Danish Adoption Register for the study of obesity and thinness, 1980.** In: TRITSCHLER, K.A. Medida e Avaliação em Educação Física e Esportes de Barrow & McGee. 5ª ed. São Paulo. Barueri: Manole, 2003.

VILELA, J.E.M.et al. **Transtornos alimentares em escolares.** J Pediat. Porto Alegre. V.80.p.49- 54. 2004.

Universidade Estadual de Montes Claros - Unimontes

Grupo Integrado de Pesquisa em Psicologia do Esporte, Exercício e Saúde, Saúde Ocupacional e Mídia - GIPESOM
Prédio 06 – CCBS/DEFD

Av. Ruy Braga S/Nº - Vila Mauricéia

Montes Claros – MG, Brasil

CEP: 39 400 000

e-mail: mfatimaia@yahoo.com.br

THE PERCEPTION OF BODY IMAGE BY SCHOOL TEENAGERS

ABSTRACT

Objectives: to verify the impact of voluntary and regular physical activity about the body image of teenagers. **Methodology:** descriptive study, with qualitative and quantitative approach and cross sectional. Sample of 524 school teenagers of both sexes aged between 12 and 20 years. The research received approve by Ethics Committee of the "Universidade Estadual de Montes Claros" Case No. 528/2006 of 12/15/2006. Was used the scales of valuation of silhouette Stunkard, Sorensen, Schulsinger (1983). Analytical and descriptive statistics (frequencies) through the correlation for nonparametric data. The coefficient of correlation used was Spearman. **Results:** practice of physical activity for male sex: initial phase (90.1%), medial (93.3%) and final (73.5%). For female: initial phase (83.2%), medial (64.9%) and final (92.9%). The general silhouette 3: male with 41.4% and female with 58.6%. The general silhouette 4: male with 52.6% and female with 47.6%. In silhouette of teenagers from male sex, for the practitioners or not of physical activity, the force of relation is moderate. The not practitioners have a perception of body image in a strong level of correlation. In female sex, the force of relation was moderate. When compared the superior silhouette with the inferior of practitioners of physical activity, the strength of relation continued moderate. **Conclusions:** the teenager men do practice more physical activity and tend to increase this practice between one phase and another in adolescence, while the teenagers tend to increase the level of physical inactivity. The teenager men presented significant correlations, having a good perception of the whole to their parts, and they choose the silhouette 3. The male sex practicing of physical activity of initial, medial and final phases has a better perception of its body image. The female sex from initial phase evidenced the sedentary one with a better perception of its body image and, in the medial and final phases, the practitioners have a better perception of their body image compared to the not practitioners.

KEYWORDS: adolescents, body image, silhouettes

PERCEPTION DE L'IMAGE DU CORPS POUR LES ADOS SCOOLED

RÉSUMÉ

Objectif: étudier l'impact de l'activité physique régulière et volontaire sur l'image corporelle des adolescents. **Méthodes:** Les descriptifs, conception qualitative et quantitative transversale. Échantillon de 524 collégiens des deux sexes âgés entre 12 et 20 ans. La recherche a été approuvée par le comité d'éthique de l'Universidade Estadual de Montes Claros n° 528/2006 du 15/12/2006 affaire. Nous avons utilisé des échelles d'évaluation Silhouette Stunkard, Sorensen, Schulsinger (1983). Les statistiques descriptives (fréquences) et par corrélation d'analyse de données non paramétriques. Le coefficient de corrélation de Spearman a été utilisé. **Résultats:** la pratique d'activité physique pour les hommes: stade précoce (90,1%), moyen (93,3%) et dernière (73,5%). Homme: Première étape (83,2%), moyen (64,9%) et dernière (92,9%). La silhouette générale 3: mâle et femelle de 41,4% à 58,6%. La silhouette générale 4: 52,6% des hommes et des femmes avec 47,6%. En silhouette d'adolescents de sexe masculin, de pratiquer ou non l'activité physique, la force de la relation est modérée. Les praticiens n'ont aucune perception de l'image corporelle au niveau de la forte corrélation. Pour les femmes, la force de la relation a été modérée. En comparaison avec la silhouette au-dessus du bas de l'actif physique, la force de la relation est restée modérée. **Conclusions:** les adolescents hommes pratique plus d'activité physique et ont tendance à augmenter la pratique d'une phase à l'autre à l'adolescence, tandis que les filles ont tendance à augmenter le taux d'inactivité physique. Les garçons étaient significativement corrélées, ayant une bonne compréhension de l'ensemble de ses parties, et a choisi le profil 3. Le mâle-athlète premières phases, milieu et fin ont une meilleure perception de leur image corporelle. La femelle de la phase initiale a montré les sédentaires avec une meilleure perception de l'image corporelle et, dans les stades intermédiaires et finaux, les praticiens ont une meilleure perception de son image par rapport aux non-pratiquants.

MOTS-CLÉS: adolescents, l'image corporelle, silhouettes.

LA PERCEPCIÓN SOBRE LA IMAGEN CORPORAL POR LOS ADOLESCENTES EN EDAD ESCOLAR

RESUMEN

Objetivos: Comprobar el impacto de la actividad física voluntaria y regular sobre la imagen corporal de los adolescentes. **Metodología:** Estudio descriptivo en abordaje cuali-cuantitativo y delineamiento transversal. Participaron 524 jóvenes en edad escolar, de ambos sexos, entre 12 y 20 años. La investigación ha recibido aprobación del Comité de Ética de la Universidad Estadual de Montes Claros, proceso n° 528/2006 de 15/12/2006. Se ha utilizado la escala de evaluación de la silueta Stunkard, Sorensen, Schulsinger (1983). Estadística descriptiva (frecuencias) y analítica a través de la correlación de datos no paramétricos. El coeficiente de correlación utilizado fue Sperman. **Resultados:** Práctica. Actividad física del sexo masculino: fase inicial (90,1%), media (93,3%) y final (73,5%). Femenino: fase inicial (83,2%), media (64,9%) y final (92,9%). La silueta total 3: masculino con 41,4 % y femenino con 58,6%. La silueta total 4: masculino con 52,6% y femenino con 47,6%. La silueta corporal de varones jóvenes, para practicantes o no de actividad física, la fuerza de relación es moderada. Los no practicantes poseen percepción de la imagen corporal en nivel de correlación fuerte. En los de sexo femenino, la fuerza de

relación resultó moderada. Siempre que comparada la silueta superior con la inferior de las practicantes de actividad física, la fuerza de la relación siguió moderada. Conclusiones: Los varones adolescentes practican más actividad física y siguen aumentando esta práctica de una fase hasta la otra de la adolescencia. Mientras entre las chicas disminuye el índice de actividad física. Los hombres jóvenes presentaron correlaciones significativas con buena percepción desde el todo hasta sus partes, y escogieron la silueta 3. Así el varón adolescente practicante de actividad física de las fases inicial, media y final posee una mejor percepción de su imagen corporal. Ya el femenino, en la fase inicial, sólo las sedentarias la tuvieron. Pero, en las fases media y final, las practicantes obtuvieron una mejor percepción de su imagen en relación a las no practicantes.

PALABRAS-LLAVE: adolescentes, imagen corporal, siluetas

A PERCEÇÃO DA IMAGEM CORPORAL POR ADOLESCENTES ESCOLARIZADOS

RESUMO

Objetivos: verificar o impacto da atividade física voluntária e regular sobre a imagem corporal de adolescentes. **Metodologia:** estudo descritivo, com abordagem quali-quantitativa e delineamento transversal. Amostra de 524 adolescentes escolarizados de ambos os sexos com idades entre 12 e 20 anos. A pesquisa recebeu aprovação do Comitê de Ética da Universidade Estadual de Montes Claros Processo Nº 528/2006 de 15/12/2006. Utilizou-se as escalas de avaliação da silhueta Stunkard, Sorensen, Schulsinger (1983). Estatística descritiva (frequências) e analítica através de correlação para dados não paramétricos. O coeficiente de correlação utilizado foi Spearman. **Resultados:** prática atividade física para o sexo masculino: fase inicial (90.1%), média (93.3%) e final (73.5%). Feminino: fase Inicial (83.2%), média (64.9%) e final (92.9%). A silhueta geral 3: masculino com 41.4% e feminino com 58.6%. A silhueta geral 4: masculino com 52.6% e feminino com 47.6%. Na silhueta de adolescentes do sexo masculino, para praticantes ou não de atividade física, a força da relação é moderada. Os não praticantes possuem percepção da imagem corporal em nível de correlação forte. No sexo feminino, a força da relação foi moderada. Quando comparada a silhueta superior com a inferior das praticantes de atividade física, a força da relação continuou moderada. **Conclusões:** os homens adolescentes praticam mais atividade física e tendem a aumentar esta prática de uma fase para a outra da adolescência, enquanto as adolescentes tendem a aumentar o índice de inatividade física. Os homens adolescentes apresentaram correlações significativas, possuindo boa percepção do seu todo para suas partes, e escolheram a silhueta 3. O sexo masculino praticante de atividade física das fases inicial, média e final possui uma melhor percepção da sua imagem corporal. O sexo feminino da fase inicial evidenciou as sedentárias com melhor percepção da sua imagem corporal e, nas fases média e final, as praticantes têm uma melhor percepção da sua imagem comparada as não praticantes.

PALAVRAS-CHAVES: adolescentes, imagem corporal, silhetas.