

143 - PERCEPTION OF A GROUP OF ELDERLY BY NASF ABOUT THE BENEFITS OF PHYSICAL ACTIVITY FOR HEALTH

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INTRODUCTION

Human aging is understood by a series of changes that are occurring in the organism over time. A process that causes changes in the body's functions and structure and makes it more susceptible to a number of harmful factors. These can be internal (immune failure, compromised cell renewal, etc.) or external (environmental stress); occurs in a progressive way, being characterized by several alterations, be they morphological, functional, biochemical and / or psychological. Along with these changes are the progressive loss of capacity to adapt to the environment, leading to greater vulnerability and greater chances of the incidence of pathological processes that can lead to death (1)

With the advent of old age, performing daily activities becomes increasingly difficult, due to decreased motor capacity, reduced muscle strength and metabolism, among other variations, thus causing weight gain and sometimes osteoarticular problems. Decreases in pulmonary vital capacity and cerebral blood flow are some of the alterations that the respiratory, cardiovascular, nervous and musculoskeletal systems suffer due to the consequences of aging, as well as the agility deficit, coordination, balance and flexibility (2)

Society values youth as a stereotype of beauty and productivity, thus interfering in the biopsychosocial spheres of the elderly, consequently these changes lead to negativity regarding self-esteem and self-image (3).

It can be affirmed that when the individual can manage his own life, he has the notion of autonomy related to well-being. In this way, the more the elderly have autonomy, the better their quality of life at an advanced age. Functional capacity will be responsible for many positive changes; since the elderly person will feel much more secure and able to carry out the activities and will be easier to accept the modifications suffered by the appearance over the years, including in Brazil, research, programs and associations are destined for the elderly, the increase of the population generated worries in several professional segments (4).

It is in the third age where changes occur more expressively. Changes resulting from loss of ability to perform some day-to-day tasks or functions in society, affecting their self-esteem and consequently interfering with their self-image. Physical activity contributes to the effects of this phase of life, providing quality of life and satisfaction for those who remain active (5).

Knowing the benefits of physical exercise and the importance of movement in the reconstruction of body image, what is the contribution of physical activity to the body image of elderly women practicing gerontological gymnastics of the Active Life project of Faculdades Integradas de Patos PB?

This work is of great academic relevance because it intends to analyze the contribution that the gerontological gymnastics provides to the elderly women practicing physical activity of the Active Life project of the Integrated Faculties of Patos (FIP), with respect to the body image, contributing to the research directed to the aging and body image.

The general objective was to analyze the effects of physical activity on the body image of elderly women practicing gerontological gymnastics of the Vida Active project. As specific objectives it was necessary to verify the perception of the body image of the elderly of the Active Life project; To observe the relationship between the practice of gerontological gymnastics and the self-image in the elderly and to analyze on the satisfaction of the current and ideal body image of elderly women practicing physical activity of the Active Life project.

For data collection, two instruments were used to analyze the body image of the evaluated population. For body image analysis, the Stunkard, Sorenson and Schulsinger (6) test was used for body image evaluation, adapted for the Brazilian population (7). The test consists of 12 silhouettes in a progressive scale allowing the analysis of the body image of the elderly. Those surveyed looked at the silhouettes and identified an image that represented their real body and another image that represented their ideal body. Thus, each volunteer pointed out two images.

The second instrument used was a questionnaire prepared by the researchers with the purpose of analyzing the perception of the body image of the elderly participants of the study. This questionnaire was developed with the purpose of establishing categories of responses. The instrument in question was composed of six open questions, where the elderly women will respond as is the real body and what would be the ideal body.

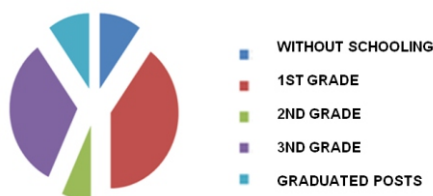
RESULTS AND DISCUSSION

Socio-demographic characterization of the sample regarding the interview for data identification, the following results were obtained: the average age of the interviewees was 70.5 ± 6.8 years, 15 of them, corresponding to 50% of respondents had a monthly income equivalent to 1 minimum salary, 4 of them (13%) up to 2 salaries, 7 (23%) stated receiving between 2 and 4 salaries, 1 respondent said to receive from 4 to 6 and another from 6 to 10 salaries, which corresponds to 3 % each, and only 2 stated that they had as their monthly income equal to or greater than 10 wages, which is equivalent to 7%.

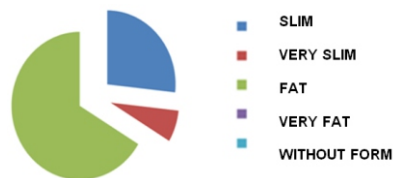
Graph 1: Socioeconomic profile of elderly women practicing Physical Activities



Graph 2: Degree of Education of the elderly women practicing Physical Activities



Graph 3: Body perception of elderly women practicing Physical Activities



Graph 4: Body preference of elderly women practicing Physical Activities



Graph 5: Body changes of elderly women practicing Physical Activities

The perception of body appearance is built on several dimensions that are associated in this process, in which the body is perceived by the person according to age, gender, body mass index (BMI) and socioeconomic class; there are several reports in the literature on dissatisfaction with the aging of the body and these are also related to socioeconomic conditions (8)

Some of the main factors that generate social inequities, health and social vulnerability are: poverty, low economic status and local educational precarious housing. With the application of public policies that guarantee to defend their rights and have access to goods and services, this social vulnerability can be faced (9).

As far as the level of schooling was concerned, only 3 (10%) of the interviewed women did not have any, while 12 of them had the largest proportion (40%); only 2 (7%) have the second degree; 10 that corresponds to 33% have the 3rd degree; and only 3 (10%) reported having graduate degrees.

The intellectual capacity and education are factors that can act as protectors to cognitive impairment in aging. Due to the aging process, these factors contribute to the development of the Cognitive Reserve, which is where the ability to mitigate the effects that compromise the neural part in cognitive abilities (10).

Regarding the way they perceive their bodies, 8 stated that their bodies are thin, equivalent to 27% of respondents, only 2 are very thin (7%), and 20 are fat, representing 67%, the highest part of the interviewees. The very fat and formless alternatives were not signaled by any of them.

With the regular practice of physical exercises, adequate to their physical condition, good results can be obtained, thus improving the life condition of the elderly, especially in relation to obesity, so present in this phase of life (11).

With respect to the preferred part of his body, 19 responded with a preference for the face, equivalent to 63%; only 1 preferred the breasts (3%); 8 has as their preferred body part their legs, which is equivalent to 27%, and only 2 stated that they prefer hands, being 7% of the total interviewed.

Body image is formed by esteem and dissatisfaction with the body. When we deal with body esteem, we are referring to how much the subject likes his own body in general as weight, face, shape, hair. In the case of body dissatisfaction, this triggers concerns with weight, body shape and fat. And the greater the degree of dissatisfaction, the more it affects the subject's life, in several aspects, that can influence certain behaviors such as eating habits, self-esteem, cognitive, psychological and physical (12).

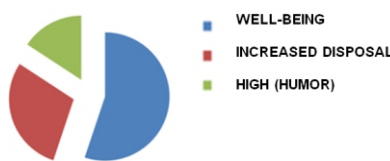
Regarding the change they would like to make to feel better about their own body, 18 responded that they want to lose weight, which corresponds to 60%, only 1 (3%) would like to gain weight and 11 prefer to stay as they are, which is equivalent to 37%



According to Coelho and Fagundes apud BEVILACQUA (13) society imposes a pattern of beauty and this affects women, be they of greater or lesser purchasing power. Those with the best socioeconomic class are relatively thin and still aim to lose a little more weight, while those with lower family income are obese, more distant from the current body model, and aim to achieve smaller silhouettes.

Regarding the influence of physical activity on their body perception, 21 affirmed that the activity provided them with well being, equivalent to 70% of the respondents, followed by 11 (37%) who said they felt an increased disposition, and 6 reported that the activity improves mood, which corresponds to 20%, not totalizing 100% considering that the interviewees could indicate more than one option in response.

Graph 6: Influence of physical activity on the elderly women practicing Physical Activities



Practical bodily activities provide autonomy and greater independence, well-being, act by restoring balance and reducing the risks of acquiring chronic and degenerative diseases resulting from social isolation (14).

Increased longevity is associated with the expansion of the time lived with chronic diseases and disabilities of mild and moderate levels, but with reduced time spent with severe disabilities. The relative time to be lived in healthy states depends on the preventive measures taken, and consequently, the average age at the onset of illnesses and disabilities can be postponed (15). When the elderly population practices a bodily activity, it acquires subsidies to positively face the natural and psychological decline and changes that it perceives in its body, in addition to the social interaction existing in groups of structured programs, that provides satisfaction and interferes directly in its behavior (16).

Regarding the habits or situations that occurred during their lives, the reasons that influenced their current body image, 10 (33%) stated that it was poor diet, 9 related to the lack of physical activity practice, which corresponds to 30% of the interviewees, and most of them 11 stated that they were the two reasons, poor diet and irregular practice of physical activity, the equivalent of 37%.

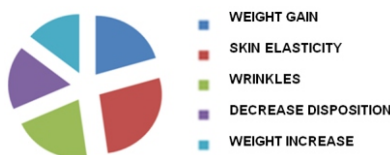
Graph 7: Reasons for the current body image of elderly women practicing Physical Activities



In the face of all the changes that occur in old age, the population presents reduced levels of physical activity, and this contributes to trigger problems such as obesity, thus affecting the ability of the elderly to perform their activities with excellence (9,17).

When mentioned about which body changes caused by aging they perceive and recognize, 14 affirmed weight gain (47%), 19 (63%) related to loss of skin elasticity, 14 responded that they perceive the appearance of wrinkles, the equivalent to 47%; 12 showed a decrease in disposition (40%) and 10 of them reported increased fatigue, which corresponds to 33%.

Graph 8: Body changes caused by aging in elderly women practicing Physical Activities



The preoccupation with body image has grown at the end of the last decades of the twentieth century, especially in Western society, reaching the point of being considered as a cult of the body. Associated with aesthetic concern, the behavior has been presented as a pathological trend considered (18).

The body undergoes changes over time and aging is seen almost in its entirety as a phase of loss, being physical, social, psychic and affective. In this way, the human being is increasingly interested in its aesthetic appearance and looks for means to arrive at the appearance that it has as the ideal (19).

CONCLUSION

The interest in the subject Body Image Perception is related to the possibility of improving the self-esteem and corporal satisfaction of elderly women, through specific actions to develop physical activities, influencing physical, psychological, social and environmental aspects.

The results are related to several benefits that the practice of physical activity provides such as well being, increased disposition, social contact, the image that the individual has of himself and how he can dribble the signs of time with pleasure and satisfaction.

Studies involving the elderly and the practice of physical activity in their lives are of great importance, since the

number of elderly people in Brazil and in the world grows every year. In order to achieve results of body satisfaction, health and increase in the longevity of the elderly, the population's awareness is the way and also actions aimed at this public should always be stimulated in order to prepare them for a healthy aging, which will only come to bring benefits over the decades.

The study had as premise to analyze the effects of physical activity on the body image of elderly women practicing gerontological gymnastics of the FIP Active Life project: physical activity, health and longevity. The results showed that the more active the elderly women are, the better the perception about their body image; more vitality and disposition will have to face the changes brought about by the aging process.

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PERCEPTION OF A GROUP OF ELDERLY BY NASF ABOUT THE BENEFITS OF PHYSICAL ACTIVITY FOR HEALTH

Introduction: Human aging is a biological process, which happens in a progressive way, and is characterized by several changes, be they morphological, functional, biochemical and / or psychological. The changes that the elderly person presents with the advancing age influence negatively on self-esteem and self-image, since society values the young person as a

stereotype of beauty and productivity, thus interfering in the biopsychosocial spheres of the elderly. Objectives: This study had the objective of analyzing the effects of physical activity on the body image of elderly women practicing gerontological gymnastics of the Active Life project: physical activity, health and longevity. As materials and methods it was intended to present as main characteristic the interpretation of opinions where there were observations, records, correlations and description of facts, but in a way that did not occur manipulation of observed reality. The methods used were data collection through questionnaires, tests and systematic observations, checking levels of satisfaction or dissatisfaction with body forms related to the aging process and also compare the results with other studies. The research was carried out in the group of elderly women practicing gerontological gymnastics of the Active Life project of the Integrated Faculties of Patos (FIP), Patos - PB. Results: The average age of the interviewees is 70.5 ± 6.8 years, with a mean salary of between 1 and more than 10 wages, educational attainment ranging from no schooling to postgraduates, how they perceive their bodies, 27% say their bodies lean, only 7% very thin (7%), and 67% fat, and none of them as very fat and without form. Regarding the change they would like to make to feel better, 60% want to lose weight and 3% to gain weight and 37% as they are. As for the influence of physical activity on their body perception, 70% that the activity gives them well-being, followed by (37%) feel increased disposition and 20% activity improves mood, when reference is made on which body changes caused by aging 47% reported weight gain, 63% lost skin elasticity, 47% reported wrinkles, 40% decreased disposition, and 33% increased fatigue. Conclusion: The interest in the subject Body Image Perception is related to the possibility of improving self-esteem and body satisfaction of elderly women, through specific actions to develop physical activities, influencing physical, psychological, social and environmental aspects.

Keywords: Body image. Women. Physical activity.

PERCEPTION DE L'IMAGE DU CORPS AVEC DES PRATICIENS D'ACTIVITÉ PHYSIQUE

Introduction: Le vieillissement humain est un processus biologique qui se déroule de façon progressive et qui se caractérise par plusieurs changements, qu'ils soient morphologiques, fonctionnels, biochimiques et / ou psychologiques. Les changements que la personne âgée présente avec l'âge influent négativement sur l'estime de soi et l'image de soi, puisque la société valorise le jeune comme un stéréotype de beauté et de productivité, interférant ainsi dans les sphères biopsychosociales des personnes âgées. Objectifs: Cette étude visait à analyser les effets de l'activité physique sur l'image corporelle des femmes âgées pratiquant la gymnastique gérontologique du projet Vie Active: activité physique, santé et longévité. Comme matériaux et méthodes, il était prévu de présenter comme caractéristique principale l'interprétation des opinions où il y avait des observations, des enregistrements, des corrélations et une description des faits, mais d'une manière qui ne se produisait pas dans la manipulation de la réalité observée. Les méthodes utilisées étaient la collecte de données au moyen de questionnaires, de tests et d'observations systématiques, la vérification des niveaux de satisfaction ou d'insatisfaction à l'égard des formes corporelles liées au processus de vieillissement et la comparaison des résultats avec d'autres études. La recherche a été réalisée dans le groupe de femmes âgées pratiquant la gymnastique gérontologique du projet Vie active des Faculdades Integradas de Patos (FIP), Patos - PB. Résultats: L'âge moyen des personnes interrogées est de $70,5 \pm 6,8$ ans, avec un salaire moyen compris entre 1 et plus de 10 salaires, un niveau d'éducation allant de la non-scolarisation aux études supérieures, comment ils perçoivent leur corps, 27% disent leur corps est mince, seulement 7% très mince (7%), et 67% de graisse, et aucun d'eux n'est très gras et sans forme. En ce qui concerne le changement qu'ils aimeraient faire pour se sentir mieux, 60% veulent perdre du poids et 3% pour prendre du poids et 37% comme ils le sont. En ce qui concerne l'influence de l'activité physique sur leur perception corporelle, 70% de l'activité leur donne du bien-être, suivi par (37%) une meilleure disposition et 20% d'activité améliorant l'humeur, quand on parle des changements corporels causés par le vieillissement 47% ont rapporté un gain de poids, 63% une perte d'élasticité de la peau, 47% ont rapporté des rides, 40% une diminution de la disposition et 33% une fatigue accrue. Conclusion: L'intérêt pour le sujet La perception de l'image corporelle est liée à la possibilité d'améliorer l'estime de soi et la satisfaction corporelle des femmes âgées, à travers des actions spécifiques pour développer des activités physiques influençant les aspects physiques, psychologiques, sociaux et environnementaux.

MOTS CLÉS: Image corporelle. Les femmes Activité physique Título/Resumo em Espanhol

PERCEPCIÓN DE LA IMAGEN CORPORAL CON ADULTAS MAYORES PRÁCTICAS DE ACTIVIDAD FÍSICA

Introducción: El envejecimiento humano es un proceso biológico, que ocurre de forma progresiva, y se caracteriza por diversas alteraciones, ya sean morfológicas, funcionales, bioquímicas y / o psicológicas. Los cambios que la persona anciana presenta con el avance de la edad influyen de forma negativa en la autoestima y autoimagen, pues la sociedad valora al joven como estereotipo de belleza y productividad, interfiriendo así, en las esferas biopsicosociales del anciano. Objetivos: Este trabajo tuvo el objetivo de analizar los efectos de la actividad física para la imagen corporal de ancianas practicantes de gimnasia gerontológica del proyecto Vida Activa: actividad física, salud y longevidad. Como materiales y métodos tuvo el propósito de presentar como característica principal la interpretación de opiniones donde hubo observaciones, registros, correlaciones y descripción de hechos, pero de una forma sin que ocurriera manipulación de la realidad observada. Los métodos utilizados fueron colectas de datos a través de cuestionarios, pruebas y observaciones sistemáticas, verificando los niveles de satisfacción o insatisfacción con las formas corporales relacionadas al proceso de envejecimiento y también comparar los resultados con otros estudios. La investigación fue desarrollada en el grupo de ancianas practicantes de gimnasia gerontológica del proyecto Vida Activa de las Faculdades Integradas de Patos (FIP), Patos - PB. Resultados: El promedio de edad de las entrevistadas es de $70,5 \pm 6,8$ años, con promedio salario entre 1 a más de 10 salarios, grado de escolaridad que varían desde sin escolaridad a post graduadas, como perciben sus cuerpos, el 27% afirman sus cuerpos magros, apenas 7% muy delgados (7%), y 67% gordas, y ninguna de ellas como muy gordas y sin forma. En lo que se refiere al cambio que quisieran hacer para sentirse mejor, el 60% quiere adelgazar y el 3% de engordar y el 37% como están. En cuanto a la influencia de la actividad física en su percepción corporal, el 70% que la actividad les proporciona bienestar, seguido de (37%) sienten aumento de la disposición y 20% la actividad mejora el humor, cuando se hace referencia sobre qué cambios corporales causados por el envejecimiento, el 47% de la pérdida de la elasticidad de la piel, el 47% de la aparición de arrugas, el 40% de la disminución de la disposición y el 33% del aumento del cansancio. Conclusión: El interés por la temática Percepción de la Imagen Corporal está relacionado a la posibilidad de mejora de la autoestima y satisfacción corporal de mujeres ancianas, a través de acciones puntuales a desarrollar actividades físicas, influenciando en los aspectos físico, psicológico, social y ambiental.

PALABRAS CLAVE: Imagen corporal. Mujeres. Actividad física.

PERCEÇÃO DA IMAGEM CORPORAL COM IDOSAS PRATICANTES DE ATIVIDADE FÍSICA

Introdução: O envelhecimento humano é um processo biológico, que acontece de forma progressiva, e caracteriza-se por diversas alterações, sejam elas morfológicas, funcionais, bioquímicas e/ou psicológicas. As mudanças que a pessoa idosa apresenta com o avançar da idade influenciam de forma negativa na autoestima e autoimagem, pois a sociedade valoriza

o jovem como estereótipo de beleza e produtividade, interferindo assim, nas esferas biopsicossociais do idoso. Objetivos: Este trabalho teve o objetivo de analisar os efeitos da atividade física para a imagem corporal de idosas praticante de ginástica gerontológica do projeto Vida Ativa: atividade física, saúde e longevidade. Como materiais e métodos teve o intuito de apresentar como característica principal a interpretação de opiniões onde houve observações, registros, correlações e descrição de fatos, mas de uma forma sem que ocorresse manipulação da realidade observada. Os métodos utilizados foram a coleta de dados através de questionários, testes e observações sistemáticas, verificando os níveis de satisfação ou insatisfação com as formas corporais relacionadas ao processo de envelhecimento e também comparar os resultados com outros estudos. A pesquisa foi desenvolvida no grupo de idosas praticantes de ginástica gerontológica do projeto Vida Ativa das Faculdades Integradas de Patos (FIP), Patos – PB. Resultados: A média de idade das entrevistadas é de $70,5 \pm 6,8$ anos, com média salarial entre 1 a mais de 10 salários, grau de escolaridade que variam desde sem escolaridade a pós graduadas, como percebem seus corpos, 27% afirmam seus corpos magros, apenas 7% muito magras (7%), e 67% gordas, e nenhuma delas como muito gordas e sem forma. No que se refere à mudança que gostariam de fazer para sentirem-se melhor, 60% querem emagrecer e 3% de engordar e 37% como estão. Quanto à influência da atividade física em sua percepção corporal, 70% que a atividade lhes proporciona bem estar, seguido de (37%) sentem aumento da disposição e 20% a atividade melhora o humor, quando feita referência sobre quais mudanças corporais causadas pelo envelhecimento elas percebem e reconhecem, 47% afirmaram o ganho de peso, 63% à perda da elasticidade da pele, 47% o aparecimento de rugas, 40% diminuição da disposição e 33% o aumento do cansaço. Conclusão: O interesse pela temática Percepção da Imagem Corporal está relacionado a possibilidade de melhoria da autoestima e satisfação corporal de mulheres idosas, através de ações pontuais aos desenvolverem atividades físicas, influenciando nos aspectos físico, psicológico, social e ambiental.

PALAVRAS-CHAVE: Imagem corporal. Mulheres. Atividade Física.