

### 53 - PREVALENCE OF THE PERCEPTION OF THE BODY SELF-IMAGE AND EATING DISORDERS OF ADOLESCENTS OF THE FEMALE SEX OF DIFFERENT CITIES OF THE RONDÔNIA STATE

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#### INTRODUCTION

He is well-known, that in the modern society, the media has the primordial paper in the determination of the beauty standard, being this each leaner time, and more rigorously evaluated to stereotype of the beautiful outside (OLIVEIRA & PERINI, 2009). It is known, that diverse decurrent factors for this standard of beauty exist, involving social, physical and psychological aspects.

According to Costa & Souza (2002) the society demands of the woman beyond the maternal and domestic function, a professional and labor activity, what she makes with that it if surpasses in the search of being more attractive. The author adds that, in the society occidental person, at the same time where we observe offers abundant of foods of high text caloric and fast consumption, the daily life becomes each more sedentary time, not giving space for regular and ideal physical activities for each individual.

Andrade & Bosi (2003) affirms that the cult to the slim, in the occidental societies contemporaries, is associated with the image of being able, beauty and social mobility, in view of that the preconception against the obesity is, without a doubt, very strong, causing then a contradictory picture, where food industries, written and televising media, sell fat, I appeal with it super caloric foods, and at the same time makes with that the society comes to adjust the slim.

The representatives of the cultural standards of feminine beauty are extremely lean, aimed at for the media, fashion and other ways, inducing the women in general to search this same physical form, however in a missed way, with miraculous diets, excess of physical exercises, and until the medicine use, as diuretics and laxative (Perini et al, 2009).

According to Oliveira et al (2003) had to the pressures economic, cultural, and social, in relations to the beauty standards, the adolescents is part of the group of risk for the development of eating disorders, as the bulimia and nervosa anorexia, for being in constant alterations and social pressures. Factors these cause a distortion of the self-image that the adolescents claim as ideal. The body image is defined by Almeida et al (2005) as the figure of our proper body, that if form as the desired one. The perception and the relative desire to a size and one form body desired, have been frequent associates to the dissatisfaction with the body, having evidences of that the media exerts influence on the riots of the feeding and the body image for claiming perfect bodies, without however considering the health.

#### OBJECTIVE

The objective of this study was to evaluate the prevalence of the dissatisfaction and distortion of the body self-image in adolescents classified as normal for the Index of Body Mass (IBM), deriving of different cities of the state of Rondônia.

#### MATERIALS AND METHODS

Sample a transversal study was carried through opting intentionally to a sample of young and adolescents of 12 the 20 years, of the feminine sex, classified as normal for the IBM (OMS, 1995), composing a total of 231 volunteers, deriving of different cities of the state of Rondônia. They are: Jaru (JAR-n= 21; 16,3±1,3 years; 54,9±0,09 kg; 1,63±0,08 m; 20,7±3,5 Kg/m<sup>2</sup>); Ouro Preto D'Oeste (OPO-n= 50; 15,1±1,6 years; 53,5±10,6Kg; 1,62±0,08 m; 20,2±3,5 Kg/m<sup>2</sup>); Presidente Médici (PMD-n= 26; 17,1±1,8 years; 58,1±10,9 kg; 1,65± 0,08 m; 21,3±3,5Kg/m<sup>2</sup>) and Ji-Paraná (JPA-n= 134; 14,9±3,5 years; 51,3±1,6Kg; 1,60±0,09m; 19,9±3,6 Kg/m<sup>2</sup>).

#### Instruments

Two questionnaires had been adopted intentionally, in accordance with the objective of the study:

1. In order to evaluate the presence of eating disorders, Eating Attitudes Test (EAT-26) validated by Bighetti was used (2003), made up of 26 questions distributed in different aspects: Factor I (diet - first the 13 item that reflect pathological refusal to the text foods high caloric and concerns with the physical form), factor II (bulimia nervosa - the six following item, that reflect thoughts on food and bulimicas attitudes) and factor III (oral control last the seven item, that reflect the self-control in relation to the food and recognize social pressures in the environment to gain total body mass (NUNES et al, 2001). For Ropes and Snows (1993), in the analysis of the EAT-26 it is attributed props up 3 for reply 1 (always), props up it 2 for reply 2 (very frequently), props up it 1 for reply 3 (frequently) and it props up it 0 for answers 4 (to the times), 5 (rare) and 6 (never), in all the item of the questionnaire, with exception of the item of number 4, where if props up it attributes it inverse, that is, prop up 3 for reply 6 (never), prop up it 2 for reply 5 (rare) prop up, it 1 for reply 4 (some times) and props up 0 for answers 3 (frequently), 2 (very frequently) and 1 (always). The result of this instrument is gotten, adding props up them to all of the answers of the 26 item of the questionnaire. If the total of props up will be equal or bigger that 21, the EAT-26 is considered positive (EAT-26+), and confirmed to the presence of precursory syndromes of the development eating disorders (ED).

2. To evaluate the degree of distortion and possible dissatisfaction with the body self-image, the Body Shape Questionnaire - BSQ was applied validated for Di Pietro (2002), made up of 34 questions presenting 6 possibilities of answers varying of "always" never". Reply 1 (never), 2 (rare), 3 (to the times), 4 (frequently), 5 (very frequent) and 6 (always). In accordance with the marked reply, the value of the corresponding number to the option made in the item is computed as it props up for the question, props up then them is: never =1, rarely =2, sometimes= 3, frequently = 4, very frequently = 5 and always = 6. The total of props up of instrument BSQ is computed, from the summation of props up gotten of all the 34 answered item. The classification of the results is made by the total of props up gotten, and reflects the levels of concern with the body self-image. Getting resulted lesser or equal the 80 points a had standard of normality is evidenced and as absence of distortion of the body self-image.

It is standed out, that all the instruments had been used in the versions translated into the Portuguese and validated (CORDÁS & CASTILHO, 1994). Additionally to this analysis the indirect perception of the total body mass (TBM) of evaluated for the difference of the TBM measured (current) for the appraisers and the declared one as ideal for the same ones was verified. It was gotten frequency where the evaluated ones had declared as ideal body mass a bigger value (> 2kg) of what the measure (=wish of gaining weight); ideal body mass a lesser value (< 2kg) of what the measured mass (=wish of weighing less) and ideal, similar body mass to the surveyed weight ( $\pm$  2kg of the measured mass) (NUNES et al, 2001). We clarify that these are auto-story instruments, used in the medical clinic for selection and definition of picture of precursory eating disorders behavior and other psychiatric co-morbidities, however, the participants of the study had not been submitted to the interview with ends of clinical diagnosis (APA, 1994).

#### Anthropometric evaluation

After the application of the instruments the groups had been submitted to the anthropometric evaluation adopting it standardization of the International Society will be Advancement in Kinanthropometry (ISAK) for analysis of body composition (NORTON & OLDS, 2000), being carried through the measures of: stature (stadiometer FILIZOLA, 1mm) and total body mass (electronic scale FILIZOLA, 100g). From these, the Index of Body Mass was gotten (IBM = total body mass/estature<sup>2</sup>, kg/m<sup>2</sup>) (OMS, 1995).

#### Appraisers

All the appraisers had been submitted to a previous training for application of the questionnaires and standardization of the taking of anthropometrics measures, getting an error acceptable technician (PERINI, 2005), guaranteeing the trust of the research.

#### Analysis Statistics

The descriptive statistics of the data, the calculations of the parameters and the prevalence of the answers of the gotten questionnaires of the groups, they had been carried through in the Excel program (Microsoft 2000).

### RESULTS AND DISCUSSION

In Table 1, below the average values of prevalence's are made use presented by the groups of adolescents of the evaluated cities, in the different applied instruments.

Table 1- Values prevalence of responses the different instruments applied the study.

INSTRUMENTS	CITIES			
	JPA (n= 147)	OPO (n= 50)	PMD (n= 26)	JAR (n= 21)
<b>EAT+</b>	9,7%	6%	3,8%	0%
<b>BSQ +</b>	45,5%	64%	23,1%	42,8%
Indirect measure of perception of the body weight				
Want miss weight	<b>44,8%</b>	<b>78%</b>	<b>34,6%</b>	<b>90,4%</b>
Want keep weight	34,3%	12%	7,7%	4,8%
Want gaining weight	20,9%	10%	57,7%	4,8%
Self-perception of the Body weight				
Very fat	5,2%	12%	3,8%	9,5%
Fat person	<b>15,7%</b>	<b>20%</b>	<b>7,8%</b>	<b>28,6%</b>
Normal	<b>65,7%</b>	<b>66%</b>	<b>76,9%</b>	<b>61,9%</b>
Below of the weight	11,9%	0%	11,9%	0%
Very below of the weight	1,5%	2%	1,5%	0%

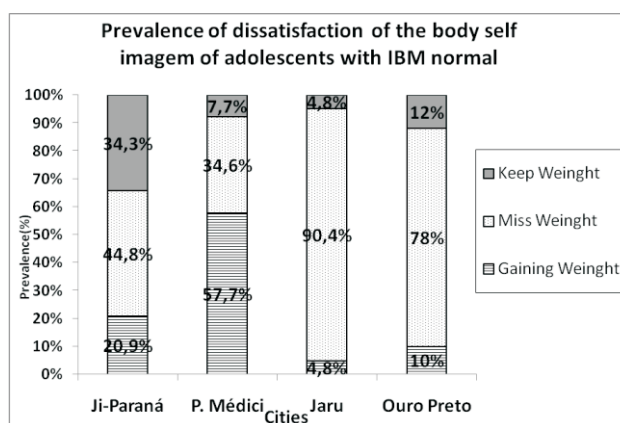
Express values in percentage (%); JPA= city of Ji-Paraná, OPO= city of Ouro Preto D'Oeste, PMD= city of Presidente Médici and JAR= city of Jaru

By means of the analysis of the made use data of Table 1, it is possible to observe that low the prevalence of the distortion of the body self-image, verified for the analysis of the BSQ+ in all the cities, is related to a large extent by the young self-perception of as fat or the very fat one. More than the half of the group of adolescents of all the evaluated cities if considers inside of the level of normality how much to the self-perception of its physical form, as evidenced for the classification of IBM (OMS, 1995), excluding the distortion of the body self-image for this majority. However, these if feel unsatisfied and present necessity of lose weight, detaching to those deriving ones of the city of Jaru, next to the capital of the state of Rondônia. This result can in part, being justified for the partner-economic development presented by the next cities to the capital.

In accordance with Wolf (1994), the processes of industrialization, urbanization and economic progress of a city are determinative in the development of the dissatisfaction with the body self-image in this society, have seen that in this, transformations in the individual organizational forms are imposed, beyond to be well-known the advance in the medias that contribute for the construction, spreading and imposition of stereotyped models, that amongst other factors, if the overvaluation of the associated physical beauty to one detaches biotic of unreal slim, inaccessible for most of the population. According to Russell and Touyz (1993), in the developed urban centers more, the universe of adolescents lives under the dictatorship of the aesthetic culture whose main source of identification is the media.

In this perspective, it is inferred that the development of the dissatisfaction with the physical form becomes related with the overvaluation of the physical aspects, of an unreal body image, associated to the slim, youth and physical perfection tax in this society, resultant of its partner-economic progress. It is standed out, that in this urbanized society, is common to perceive that certain population groups, as the group of adolescents of the feminine sex, focus of this study, hostages become of such determination, since these are living deeply a phase of body transformations, that tend to the accumulation of body fat, physiological development and natural biochemist whom & does not correspond to the praised standard of slim (ANDRADE; BOSI, 2003).

It is necessary to detach that the identification of unsatisfied young with the self-image of the body, common in the urban centers, is preoccupying, therefore can contribute for the adoption of practical alimentary inadequate and development in the future of eating disorders, even so the present study it has proven low, or no prevalence between the evaluated adolescents. A study carried through with adolescents and similar age band to the one of the present study, in the city of Porto Alegre, it verified that the self-perception of the body weight and dissatisfaction with the physical form had been determinative factors so that the young ones if submitted to the severe alimentary restriction and developed eating disorders (FEIJÓ, et al, 1997). Although in this study she has not been observed this relation, it agrees that it has intervention in the direction to act advance, eliminating the factor of risk presented prevalent in all the cities, the dissatisfaction with the physical form.



Graph 1 - Disposal of the values in percentage (%) for prevalence of the dissatisfaction with the body self-image in adolescents classified with IBM normal.

It can be affirmed, for the analysis of Graph 1, that Presidente Médici, one of the cities evaluated in this study, presented the lowest prevalence for dissatisfaction with the body self-image and presence of inadequate eating disorders (anorexia and bulimia). This result can be related to the fact of this city to present low a demographic density, and more moved away from the urban center of the capital, what it can portray restricted economic development and in part to be related to little influence of the media. It perceives still, that exactly inside of a normality standard it has prevalence of a very great index of adolescents who desire to lose weight, that is, to lose weight, what portray one strong presence of dissatisfaction with its self-image.

A study of population base, carried through in the city of Rio De Janeiro with 101 adolescent athletes of different sports modalities and 32 athletes it did not verify that in these last 73.0% they met unsatisfied with its physical form, desiring to lose weight, whereas in the group of adolescent athletes the prevalence was lower in all the groups (OLIVEIRA & PERINI, 2009). The fact of being adolescent seems to premake use the individual to the dissatisfaction with its physical form, as observed in this study in all the cities of the state of Rondônia, the more prevalent for the adolescents of the cities next to capital and less prevalent form for most distant, with values of 90,4% of the adolescents of Jarú >78% of the adolescents of Ouro Preto D'Oeste >44.8% of the adolescents of Ji-Paraná >34.6% of the adolescents of Presidente Médici, as made use in Table 1.

## CONCLUSION

The present study it evidenced, that even so in all the cities the biggest prevalence is for the self-perception of its total body mass (kg) normal, in all they, the adolescents feel the necessity of lose weight, portraying the dissatisfaction with the body self-image. Moreover, it was observed that the more distant cities next and to the capital had gotten extreme behaviors (discrepant), next presented the biggest prevalence for dissatisfaction and distortion of the body self-image amongst all the evaluated cities, therefore, tends to suffer to greater influence from the urban center of the capital, whereas most distant presented the lesser prevalence, portraying to little influence of the capital in the same one. This research goes to the meeting of previous studies, proving raised prevalence for dissatisfaction with the body self-image between adolescents of developed cities economically. It standes out, that the concern and dissatisfaction with the physical form can be resultant of the social pressures imposed by the said, written or televising media that exist effectively in the great urban centers, mainly in the neighborhoods of the capitals. One suggests that other studies with this analysis are carried through in order to mapear other states of Brazil and to compare with the results of the present study.

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#### PREVALENCE OF THE PERCEPTION OF THE BODY SELF-IMAGE AND EATING DISORDERS OF ADOLESCENTS OF THE FEMALE SEX OF DIFFERENT CITIES OF THE RONDÔNIA STATE ABSTRACT

In the modern society, the search for "an ideal" image, that it is imposed by the dictatorship of the fashion, has contributed for the dissatisfaction of the body self-image among adolescents. The objective of this study was to evaluate the prevalence of the dissatisfaction and distortion of the body self-image in adolescents classified as normal for the Index of Body Mass (IBM), deriving of different cities of the state of Rondônia. Became part of the sample, 231 young and adolescents of 12 to 20 years, of the feminine sex, classified as normal for IBM (OMS, 1995) deriving of cities Rondonienses: Jaru (JAR), Ouro Preto D'Oeste (OPO), Presidente Médici (PMD) and Ji-Paraná (JPA). To evaluate the distortion of the body self-image [BSQ was opted to the Body Shape Questionnaire] and the Eating Attitudes Test was used [EAT-26] to evaluate the presence of eating disorders. In order to evaluate the prevalence of the satisfaction with the body self-image, been verified the indirect perception of Index of Body Mass (IBM) of evaluated, for the difference of the IBM weight measured (current) for the appraisers and the declared one as ideal for the same ones was verified. All the young had been submitted the measures adopting the standardizations of the International Society for Advancement in Kinanthropometry, to obtaining of IBM. The analysis of the data was made in the program Excel 2000. The low prevalence the distortion of the body self-image, verified by analysis of BSQ+ in all the cities (JPA=45,5%;OPO=64%;PMD=23,1% and JAR=42,8%) it is related with the self-perception of evaluated what fat very fat. That more than the half of the group of adolescents of all the cities, if considers inside of the level of normality how much to the self-perception of its physical form (JPA=65,7%;OPO=66%;PMD=76,9% and JAR=61,9%), as evidenced for the classification of IBM (OMS, 1995), excluding the prevalence of distortion of the body self-image. Still, these if feel unsatisfied what its physical form, wishing slim. These findings are evidences prevalent between adolescents derived the cities next to the capital of the state (JAR>OPO>JIP>PMD), where the pressures social and of media by beauty are more evident.

**WORDS KEYS:** Beauty. Adolescents. Media.

#### PRÉDOMINANCE DE LA PERCEPTION DE L'IMAGE DE SOI-MÊME DU CORPS ET TROUBLES DU COMPORTEMENT ALIMENTAIRE D'ADOLESCENTS DU SEXE FÉMININ DE VILLES DIFFÉRENTES DE L'ÉTAT RONDÔNIA

##### RÉSUMÉ

Dans la société moderne, la recherche "d' une image idéale", impose par la dictature de la mode, a contribué pour l' insatisfaction de l' auto-image corporelle entre les adolescents. L' objectif de cette étude était d' évaluer la prévalence de l' insatisfaction et de la distorsion de l' auto-image corporelle sur des adolescentes classifiées comme "normales", par l' indice de la masse corporelle (IMC), venues des différentes villes de l' Etat de Rondônia. Fait partie de échantillon, 231 jeunes et adolescentes des 12 aux 20 années, du sexe féminins, considérées normales par l' IMC (OMS, 1995), originaires des villes Rondoniennes : Jaru (JAR), Ouro Preto D'Oeste (OPO), Presidente Médici (PMD) et Ji-Paraná (JPA). Évaluer la distorsion de l' auto-image de soi-même du corps [BSQ a été opté à la Body Shape Questionnaire] et par le Eating Attitudes Test été utilisé [EAT-26] évaluer la présence de troubles du comportement alimentaire. Afin d' évaluer la prévalence de la satisfaction pour l' auto-image corporelle, a été vérifié la perception indirecte de la masse corporelle totale (MCT) des évaluées, par la différence de la mesure actuelle de la MCT par des experts en la matière et de celle déclarée comme idéale par les mêmes. Toute ces jeunes ont été soumises a des mesures anthropométriques, qui ont adopté le modèle de Society for Advancement in Kinanthropometry, pour l' obtention du IMC. L' analyse de ces données a été préparée dans le programme Excel 2000. La basse prévalence de la distorsion de l' auto-image corporelle, vérifiée par l' analyse du BSQ + dans toutes les villes (JPA=45,5%;OPO=64%;PMD=23,1% et JAR=42,8%) a une relation avec l' auto-perception des évaluées comme Grosses et Très Grosses. Plus que la moitié du groupe d' adolescentes de toutes les villes, se considèrent dans la normalité quant à l' auto-perception de sa forme physique (JPA=65,7%;OPO=66%;PMD=76,9% et JAR=61,9%), comme constaté par la classification du IMC (OMS, 1995), en écartant la prévalence de la distorsion de l' auto-image corporelle. Même comme celá, elles se sentent insatisfaites avec leur physique, souhaitant, continuer à maigrir. Ces résultats sont plus prévalents entre les adolescentes venues des villes plus proches de la capitale de l' Etat (JAR>OPO>JIP>PMD), où les pressions sociales et de la presse, pour la beauté, sont plus effectives.

**MOTS-CLEFS:** Beauté. Adolescentes. Presse.

#### PREVALENCIA DE LA PERCEPCIÓN DEL AUTOIMAGEN BODY Y TRASTORNOS ALIMENTICIOS DE ADOLESCENTES DEL SEXO FEMENINO DE DIFERENTES CIUDADES DE LA PROVINCIA DE RONDONIA RESUMEN

En la sociedad moderna, La búsqueda de la imagen "ideal" impuesta por la dictadura de la moda, ha contribuido para la insatisfacción de la autoimagen corporal entre adolescentes. El objetivo de este estudio fue avalar la prevalencia de la insatisfacción y distorsión del autoimagen corporal en adolescentes clasificadas como normal por el índice de masa corporal (IMC), oriundas de diferentes ciudades de la provincia de Rondônia. Participaron de La muestra 231 jóvenes y adolescentes

entre 12 y 20 años, del sexo femenino clasificadas como normal por el IMC (OMS 1995) oriundas de las ciudades rondonienses: Jarú (JAR), Ouro Preto D'Oeste (OPO), Presidente Médici (PMD) e Ji-Paráná (JPA). Para avalar la distorsión del autoimagen corporal se optó por el Body Shape Questionnaire [BSQ] y por el Eating Attitudes Test [EAT-26] para avalar la presencia de trastornos alimenticios. A fin de avalar la prevalencia de la satisfacción con el autoimagen corporal, fue verificada la percepción indirecta de masa corporal total (MCT) de las avaladas por la diferencia de la MCT medida (actual) por los avales y la declarada como ideal por las mismas. Todas las jóvenes fueron sometidas a medidas antropométricas adoptándose a los padrones del ISAK para la obtención del IMC. EL analisis de los datos fue hecha en el programa Excel 2000. La baja prevalencia de distorsión del autoimagen corporal verificada por el analisis del BSQ+ en todas las ciudades (JPA=45,5%;OPO=64%;PMD=23,1% e JAR=42,8%) esta relacionada con la auto percepción de las avaladas como "gorda" o "muy gorda". Más de la mitad del grupo de adolescentes de las ciudades se consideran dentro de la normalidad cuanto la auto percepción de su forma física.(JPA=65,7%;OPO=66%;PMD=76,9% e JAR=61,9%), conforme constatado por la clasificación del IMC (OMS, 1995), excluyendo la prevalencia de distorsión del autoimagen corporal. Aún asi estas se sienten insatisfechas con su forma física, deseando adelgazar. Estos hallazgos son más prevalentes entre adolescentes oriundas de las ciudades más próximas de la capital de la provincia (JAR>OPO>JPA>PMD), donde las presiones sociales y de la crítica por la belleza son más efectivas.

**PALABRAS CLAVE:** Belleza. Adolescentes. Medios de Comunicación.

## **PREVALÊNCIA DA PERCEÇÃO DA AUTOIMAGEM CORPORAL E TRANSTORNOS ALIMENTARES DE ADOLESCENTES DO SEXO FEMININO DE DIFERENTES CIDADES DO ESTADO DE RONDÔNIA**

### **RESUMO**

Na sociedade moderna, a busca por uma imagem "ideal", imposta pela ditadura da moda, tem contribuído para a insatisfação da autoimagem corporal entre adolescentes. O objetivo deste estudo foi avaliar a prevalência da insatisfação e distorção da autoimagem corporal em adolescentes classificadas como normal pelo Índice de Massa Corporal (IMC), oriundas de diferentes cidades do estado de Rondônia. Fizeram parte da amostra, 231 jovens e adolescentes de 12 a 20 anos, do sexo feminino, classificadas como normal pelo IMC (OMS, 1995) oriundas de das cidades Rondonienses: Jarú, (JAR), Ouro Preto D'Oeste (OPO), Presidente Médici (PMD) e Ji-Paráná (JPA). Para avaliar a distorção da autoimagem corporal optou-se pelo Body Shape Questionnaire [BSQ] e pelo Eating Attitudes Test [EAT-26] para avaliar a presença de transtornos alimentares. A fim de avaliar a prevalência da satisfação com a autoimagem corporal, foi verificada a percepção indireta da massa corporal total (MCT) das avaliadas, pela diferença da MCT medida (atual) pelos avaliadores e a declarada como ideal pelas mesmas. Todas as jovens foram submetidas a medidas antropométricas adotando-se as padronizações da International Society will be Advancement in Kinanthropometry, para obtenção do IMC. A análise dos dados foi feita no programa Excel 2000. A baixa prevalência da distorção da autoimagem corporal, verificada pela análise do BSQ+ em todas as cidades (JPA=45,5%;OPO=64%;PMD=23,1% e JAR=42,8%) está relacionada com a autopercepção das avaliadas como gorda ou muito gorda. Mais da metade do grupo de adolescentes de todas as cidades, se considera dentro da normalidade quanto à autopercepção da sua forma física (JPA=65,7%;OPO= 66%;PMD=76,9% e JAR=61,9%), conforme constatado pela classificação do IMC (OMS, 1995), excluindo a prevalência de distorção da autoimagem corporal. Mesmo assim, estas se sentem insatisfeitas com sua forma física, desejando emagrecer. Estes achados são mais prevalentes entre adolescentes oriundas das cidades mais próximas da capital do estado (JAR>OPO>JPA>PMD), onde as pressões sociais e da mídia pela beleza são mais efetivas.

**PALAVRAS CHAVE:** Beleza. Adolescentes. Mídia.

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