

**45 - THE BODY IMAGE OF ADOLESCENTS OF MIDDLE SCHOOL IN A PUBLIC SCHOOL OF TERESINA, PIAUÍ**

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## 1. INTRODUCTION

Currently, the issue of body image has been the subject of several studies. Since the concern with physical appearance goes beyond the aesthetic aspect, it is mainly about health. For Pimentel (2007), Body Image is the self-conception of the body formed by the individual, constituted by psychological, biological and social factors, being that the psychosocials have a distorted organization of the body image and contain greater value in the emotional and social development.

Body dissatisfaction is associated, between the body's perception of the person with a desire for an athletic body, which is passed by the population as the ideal body that the media shows as perfect. (DE ALMEIDA et al., 2005).

The body is associated with various images such as power, beauty, and social mobility. Most people are dissatisfied with their image. This shows that our lifestyle today is embedded in technological advances, which considerably increases the consumption of hypercaloric foods, decreasing levels of physical activity. (INAD et al., 2004).

It is known that the influence of culture and society causes the body image of the individual to be inserted to establish relationships of satisfaction or dissatisfaction with the same, through the normalizations made around the beautiful body, each day more charged (DAMASCENO et al. al., 2008). The satisfaction of the population with body image is associated with established beauty standards. At each time these patterns of beauty change, at present what is in force are lean thin women and men with defined muscles. (Alves et al., 2009).

Body and image are figurative elements and materials that occupy place in space and time through knowledge, which is always renewable and transparent. It becomes the direct reason for its speed in knowing and demanding "to be understood from a place: a place that recognizes it in detail, but that identifies it in the whole" (SILVA, 1995)

Studies indicate that one of the major problems of public health is the eating disorders that have grown in the last decades, in different countries. Concern about weight and body image leads the general population to reach a dream body, often adopting improper methods, opting for over-dieting and almost always harmful to health. (ZORDÃO, 2015).

The media influences the problems of eating and body image, as they show the "perfect" bodies, but also stimulates unhealthy eating. In the media such as magazines, movies and television in general, are shown image of adolescents with muscular bodies, making it difficult for young people not to be attached to aesthetic standards often inaccessible. (INAD et al., 2004).

Alves's proposal (2009), help in understanding about the development of the body, showing the acceptance of one's body and the other. It also highlights the valorization of the media around the body, which are nothing more than manipulated images, which for the reach of the same, need radical methods against the body, often bringing losses of various natures.

The body is the main instrument of work of the Physical Education Teacher, with this the definition of body for the adolescents in the class, as the awareness, overcoming the division and exposing the interdisciplinarity. Thus, it facilitates the teaching and learning process of this competence. (GONÇALVES; AZEVEDO, 2008). According to Bottan, Campos and Verwiebe (2008) in the adolescence period there is a greater acceptance for subjects related to the body, health practices and critical analyzes, because in this period students are more subject to the learning process.

From this perspective, the School Physical Education has as its competence and practical proposals that involve the body, body image, health, cultural manifestations that can be worked together with the other competences. Promote these actions that integrate and assist in the physical and mental development, diversifying their practices to increase students' knowledge (GONZÁLEZ; FRAGA, 2009).

Considering the above, it is important to investigate the conception of body self-image of the adolescents of a public school in the city of Teresina, where the researcher developed a teaching internship, considering that no study addressing this question has already been developed in the mentioned unit of education. This study can serve as the basis for the development of a plan to meet the needs of the students, adjusting their interests and possibilities.

In this sense, this study aims to understand how the notion of real and ideal body self-image among the high school adolescents of a public school in Teresina is manifested, as well as to identify the level of satisfaction of the same in relation to their body.

## 2 METHODOLOGY

### 2.1 Characterization of the research

The present study is characterized by a qualitative research. According to Minayo (2004) qualitative research is concerned with particular questions, with a level of reality that can not be quantified, ie:

It works with a universe of meanings, motives, beliefs, values and attitudes, which corresponds to a deeper space in relationships, processes and phenomena that can not be reduced to the operationalization of variables. [...] The qualitative approach deepens in the world of meanings of human actions and relations, a non-perceptible and non-catchable side in equations, averages and statistics (MINAYO, 2004, p.22).

This research employed descriptive and analytical methods. For Sampiere (2006), the descriptive studies are intended to measure or collect information independently or jointly about the concepts or variables they refer to. Analytical research involves the in-depth study and evaluation of available information in an attempt to explain the context of a phenomenon (Thomas and Nelson 1996).

### 2.2 Composition of the sample

The population was composed of all the students duly enrolled in the High School of a state public school of Teresina

PI, using the database provided by the coordination of the same. Therefore, the sample was composed of 88 students, of both sexes, between the ages of 13 and 18 years.

Inclusion criteria were: Accept voluntarily to participate in the research, be present on the days of application of the questionnaire, be enrolled in High School and have signed the Informed Consent Term (TCLE).

The exclusion criteria were: Not accepting to participate in the survey, not being present on the days of application of the questionnaire, not being enrolled in High School, not having signed the TCLE.

2.3 Data Collection Instruments

Questionnaires composed of closed questions were applied to the participants. The use of the questionnaire as a methodological instrument has the purpose of guaranteeing that the answers provided were more precise and uniform (in the case of closed questions), besides guaranteeing the anonymity of the participants (SILVA, 2010).

We presented the Silhouettes Scale proposed by Kakeshita and Almeida (2009) to evaluate the perception and satisfaction of body image in adolescents aged 15 to 21 years. The Figure shows the numbered silhouettes from 1 to 11, according to the genre, with extremes of thinness to severe obesity. During the evaluation the researcher asked the participant (with questions): "Which image best represents your body currently? ". After: "Which picture represents the body you would like to get? ". The degree of satisfaction and dissatisfaction with body image was determined by the difference between the desired silhouettes less than the current one. They were classified satisfied with body / weight, participants who presented zero result (0) and dissatisfaction with leanness (positive result). It is suggested that a person has a body / silhouette larger than the current one (negative result), it is suggested that the person has a smaller body / silhouette than the current one (KAKESHITA et al. 2009).

2.4 Data Analysis

Data were analyzed using the Microsoft Office Excel 2013 and Microsoft Office Word 2013 software. The results were arranged in graph form for a better understanding of the data. In addition to analysis between such data and the theories used.

2.5 Ethical and Legal Care

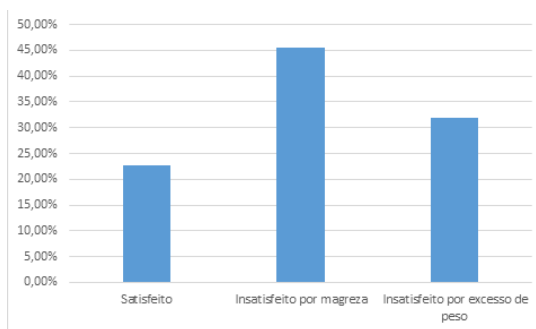
The students were informed about the research objectives, being possible the participation or withdrawal of the same at any moment, thus guaranteeing the dignity and right of the participants, as well as, the secrecy of their identity in the presentation of the results.

All participants signed the Free and Informed Consent Term, which states the objectives of the study, procedures to be adopted, and to guarantee the reliability of their participation in the research.

3. RESULTS AND DISCUSSION

In order to design the objectives established in this study, 88 questionnaires were applied. Being 46 with the female sex (%) and 42 with the male sex (%). After analyzing the data obtained we have the following results:

Figure 1: Satisfaction and dissatisfaction with body image of the female and male sexes.



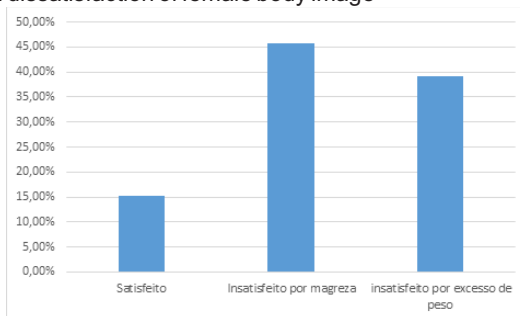
Source: Prepared by the author (2018)

Figure 1 shows that 22.72% are satisfied with their current body image and 77.28% show that they are dissatisfied, being 45.45% dissatisfied with thinness and 31.83% dissatisfied with being overweight which is similar to the study (FIDELIX et al., 2013), who found that with students aged 7 to 17 years, 74.7% were dissatisfied with their body image.

In a study with children and adolescents, Schubert et al (2013) found that the level of dissatisfaction was 61.8% higher than that obtained in the present study. It is observed that in most studies the results regarding dissatisfaction are similar.

Figure 1 shows that 45.45% of the population is unsatisfied with leanness and 31.83% dissatisfied with being overweight. These results contradict those found in a study by Claumann et al. (2014), where the dissatisfaction with excess weight was detected among the majority of subjects of both sexes.

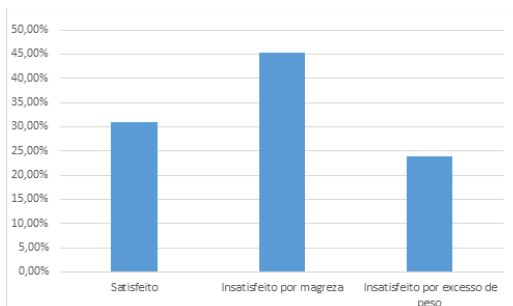
Figure 2: Satisfaction and dissatisfaction of female body image



Source: Prepared by the author (2018)

Figure 2 shows that 15.21% of the female population are satisfied with their current body, 45.65% are dissatisfied with thinness and 39.14% are dissatisfied with being overweight. That is, 84.79% are dissatisfied with their current body. It demonstrates similarity to the study by Damasceno et al. (2005), where when analyzing walkers, they found that only 24% of the women were satisfied with their body shapes.

Figure 3: Satisfaction and dissatisfaction with male body image

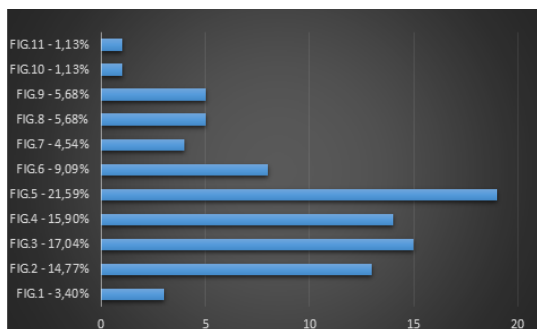


Source: Prepared by the author (2018)

Figure 3 shows that 30.95% of the male population are satisfied with their current body, 45.23% are dissatisfied with thinness and 23.82% are dissatisfied with being overweight. Therefore, 69.05% of men are dissatisfied with their current body. For Carvalho et al. (2016), the dissatisfaction of men is a result of the desire to obtain a low body fat combined with the need to have a body with a higher amount of lean mass.

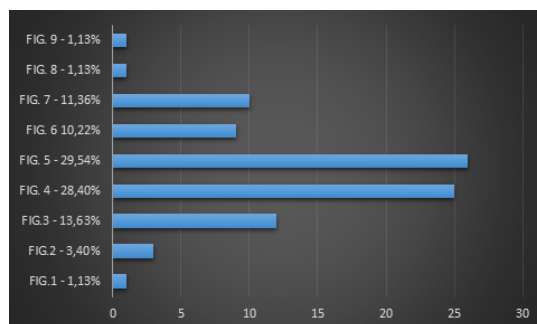
Noting that the male population's dissatisfaction with their body is also a result of contemporary demands, from current media such as television, newspapers, magazines and the internet.

Figure 4: Current Autoimaging



Source: Prepared by the author (2018)

Figure 5: Desired self-image



Source: Prepared by the author (2018)

Figure 4 shows that images 2, 3, 4 and 5 with 14.77%, 17.04%, 15.90% and 21.59%, respectively, were the most chosen as the current self-image. Figure 5 shows that images 4 and 5 with 28.40% and 29.54%, respectively, were the most chosen ones as desired self-image. In the study by (FINATO et al., 2013), results similar to ours were found, where 29.9% of the adolescents report an opinion with figure 5, and 41.6% wish to appear with figure 5. In the present study, the actual image of Figure 5 reached 21.59% and the desired image of Figure 5 was 29.54% preferred.

In figure 5, the self-image desired by the respondents is mostly in figure 4 and 5. ZENITH, et al. (2012), found in his study with adults, that most of the subjects reported looking at figure 10, and in (KAKESHITA et al., 2008), but for adults, such divergence can be explained by the age group different from that of the subjects in our study.

4. CONCLUSION

Based on the data collected and analyzed through the figures, it can be concluded that the majority of students surveyed are dissatisfied with their body image. In both the male and the female group, prevailing dissatisfaction with thinness, followed by dissatisfaction with excess weight.

Regarding the notion of real and ideal body self-image among schoolchildren, it was verified that the image 5 prevailed as the most chosen self-image, both for the real image and for the desired image. It can be inferred from this that the choice of the majority by the image 5 was due to the fact that it presented a lean silhouette and defined musculature.

The role of Physical Education in school can collaborate with students dissatisfied with their self-image in the sense of seeking to meet their goals, knowing, however, that some important factors must be taken into account such as genetics, eating habits and training attendance.

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#### THE BODY IMAGE OF ADOLESCENTS OF MIDDLE SCHOOL IN A PUBLIC SCHOOL OF TERESINA, PIAUÍ

Introduction: Body image is the self-conception of the body formed by the individual, constituted by psychological, biological and social factors, being that the psychosocials have a distorted organization of the body image and contain greater value in the emotional and social development. Objectives: To understand how the notion of real and ideal body self-image among students is manifested, as well as to identify their level of satisfaction with their body. Methods: The present study is characterized by a qualitative research and presents the descriptive and analytical methods. The sample consisted of 88 students, of both sexes, between the ages of 13 and 18 years. Kakeshita and Almeida (2009) evaluated the perception and satisfaction of body image in adolescents aged 15 to 21 years (Kakeshita et al., 2009). The Figure shows the numbered silhouettes from 1 to 11, according to the genre, with extremes of thinness to severe obesity. Results: According to the data presented, we found that 22.72% were satisfied with their current body image, 45.45% were dissatisfied with leanness and 31.83% were dissatisfied with being overweight. Conclusion: It was concluded that most students surveyed are dissatisfied with body self-image. In both the male and female groups, dissatisfaction with thinness prevails, followed by dissatisfaction with overweight.

Key words: Body image, self-perception, adolescents.

#### L'IMAGE CORPORELLE DES ADOLESCENTS DE L'ECOLE INTERMEDIAIRE DANS UNE ECOLE PUBLIQUE DE TERESINA, PIAUÍ

##### RÉSUMÉ

Introduction: L'image corporelle est l'auto-conception du corps formé par l'individu, constitué de facteurs psychologiques, biologiques et sociaux, c'est-à-dire que les psychosociaux ont une organisation déformée de l'image corporelle et contiennent plus de valeur dans le développement émotionnel et social. Objectifs: Comprendre comment se manifestent les

notions d'image de soi réelle et idéale du corps idéal chez les étudiants, ainsi que leur degré de satisfaction à l'égard de leur corps. Méthodes: La présente étude est caractérisée par une recherche qualitative et présente les méthodes descriptives et analytiques. L'échantillon était composé de 88 étudiants des deux sexes âgés de 13 à 18 ans. Kakeshita et Almeida (2009) ont évalué la perception et la satisfaction de l'image corporelle chez les adolescents âgés de 15 à 21 ans (Kakeshita et al., 2009). La figure montre les silhouettes numérotées de 1 à 11, selon le genre, avec les extrêmes de minceur à obésité sévère. Résultats: Selon les données présentées, nous avons constaté que 22,72% étaient satisfaits de leur image corporelle actuelle, 45,45% n'étaient pas satisfaits de la maigreur et 31,83% n'étaient pas satisfaits du surpoids. Conclusion: Il a été conclu que la plupart des étudiants interrogés n'étaient pas satisfaits de l'image de soi du corps. Chez les hommes comme chez les femmes, l'insatisfaction à l'égard de la minceur prévaut, suivie de l'insatisfaction à l'égard du surpoids.

Mots-clés: image corporelle, perception de soi, adolescents.

#### LA IMAGEN CORPORAL DE ADOLESCENTES DE LA ENSEÑANZA MEDIO EN UNA ESCUELA PÚBLICA DE TERESINA, PIAUÍ

##### RESUMEN

Introducción: La imagen corporal es la auto-concepción del cuerpo formada por el individuo, constituida por factores psicológicos, biológicos y sociales, siendo que los psicosociales tienen la organización distorsionada de la imagen corporal y contienen mayor valor en el desarrollo emocional y social. Objetivos: Comprender cómo se manifiestan la noción de autoimagen corporal real e ideal entre los escolares, así como identificar el nivel de satisfacción de los mismos en relación a su cuerpo. Métodos: El presente estudio se caracteriza por una investigación de cuño cualitativa y presenta los métodos descriptivo y analítico. La muestra fue compuesta por 88 estudiantes, de ambos sexos, en el grupo de edad entre 13 a 18 años. Se presentó la Escala de Siluetas propuesta por Kakeshita y Almeida (2009) para evaluar la percepción y satisfacción de la imagen corporal en adolescentes de edades entre 15 y 21 años (Kakeshita et al., 2009). La Figura muestra las siluetas numeradas de 1 a 11, de acuerdo con el género, con extremos de delgadez a la obesidad grave. Resultados: De acuerdo con los datos presentados verificamos que el 22,72% está satisfecho con su imagen corporal actual, el 45,45% insatisfecho por delgadez y el 31,83% insatisfecho por exceso de peso. Conclusión: Se concluyó que la mayoría los alumnos encuestados están insatisfechos con la autoimagen corporal. Tanto en el grupo masculino como femenino prevalece la insatisfacción por delgadez, a continuación viene la insatisfacción por exceso de peso.

Palabras clave: Imagen corporal, auto percepción corporal, adolescentes.

#### A IMAGEM CORPORAL DE ADOLESCENTES DO ENSINO MÉDIO EM UMA ESCOLA PÚBLICA DE TERESINA, PIAUÍ

##### RESUMO

Introdução: A imagem corporal é a auto concepção do corpo formada pelo indivíduo, constituída por fatores psicológicos, biológicos e sociais, sendo que os psicossociais têm a organização distorcida da imagem corporal e contém maior valor no desenvolvimento emocional e social. Objetivos: Compreender como se manifestam a noção de autoimagem corporal real e ideal entre os escolares, bem como identificar o nível de satisfação dos mesmos em relação a seu corpo. Métodos: O presente estudo se caracteriza por uma pesquisa de cunho qualitativa e apresentam os métodos descritivo e analítico. A amostra foi composta por 88 estudantes, de ambos os sexos, na faixa etária entre 13 a 18 anos. Foi apresentada a Escala de Siluetas proposta por Kakeshita e Almeida (2009) para avaliação da percepção e satisfação da imagem corporal em adolescentes de idades entre 15 e 21 anos (Kakeshita et al., 2009). A Figura exibe as siluetas numeradas de 1 a 11, de acordo com o gênero, com extremos de magreza à obesidade grave. Resultados: De acordo com os dados apresentados verificamos que 22,72% estão satisfeitos com sua imagem corporal atual, 45,45% insatisfeito por magreza e 31,83% insatisfeito por excesso de peso. Conclusão: Concluiu-se que a maioria os alunos pesquisados estão insatisfeitos com a autoimagem corporal. Tanto no grupo masculino como feminino prevalece a insatisfação por magreza, em seguida vem a insatisfação por excesso de peso.

Palavras-chave: Imagem corporal, auto percepção corporal, adolescentes.