

46 - ANALYSIS OF THE BODY IMAGE PERCEPTION OF THE STUDENTS OF THE EIGHTH PERIOD OF PHYSICAL EDUCATION, OF THE FEDERAL UNIVERSITY OF PIAUI CAMPUS TERESINA

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1. INTRODUCTION

To understand the aspects of the body built in the current era proposes a brief walk in history. Attentions towards the body were characterized in different ways in history. To Siebert (1995) and Rosario (2004), in ancient Greece the body was noticed with item of sanctification and political interest, and enhanced by its robust form with health and fertility. And in Sparta, the activities related to the body stood out in the education of the youngest, who sought a healthy and fertile body. In Athens, the pattern of the beautiful and good human being prevailed. In the remaining cities, body activities focused on the Olympic games as main objective and the less favored classes the objective of the corporal activity were the wars.

In the middle ages was prohibited any kind of attention with the body, the influence of the church even extinguished the Olympic games for that reason. The separation of the body and the soul where the soul prevailed over the body became evident. According to Rosário (2004) the virtue of the soul was beyond the pleasures and desires of the flesh, the body became guilty and in need of purification. According to Siebert (1995), the data found related to body culture in the middle age was pure deprestige.

In the Renaissance period, the conception of body was different from the others, because it begins the concern with the freedom of the human being. The study of the body begins to be valued as well as scientific thinking. Then there is the rediscovery of the body in what concerns art, where the naked body appears as a highlight by several famous painters such as Michelangelo, Da Vinci, among others (Siebert, 1995; Rosário, 2004).

In the eighteenth century there arises the pattern of the two sexes where one begins to have the bisexual vision of the body and a rearrangement of the feminine nature. The female body becomes a completely different creature from the masculine where gender (masculine / feminine) identity emerges in social, political, cultural, and artistic conventions Laqueur (1990); Nicholson (2000); Medeiros (2003).

With this, we began to have an understanding distinct for the body of men and the body of women. The man was assigned the profile of dominator holding the reason and the woman gave the model of exteriority, concern for beauty, reproduction, mother, object of pleasure (Rosário, 2004).

In the twentieth century the human being gets more and more attached to technology. For Rosário (2004), along with industrialization, the mass media begin to function as propellers of mass communication. At the moment, the body can be reproduced in series through photos, cinema, television, internet and other means, not only by paintings. The body represented in the media is a muscular body, healed and restricted to a small part of society limited to people of greater purchasing power.

The concept of body image can be defined as a multidimensional construct that broadly describes the internal representations of body structure and physical appearance in relation to ourselves and others (DAMASCENO et al., 2006).

The body image is represented by what the person sees in the mirror and interprets a mental figuration of the self constituted by the touch, hearing and vision where one perceives in a particular way their understanding about their body image in positive or negative - becoming dependent on the approval of the other to feel within the "aesthetic standards" (Guimarães, 2007; Maturina, 2004).

There have been changes in the pattern of beauty over time where a more obese body signified a pattern in society. For Fermino (2010), the physical type can be determined culturally and obese women have a negative body image, which shows the body composition as one of the factors capable of influencing such perception.

For Damascene (2006), dissatisfaction with body image increases as the media exposes beautiful bodies, a fact that has been determined in recent decades, a compulsion for an ideal body. Physical activity then becomes a phenomenon socio-cultural and cultural sites chosen to take care of the body and get the aesthetic standards stereotyped in our society are the gyms.

Some studies such as that of Henrique et al. (2013) concluded that body-check behavior is present in college students of both sexes and that it is related to risk factors for the emergence of problems related to diet and body dissatisfaction. The associated knowledge of these variables is important for the creation of public health strategies and guidance for the young adult population.

The search for a pattern of ideal beauty imposed by society, coupled with personal achievements and happiness, are among the main causes of changes in body image perception, especially in women who may cause them to feel dissatisfied with their physical appearance, the possibility of acquiring inappropriate behaviors and risk to health (GRAUP et al., 2008).

Thus, there is still dissatisfaction with the body image of women, even with body mass index (BMI) and fat percentage within the ideal, and the same bucks an idealized physical type (DAMASCENO et al. 2006).

This study seeks to answer the question: What is the perception of body image of academic Education Physical Health the last period of the Federal University of Piauí?

At present, society has been determined by a culture that has as main characteristic of identity the body. The media is the main network that conveys the propaganda with ideal body images. As a consequence of this, a search for a "perfect" body begins, where more and more people are distancing themselves from their real body. From this point of view, people come to believe that in order to be accepted by others, their body image must conform to established standards, which again create dissatisfaction with the body, causing changes in the perception of body image (ANDRADE; BOSI, 2003; CONTI; FRUTUOSO; GAMBARDILLA, 2005).

Body image has a mediating role in various aspects related to the body, as well as the choice of clothes, passing through aesthetic requirements reaching the affinity of the emotions of other people. Finally, among the many ways a person has to think about himself, none is immediate and central as the image of his own body (CASTILHO, 2001).

The need to study the perception of body image encompasses aspects beneficial to health and brings a deeper knowledge about the relation of the body image with the future professionals of Physical Education.

In this way the objective of this study is to analyze the perception of body image of the last period of the Physical Education course of the Federal University of Piauí.

2 MATERIALS AND ME ALL

2.1 Research Characterization

The present study is characterized as quantitative, using structured data taken from the questionnaires applied to the composition of the sample (MANZATO, 2012).

2.2 Sample Composition

The sample consisted of 30 students of both sexes, aged 18 to 39 years, academics of the last period of the Physical Education course of the Federal University of Piauí. Having as exclusion criterion the absence on the day of application of the questionnaire, and voluntary non-adherence to the study.

2.3 Data Collection Instruments

Data collection sheet, Body Shape Questionnaire (BSQ), Di Pietro (2009).

2.4 Body Image Test (BSQ Questionnaire)

We used the Body Shape Questionnaire (BSQ), Di Pietro (2009) which is a self-completion test with 34 questions to be answered according to the LIKERT scale from 1 to 6 (1 - never, 2 - rarely, 3 - sometimes, 4 - often, 5 - very often, 6 - always). According to the answer marked, the value of the number corresponding to the option made is computed as a point for the question (for example: never worth a point). The total of points obtained in the instrument is the sum of each marked response and reflects the levels of concern with body image. If the result is less than or equal to 110 points, a normality pattern is observed and considered as an absence of distortion of the body image. Score between 110 and 138 points is classified as slight body image distortion; between 138 and 167 is classified as moderate of body image distortion and above 167 points the classification is of presence of severe distortion of body image.

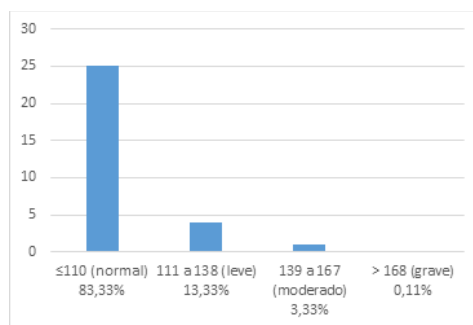
2.5 Data Analysis

Verification of each student's questionnaire score and comparison of the level of body satisfaction among the same men and women. Tabulated in the Excel program, using percentual for statistical methods.

3 RESULTS AND DISCUSSION

The results of the biceps and presented in figure 1 present the data in relation to the degree of distortion of the body image.

Figure 1: Number of individuals per range of body distortion.



Source: Own elaboration (2018).

According to the presented data, we evaluated that 25 (83.33%) academics of the last period (8th) of Physical Education of the Federal University of Piauí do not present distortion in relation to their body image, however even in small amount, 4 (13.33%) presented mild distortion, 1 (3.33%) moderate distortion and 0 (0,11%) severe distortion. The maximum and minimum score of the sum of all questions obtained in the questionnaire was 143 points and lower 36.

The analysis of the data on the perception of the body image of the students of the last period of the Physical Education course of the Federal University of Piauí. The data demonstrated that, in a general way, the students do not present distortion with the perception of the body image. It was verified that of the thirty students only five obtained values that fit as body image distortion, four of them, with slight distortion and one with moderate distortion of body image.

According to some data in the literature, body image dissatisfaction is related to obesity, but in relation to distortion, the data are not consistent (FRIEDMAN and BROWNELL, 1995). According to a study by Ramirez and Rosen (2001), using two samples of obese, one of them is in a program of weight control with therapy for body image and the other without the therapy. It was concluded that body image therapy was only useful for a subgroup of people. According to these studies it was possible to state that overweight is the main factor for a self-image distortion.

In this present study, the students of the Physical Education course of the Federal University of Piauí, in general did not have considerable values of self-image distortion, coinciding with the study (RAMIREZ and ROSEN, 2001), where the search for a more aesthetic and healthy body reduces the distortions of self-image.

In the study by Alvarenga et al. (2010), of the 2,402 university students participating in the research, 64.4% wanted to be smaller in relation to their perception of body image, showing a certain degree of dissatisfaction. In the present study regarding the degree of distortion, based on the data obtained, it was found that even in a small amount, there was mild to moderate distortion in the eighth semester students.

A study done in São Paulo, by Gonçalves et al., (2008), with 227 students of the Physical Education and Nutrition of both sexes, dissatisfaction with body image were predominantly superior to the present study, sending 78.2% of Physical Education students and 75.8% of Nutrition students. It was observed that most of the students felt obese.

In this study it was found that students of the last period of Education F HYSICAL H HEALTH mostly are sati sfeitos with their body image, possibly because of practicing physical activity in its different modalities.

6 CONCLUSION

After studying and analyzing the data obtained through the application of questionnaires, it is possible to reach some

conclusions: that the students surveyed are mostly satisfied with their body image, being that of the few students who had a certain distortion, were those who are a little above your ideal weight.

Although the results are favorable to the researched students, it is suggested that those who are satisfied try to put in their daily routine the practice of physical activity for maintenance and improvements in the quality of life and, to the few who were dissatisfied, follow the same path in order to achieve improvement in their body image.

Naturally, by attending Physical Education, it increases the possibilities of participating in physical activity in different forms, thus contributing to an improvement in body image, and therefore in the quality of life.

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ANALYSIS OF THE BODY IMAGE PERCEPTION OF THE STUDENTS OF THE EIGHTH PERIOD OF PHYSICAL EDUCATION, OF THE FEDERAL UNIVERSITY OF PIAUÍ CAMPUS TERESINA

Introduction: The concept of body image can be defined as a multidimensional construct that broadly describes the internal representations of body structure and physical appearance in relation to ourselves and others. Objectives: To evaluate the perception of body image of the last period students (8th) of the Physical Education course of the Federal University of Piauí. Methods: The present study is characterized as quantitative, since it uses structured data taken from the questionnaires applied to the composition of the sample. The sample consisted of 30 students of both sexes, aged 18 to 39 years, academics of the last period of the Physical Education course of the Federal University of Piauí. We used the Body Shape Questionnaire (BSQ), Di Pietro (2009) which is a self-completion test with 34 questions to be answered according to the LIKERT scale from 1 to 6 (1 - never, 2 - rarely, 3 - sometimes, 4 - often, 5 - very often, 6 - always). (2009). Results: According to the data presented, we evaluated that 83.3% of ACA dêmicos the last period have not distorted regarding their body image, however, even in small quantities 4 (13.33%) had mild distortion 1 (3.33%) and moderate distortion 0 (0, 11%) severe Conclusion: it is concluded that the students studied are mostly satisfied with their body image, however, a small group presents some distortion, they are those who are overweight ideal.

Keywords: Body image, academics, Physical Education.

ANALYSE DE LA PERCEPTION D'IMAGE CORPORELLE DES ÉTUDIANTS DE LA HUITIÈME PÉRIODE D'ÉDUCATION PHYSIQUE DE L'UNIVERSITÉ FÉDÉRALE DU CAMPUS TERESINA DE PIAUÍ

Introduction: Le concept d'image corporelle peut être défini comme une construction multidimensionnelle qui décrit de manière générale les représentations internes de la structure corporelle et de l'apparence physique par rapport à nous-mêmes et aux autres. Objectif: Analyser la perception de l'image corporelle des étudiants en dernière année (8ème) du cours d'éducation physique de l'Université fédérale de Piauí. Méthodes: La présente étude est caractérisée comme quantitative, en utilisant des données structurées extraites des questionnaires appliqués à la composition de l'échantillon. L'échantillon était composé de 30

étudiants des deux sexes âgés de 18 à 39 ans, des universitaires de la dernière période du cours d'éducation physique de l'Université fédérale de Piauí. Nous avons utilisé le questionnaire Body Shape Questionnaire (BSQ) de Di Pietro (2009), qui est un test d'auto-complétion proposant 34 questions auxquelles il faut répondre selon l'échelle de LIKERT allant de 1 à 6 (1 - jamais, 2 - rarement, 3 - parfois, 4 - souvent, 5 - très souvent, 6 - toujours). (2009). Résultats: Selon les données présentées, 83,3% des étudiants de la dernière période ne présentaient aucune distorsion par rapport à leur image corporelle. Cependant, même dans un petit nombre 4 (13,33%), ils présentaient une légère distorsion, 1 (3,33%) distorsion modérée et 0 (0,11%) sévère Conclusion: il a été conclu que les étudiants interrogés étaient pour la plupart satisfaits de leur image corporelle; cependant, un petit groupe présente certaines distorsions, celles qui sont supérieures de poids idéal.

Mots-clés: image du corps, universitaires, éducation physique.

ANÁLISIS DE LA PERCEPCIÓN DE IMAGEN CORPORAL DE LOS ALUMNOS DEL OCTAVO PERIODO DE EDUCACIÓN FÍSICA, DE LA UNIVERSIDAD FEDERAL DEL PIAUI CAMPUS TERESINA

Introducción: El concepto de imagen corporal puede ser definido como una construcción multidimensional que describe ampliamente las representaciones internas de la estructura corporal y de la apariencia física en relación a nosotros mismos ya los demás. Objetivos: Analizar la percepción de imagen corporal de los académicos del último período (8º) del curso de Educación Física de la Universidad Federal de Piauí. Métodos: El presente estudio se caracteriza como cuantitativa, utilizando datos estructurados retirados de los cuestionarios aplicados a la composición de la muestra. La muestra fue compuesta por 30 alumnos de ambos sexos con edad de 18 a 39 años, académicos del último período del curso de Educación Física de la Universidad Federal de Piauí. Se utilizó el Cuestionario sobre la imagen corporal (DIH), Di Pietro (2009) que es una prueba de auto-llenado con 34 preguntas para ser respondidas según la escala LIKERT de 1 a 6 (1 - nunca, 2 - raramente, 3 - a veces, 4 - a menudo, 5 - muy a menudo, 6 - siempre). (2009). Resultados: De acuerdo con los datos presentados evaluamos que el 83,3% de los académicos del último período no presentan distorsión en relación a su imagen corporal, sin embargo, incluso en pequeña cantidad 4 (13,33%), presentaron distorsión leve, 1 (3,33%) distorsión moderada y 0 (0,11%) grave Conclusión: se concluyó que los alumnos encuestados en su mayoría están satisfechos con su imagen corporal, sin embargo, un pequeño grupo presenta cierta distorsión, son aquellos que están arriba del peso ideal.

Palabras claves: Imagen corporal, académicos, Educación Física.

ANÁLISE DA PERCEÇÃO DE IMAGEM CORPORAL DOS ALUNOS DO OITAVO PERIODO DE EDUCAÇÃO FÍSICA, DA UNIVERSIDADE FEDERAL DO PIAUI CAMPUS TERESINA

Introdução: O conceito de imagem corporal pode ser definido como uma construção multidimensional que descreve amplamente as representações internas da estrutura corporal e da aparência física em relação a nós mesmos e aos outros. Objetivo: Analisar a percepção de imagem corporal dos acadêmicos do último período (8º) do curso de Educação Física da Universidade Federal do Piauí. Métodos: O presente estudo se caracteriza como quantitativa, por utilizar dados estruturados retirados dos questionários aplicados à composição da amostra. A amostra foi composta por 30 alunos de ambos os sexos com idade de 18 à 39 anos, acadêmicos do último período do curso de Educação Física da Universidade Federal do Piauí. Foi utilizado o Questionário Sobre a Imagem Corporal (Body Shape Questionnaire - BSQ), Di Pietro (2009) que é um teste de autopreenchimento com 34 perguntas para serem respondidas segundo a escala LIKERT de 1 a 6 (1 - nunca, 2 - raramente, 3 - às vezes, 4 - frequentemente, 5 - muito frequentemente, 6 - sempre). (2009). Resultados: De acordo com os dados apresentados avaliamos que 83,3% dos acadêmicos do último período não apresentam distorção em relação a sua imagem corporal, no entanto, mesmo em pequena quantidade 4 (13,33%), apresentaram distorção leve, 1 (3,33%) distorção moderada e 0 (0,11%) grave Conclusão: concluiu-se que os alunos pesquisados em sua maioria estão satisfeitos com sua imagem corporal, no entanto, um pequeno grupo apresenta certa distorção, são aqueles que estão acima do peso ideal.

Palavras-chaves: Imagem corporal, acadêmicos, Educação Física.