

## 118 - WOMEN SATISFACTION BODY OF THE ACADEMY OF GYMNASTICS: COMPARATIVE ANALYSIS WITH DIFFERENT BODY MASS INDEX

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### INTRODUCTION

This study aimed to compare the body satisfaction of women between 35 and 45 years enrolled in a gym with different body mass indices.

A growing number of people dissatisfied with their body image, and if we compare the genres women are most affected by social pressure because of the beauty standard set by the current society. The body dissatisfaction reach people who are further away from this culture of thinness as the overweight and obese, is cause for public attention, given that obesity facilitates the development of other diseases. Anyway, for a deeper scientific studies on the psychological side, this research complements this area serves as the basis for other researchers seeking better understanding of the psychological factors of people who are dissatisfied and bodily are obese or overweight and have already practicing physical activity. Moreover it comes to dialogue about the prevention and early diagnosis of obesity, as well as demonstrating that body dissatisfaction affects many women and these factors obesity, body image and satisfaction are related to promoting health and reducing morbidity and mortality of which affect the quality of life .

### REVIEW:

As we remember the historical evolution of the feminine figure it is noticed that obesity was valued inversely represented in art these days, where there are increasingly charging for thin body slender (WHITE et al., 2006).

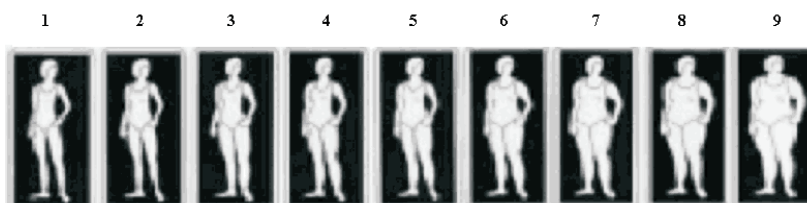
The World Health Organization defines obesity as the degree of storage of body fat associated with health risks due to its relationship with several metabolic complications (BRAZIL, 2006). Genetic factors and / or environmental originate or lead to obesity, or genetic factors may be sufficient staff to determine overweight and obesity, but environmental factors may reduce the influence (VIUNISKI, 2000).

Obesity can bring consequences, namely the development of other diseases, Articular, Cardiovascular, Skin, Endocrine-Metabolic, Gastrointestinal, increased risk of mortality, Neoplastic, Respiratory and Psycho (MELLO; LUFT Meyer, 2004). Currently 12.7% of women and 8.8% of Brazilian men are obese especially in south and southeast, and knowing that this population has doubled over twenty years ago (BRAZIL, 2006).

According to Russo (2005) Body image exceeds the individuality that once people are pressured to achieve the ideal body that society down through the media, creating desires and enhance images, which idealize the bodies. And those who find themselves outside of the measures, they feel dissatisfied charged and may determine the appearance of low self-esteem and depression, or suffering, which makes them slaves to an ideal, imposing strict discipline and often painful.

### MATERIALS AND METHODS:

The study was conducted with a sample of 45 women enrolled in an academy of São Paulo city, between ages 35 to 45 years being those who attended the academy at least twice a week for more than six months and of which remain more than 30 minutes per session. Was checked by data from Height and Weight to identify BMI according to WHO, and then were divided into three groups: normal or healthy weight, overweight and Obese containing 15 subjects in each group. We used a questionnaire to the Personal Identification and open and closed questions concerning the practice of physical activity. The Body Shape Questionnaire (BSQ) developed by Cooper et al (1987) and translated into Portuguese by a pair Cordás and Nevis (1994), which assesses concerns about body shape, self-depreciation of physical appearance and feeling of being " fat. " It is composed of 34 closed questions with the following responses never, rarely, sometimes, often, very often, very often, always. The distortion may vary from mild (70 to 90), moderate (90 to 110) or severe (> 110). And the range of silhouettes a tool that identifies the degree of dissatisfaction with weight and body size in assessing the perceptual component of body image, adapted to Brazilian population following the recommendations of Gardner et al (1998, cited and quoted by KaKeshita Almeida, 2006). This consists of nine silhouettes of each gender with progressive changes in the scale of measurement from leaner mean BMI ranging between 17.5 and 37.5 kg / m<sup>2</sup>. The test where the choice of the silhouette that most closely resembles their own body at present, following which the silhouette would like to have (KAKESHITA, ALMEIDA, 2006).



All results were analyzed quantitatively by the average and are discussed qualitatively. At the end we compared the results between women with different BMI, in order to establish relations.

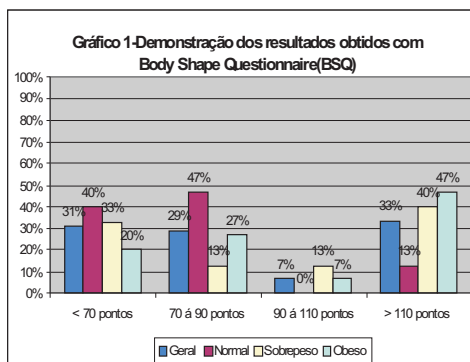
### RESULTS AND DISCUSSION

Someone who does not accept his own body is emotionally unbalanced with sadness and anxiety, for example, neglecting your body as obese people who actually eat more food because they are in this situation (Guiselini 2001; VIUNISKI, 2000).

**Tabela 1- Number of Silhouettes Unless We would like**

Nº of silhouettes	0	-1	-2	-3	-4	-5	-6	-7	-8
Normal	33%	27%	33%	7%	0%	0%	0%	0%	0%
Overweight	7%	20%	33%	27%	7%	7%	0%	0%	0%
Obese	13%	20%	33%	20%	7%	7%	0%	0%	0%
Total	18%	22%	33%	18%	5%	5%	0%	0%	0%

Negative point, because in searching for and adherence to treatment of obesity is important to know how this obese individual self-assessment because it is very important to their self-assessment. And the obesity allow further development of other diseases. Thus, the psychological and social problems can lead an individual to have lower expectations and a decreased quality of life compared with non-obese (VIUNISKI, 2000).



Plus, since they not suffered from the feelings generated by low-energy vibration. According Guiselini (2001), emotional imbalance of power, making people sad and unhappy and even "ill feelings," as they are called physical disorders.

#### CONCLUSION:

We conclude that women are still targets of social pressure for the perfect body, because even those who were with the body mass index within normal wanted to reduce his silhouette and were dissatisfied with the degree considered by this research as serious at the same time than those who were overweight had results that were satisfied bodily bringing good points, because those who accept the way it is has no emotional imbalance, but excess body fat may facilitate the development of other diseases.

Considers that the main goal when performing physical exercise and especially by the Obese group Aesthetics and that did not provide data on the objective of Lazer and might not think of it as something pleasurable.

It is suggested that more studies be conducted around that theme and that is not used BMI as a single measure because it should be used in sedentary people.

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#### WOMEN SATISFACTION BODY OF THE ACADEMY OF GYMNASTICS: COMPARATIVE ANALYSIS WITH DIFFERENT BODY MASS INDEX

The purpose of this article was to compare the body satisfaction of women with different body mass indices enrolled in gymnastics. We conducted a field survey with the sample of 45 women enrolled in an academy in the southern zone of São Paulo. The subjects were divided into 15 groups: Normal, Overweight and Obese second WHO, attended two or more times per week, more than six months and the length of stay longer than thirty minutes per session and by weight measurement and height and three questionnaires, identification and sample selection, range Silhouettes and Body Shape Questionnaire (BSQ). The results show that excess body fat interferes with the quality of life for many women suffer from this problem even those who are close to the body desirable for today's society, because even being with body mass index within the normal range, ie those considered normal or normal weight or reduce your silhouette, and were gravely dissatisfied bodily second test BSQ. The main objective was to perform physical exercise by the Aesthetic Obese group and did not provide data on the objective of Lazer and might not think of it as something pleasurable. It is observed that these obese women more than others, should be worried about the health data for obesity lead the Quality of Life. Anyway, who suffers in body dissatisfaction are women who are overweight and obese, the preoccupation with health is broken by the quest for aesthetics, then rethink the role that physical education has within the Academies to improve the quality of life will to improve self-esteem, self-concept and body satisfaction, and thus avoiding the

possibility of triggering other illnesses.

**KEYWORDS:** body satisfaction, gymnastics academy, women

### **SATISFACTION DE CORPS DES FEMMES DE L'ACADÉMIE DE GYMNASTIQUE: ANALYSE COMPARATIVE AVEC DIFFERENTS INDICE DE MASSE CORPORELLE**

Le but de cet article était de comparer la satisfaction du corps des femmes de différents indices de masse corporelle inscrits en gymnastique. Nous avons mené une enquête sur le terrain avec l'échantillon de 45 femmes inscrits dans une académie de la zone sud de São Paulo. Les sujets ont été divisés en 15 groupes: normal, en surpoids ou obèses seconde OMS, ont participé à deux fois ou plus par semaine, plus de six mois et la durée de séjour de plus de 30 minutes par session et par la mesure du poids et hauteur et de trois questionnaires, d'identification et de sélection de l'échantillon, Silhouettes gamme et Body Shape Questionnaire (BSQ). Les résultats montrent que la graisse corporelle en excès interfère avec la qualité de vie pour de nombreuses femmes souffrent de ce problème, même ceux qui sont près du corps souhaitable pour la société d'aujourd'hui, parce que même étant avec indice de masse corporelle dans la plage normale, c'est à dire ces poids considéré comme normal ou normal, ou de réduire votre silhouette, et ont été gravement insatisfait corporelles deuxième test BSQ. L'objectif principal était de réaliser des exercices physiques par le groupe esthétique obèses et ne fournissent pas de données sur l'objectif de Lazer et pourraient ne pas penser que c'est quelque chose d'agréable. On constate que ces femmes obèses plus que d'autres, devraient être inquiets au sujet des données de santé de l'obésité de plomb la qualité de vie. Quoi qu'il en soit, qui souffre dans l'insatisfaction corporelle sont des femmes qui sont obèses ou en surpoids, la préoccupation de la santé est brisée par la quête de l'esthétique, alors repenser le rôle que l'éducation physique a dans les académies d'améliorer la qualité de vie d'améliorer l'estime de soi, image de soi et la satisfaction du corps, et d'éviter ainsi la possibilité de déclencher d'autres maladies.

**MOTS-CLÉS :** satisfaction pour le corps, l'académie de gymnastique, les femmes:

### **SATISFACCIÓN DEL CUERPO DE MUJERES DE LA ACADEMIA DE GIMNASIA: ANÁLISIS COMPARATIVO CON DIFERENTES ÍNDICE DE MASA CORPORAL**

El propósito de este artículo fue comparar la satisfacción corporal de las mujeres con diferentes índices de masa corporal inscritos en la gimnasia. Se realizó un estudio de campo con la muestra de 45 mujeres que participaron en una academia en la zona sur de São Paulo. Los sujetos fueron divididos en 15 grupos: normal, sobrepeso y obesos segundo OMS, asistieron a dos o más veces por semana, más de seis meses y la duración de la estancia de más de treinta minutos por sesión y por la medición de peso y altura y tres cuestionarios, identificación y selección de la muestra, Siluetas alcance y Body Shape Questionnaire (BSQ). Los resultados muestran que la grasa corporal en exceso interfiere con la calidad de vida de muchas mujeres sufren de este problema, incluso los que están cerca del cuerpo deseable para la sociedad actual, porque aun estando con índice de masa corporal dentro del rango normal, es decir, los de peso considerado normal o normal o reducir su silueta, y no estaban satisfechos con gravedad corporal segunda prueba BSQ. El objetivo principal fue realizar ejercicio físico por el grupo de estética obesos y no proporcionó datos sobre el objetivo de Lazer y no pensar en ello como algo placentero. Se observa que estas mujeres obesos más que otros, deberían estar preocupados por los datos de salud para la obesidad llevar la calidad de vida. De todos modos, que sufre en la insatisfacción corporal son mujeres que tienen sobrepeso y obesidad, la preocupación por la salud se rompe por la búsqueda de la estética, a continuación, repensar el papel que la educación física tiene dentro de las academias para mejorar la calidad de vida para mejorar la autoestima, el autoconcepto y la satisfacción del cuerpo, y así evitar la posibilidad de desencadenar otras enfermedades.

**PALABRAS CLAVE:** satisfacción corporal, academia de gimnasia, las mujeres

### **SATISFAÇÃO CORPORAL DE MULHERES FREQUENTADORAS DE GINÁSTICA DE ACADEMIA: ANÁLISE COMPARATIVA COM DIFERENTES ÍNDICES DE MASSA CORPORAL**

A finalidade deste artigo foi comparar a Satisfação Corporal de mulheres com diferentes Índices de Massa Corporal freqüentadoras de ginástica. Foi realizada uma pesquisa de campo com a amostra constituída por 45 mulheres, matriculadas em uma academia da zona sul de São Paulo. Os sujeitos foram divididos em grupos de 15: Normal, Sobrepeso e Obeso segundo OMS, freqüentadoras de duas ou mais vezes por semana, a mais de seis meses e com o tempo de permanência superior a trinta minutos por sessão e através de aferição de peso e altura e de três questionários; de identificação e seleção da amostra, Escala de Silhuetas e Body Shape Questionnaire (BSQ). Os resultados demonstram que o excesso de gordura corporal interfere na Qualidade de Vida pois muitas mulheres sofrem com este problema mesmo aquelas que estão muito próximas do corpo desejável para a atual sociedade, pois mesmo estando com Índice de Massa Corporal dentro da normalidade, ou seja, as consideradas Eutróficas ou Normais queriam diminuir a sua silhueta, e estavam gravemente insatisfeitas corporalmente, segundo o teste BSQ. O principal objetivo ao realizar Exercícios Físicos foi a Estética pelo grupo Obeso e que não apresentou dados no objetivo de Lazer e talvez não encare como algo prazeroso. Observa-se que estas mulheres obesas mais do que as outras deveriam estar preocupadas com a Saúde por a obesidade acarretar dados a Qualidade de Vida. Enfim, quem mais sofre com insatisfação corporal são as mulheres que estão com Sobrepeso e Obesas, a preocupação com a Saúde é dividida pela busca da Estética, portanto repensar no papel que a Educação Física tem dentro das Academias para melhorar a Qualidade de Vida fará com que melhore a auto-estima, o auto-conceito e satisfação corporal e assim evitando a possibilidade de desencadear outras doenças.

**PALAVRAS-CHAVE:** satisfação corporal, ginástica de academia, mulheres