

65 - VERY HAPPY, VIGOREXIA! THE PHENOMENON BODY-IMAGE IN CONTEMPORARY SOCIETY

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UNDERSTANDING VIGOREXIA

Vigorexia or Syndrome of Adonis, as they are commonly treated in clinical psychiatry, this is an emotional disorder in which the individual becomes dependent on physical activity and ultimately transform it into a heightened appreciation that can be compared to some cases of religious fanaticism.

This term (Vigorexia) was so named by the American psychiatrist Harrison G. Pope (College Medical School) who, in their studies, Vigorexia linked to diseases such as anorexia and that nurture the loss of impulse control narcissistic.

We can then observe this pathology as a summation of disorders: Vigorexia = Food Compulsive Disorder (TCA) + Obsessive Compulsive Disorder (OCD) + Muscle Dysmorphic Disorder (MDD).

This disorder (Vigorexia) causes the afflicted person to pass the increasing demands of your body, looking for an "ideal beauty" without realizing gradually the consequences that your body starts to suffer with such attitudes.

The Vigorexia behaves like an "addict", thinking that nothing in your body is good, then fetches an ideal of "perfection" that in many cases, it proved impossible to obtain, and, among many other issues that this disorder provides people, we can cite the most serious misuse of vitamin supplements and even steroids and hormones to speed up the results and reach your goal. It is common to find reports on the subject, describing it as a male obsession, however, this situation is changing and women are today, according to numerous variables, are affected with this disorder.

Mental symptoms evolve and become over time, influenced by various cultures, times and socio-cultural changes, or mental illness are linked to a particular time and cultural values easily seen in terms of communities, regions and even habitat and flow of relationships.

The Vigorexia is affecting-exercising in gyms and fitness, without choosing gender or age, however, the age groups most affected are younger than 20 years, a perfectionist standard of aesthetics, with low self-esteem and also those people showing a very strong shyness (for socializing), cleft by their bodies and the academia.

We can not overlook the need for possible a discussion of the need to understand this condition by the Physical Education professionals and the general public that is incorporated in this space, with some subsidies that enable the inter-relationship in a longitudinal rather only cross between the major areas of health which has direct link with this disease.

BEHAVIOR, CHARACTERISTICS AND CLASSIFICATION OF VIGOREXIA

The influence of mass media, and social groups composed by linking the idea of a perfect body concerned with success and happiness seems to be common to patients with Vigorexia mirror in cultural models as models (top-models) and athletes. The personality of Vigorexia usually of low self-esteem, in addition to being introverted, a fact that makes their socialization.

In addition, suffer from their image generating excessive concern with it, and devoted much of his free time to the gym and fitness, because there is thought to be comparing or differentiating the many others who are there. Another fact to be highlighted concerns the irritability or depressive behavior when not "mesh", the same happens to imagine a hypothetical "loss of muscle and weight, and the vast majority of these Vigorexia, makes use of anabolic steroids and for" accelerate "the increase muscle. (SABINO, 2002)

It is indeed common to find mention of this subject as a male obsession, a fact that is changing, going to affect a large number of women also, depending on the evolution of so-called "mental symptoms" that they change over time and are culturally influenced.

The Vigorexia is considered one of the most recent emotional disorders, and may be influenced by culture, not yet been cataloged as a specific disease by Classification Manuals ICD-10 and DSM-IV.

You can say that Vigorexia is the opposite of anorexia as both are related to body dysmorphia, and may be cited the ACT, the OCD and MDD, since all these diseases if they hold the body issues, involving one or more concerns and distortions about the self-image.

In his work, Novaes (2001, p.35) emphasizes the fact that "(...) health today interpreted as a possibility to extend and enhance the quality of life for people faced with several intersections in the modern Physical Education (...)" . It continues along the same lines when it reports that "(...) the proposals on health, leading to new habits of body, power, control and other stimulants (...)" .

Recent studies show that the influence of lifestyle for good health is presented as a form that is influencing the quality of life. Thus, health, lifestyle and quality of life are, therefore, in an intimate, laid in a common relationship, since the gradual improvement of a clear and ultimately directly affect the other and vice versa.

Despite all these facts, it should be noted that nowadays, there is a "neurosis by the body," is a compulsive behavior where people who buy this kind of "neurosis" become irrational and end up abusing what concerns on their forms, ways and times of exercise, exercising more than once a day and rarely, if nurture a reasonable period of rest.

These people (by compulsive exercise) feel the need to practice it, or even while lying sick or injured, and often these lesions are at the level of skeletal muscle tissue, resulting simply due to excessive use and absence of consistent periods of recovery.

Arthur Kaufman (psychiatrist) indicates that exercise when done in excess and surplus can be extremely harmful to health and may even come to be in psychiatric problem. To this end, puts some concepts that can be found in several literatures that deal with this issue, designating them as "addition to race / race mandatory / exercise morbid / compulsive exercise and exercise dependence. (<http://fbservice.com.br>. Gymnastics in excess is bad for your health. Accessed: 12/07/2007).

Understanding what is said "excessive" must be accompanied by factors such as age, fitness level, goals, objectives and possible (and not so if any) contraindications to physical exercise.

THE ENVIRONMENT OF THE ACADEMIES OF BODY AND CULTURE: MYTHS AND TRUTHS

Among the many places we can say that the environment and the health clubs and fitness can influence the behavior of people there and these are likely to develop this disease.

The big reason this fact is that many people who seek such academies seek physical appearance and not the quality of life. Hansen and Vaz (1995) put in his work that the academies can be seen as centers of worship to this object (body) in our society,

since they are places where it develops a whole culture in which the body becomes an intersection in creation of words, codes and customs.

Without hesitation, we can say that in contemporary times, these gyms and fitness eventually becoming one of the signs that show more and back up the emblem of the body culture that is brought in our time, where, in these enclaves and as a rule, just spotted parading bodies, as well as others (and there are many) who seek to achieve this status.

We can mention PALMA and employees when they show the following fact:

The large niche of the academies set up strategically for at least two decades in countries of the Western capitalist world, has been socially reinforced by intense media appeals consumption of all kinds. In general, it is characterized as a place of sectarian elitizantes conformations: it is frequented by healthy people, with financial support and nutritional privileged, often in search of aesthetic goals volatile and are renewed in a paroxysm endless. (2003, p.14)

In gyms and fitness, shopping malls in the real body, there is an intermingling of men and women who engage in different and diverse practices and activities related to the body, almost all with one goal, get in Forma1.

But it is not only the quest for fitness that motivates this audience, get an emotional link or to exhibit a flawless body (of course, for those who already have one) end up being different options considered by the visitors, who have the habit of intended countless hours in his day to "spend" in this space.

Currently, there are many experience some "concern" about the corporatria in physical education, a fact evidenced by the growing number of publications and specific issues on the subject in journals and magazines (or not) on the subject.

This fact appears clearly when faced with the progress shown in the table below, adapted from the work of Guiselini (2004, p.94), which highlights the changes in the use of bodies in which there was the transition from aerobic to programs and being:

PERÍODO	TIPO DE EXERCÍCIO
DÉCADE OF 1980	AERÓBIC WORKOUT
DÉCADE OF 1990	FITNESS AND HEALTH
NEW MILLENIUM	FITNESS, HEALTH AND WELFARE

You must understand that this variation presented above follows a framework of personal intentions about what one desires in the environment of health clubs and fitness (and in this new millennium, wellness) because some people are happy with the physical appearance that is attributed to them with the low amount of muscle and a little more fat, feel good when they look and come in a mirror, or even the comments of friends, just so no matter if they are not exactly the pattern aesthetic of the current society.

But there are so many (in many more), where the bulk of the muscles (although truly satisfactory) and the low amount of body fat, is an important factor in the actual level of dissatisfaction with oneself, then start to undergo diets abusive and training for Spartans, at any cost, to obtain a desired physical appearance, because you end up caring, and much, with the opinions of others, wishing to become part of a limited group of "perfect body" because that standard body to conquer the will (figuratively) feel very well.

VIGOREXIA AND PHYSICAL EDUCATION: WHERE THE SPACES CONVERGE

Currently, Vigorexia is still an unknown issue, causing us to wonder, when we run into professionals and future professionals in physical education are still unaware that this disease and its problems, because we believe that our field need to hold this knowledge, though not in a way that allows intervention in a direct and timely, but no need to hold a larger vision of this "problem" so that in this way, the professional physical education should not transfer to the student the importance of aesthetics, but rather the health, pointing out that not always the "beautiful" is healthy.

"All that is good is illegal, immoral or fattening (...)" to an excerpt from a Brazilian popular music. If we assume the case of compulsion to exercise, which used wisely will bring great benefits to those who make use of it, the excess could induce an addiction and, if so, the consequence of that abuse may lead to mild muscle damage or joint to severe psychological problems, the specific case of Vigorexia or Muscle dysmorphia.

This body dysmorphia is related to a psychic pathology that eventually self-generate in people with excessive preoccupation with their appearance (Vigorexia), where this person is never satisfied with their appearance (as an image view and not perceived image) gives your body a series circumstances in the obsessive quest for perfection.

Any type of obsession can denote an imbalance in which is going on in life. The obsession with the body, does not present itself differently, and how best to control it is to have someone close to him favors the resumption of awareness of the limits between pleasure and fanaticism, as the exercise is very good when taken into account fact that each one has its own limit, between this, especially the intensity and volume, in line with the excitement of doing, but in certain doses and measures and appropriate.

We can say that is (or at least should be) powers of the physical education professional understand the many factors already mentioned in the text to refer a person to develop behavior Vigorexia at the same time, is unique function of that halt professional elements that allows a good understanding of this framework.

Often, you will need a return to "normalcy" of this student, so that he understands the need to be at peace with yourself and your body in a unique way, as it really is (or is) you can then proceed to put sessions (unusual and little known or stimulated) of "detraining". This method is presented as a training reverse that which has been prescribed or which the student was used to and influenced the practice, making yourself the program to a slower, more progressive and regressive to the point where it can be considered standard for quality of life of that person carrying Vigorexia behaviors.

In this case, it also requires that professional fitness trainer is aware that the body of that person need to readjust the same shape and almost the same procedure that has adapted to training exaggerated, but at no time be lost from view the most important factor that this person must be willing, with significant levels of consciousness and want to get rid of Vigorexia.

It is worth noting that we are faced with a disorder that does not fall only on one emotional pathology, but in problems caused possibly by a culture driven by media.

In addition, there are also concerns the optimization training and professional updating of Physical Education, so they do not stop paying attention to the clear and obvious signs that they are and, at the moment, may have the knowledge to pass on the information necessary to enable students aware before this pathology. Another important detail is the fact of how this professional will be working on the issues of decoupling (or not) between health and aesthetics.

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VERY HAPPY, VIGOREXIA! THE PHENOMENON BODY-IMAGE IN CONTEMPORARY SOCIETY

ABSTRACT:

The present article it has the purpose to stand out one of the practicing pathologies that more to attack of Physical Exercises in the environment of the academies, the Vigorexia. For in such a way, we will be raising aspects concerning the necessity of opportunity a quarrel on this pathology and the understanding on the part of the professionals of Physical Education who if insert in this environment (academy), presenting subsidies that they will be able to make possible an interrelation between the Physical Education and other areas, emphasizing the health, the quality of life and the aesthetic one, value this that the society already assimilated as being part of its objectives in the search of an organized Physical Activity constant.

KEY WORDS: Physical Exercise - Academies – Aesthetic - Vigorexia

TRÈS HEUREUX, VIGOREXIA! LE PHÉNOMÈNE DU CORPS-IMAGE DANS LA SOCIÉTÉ CONTEMPORAINE

RÉSUMÉ:

Le présent article a le but de se démarquer l'une des pathologies pratique que plus d'attaquer des exercices physiques dans l'environnement des académies, les Vigorexia. Car dans une telle voie, nous allons élever les aspects concernant la nécessité de la possibilité d'une querelle sur cette pathologie et la compréhension de la part des professionnels de l'éducation physique qui, si l'insérer dans cet environnement (Académie), présentant les subventions qu'ils seront en mesure de rendre possible une corrélation entre l'éducation physique et d'autres domaines, mettant l'accent sur la santé, la qualité de vie et de l'esthétique, la valeur de ce que la société déjà assimilés comme faisant partie de ses objectifs dans la recherche d'une activité physique organisée constants.

MOTS CLÉS: Exercice physique - Académies - Esthétique – Vigorexia

MUY FELIZ, VIGOREXIA! EL FENÓMENO DE LA IMAGEN CORPORAL EN LA SOCIEDAD CONTEMPORÁNEA

RESUMEN:

El presente artículo tiene el fin de destacar una de las patologías que más practican al ataque de los ejercicios físicos en el medio entorno de las academias, la Vigorexia. Por tal manera, que aumentar los aspectos relativos a la necesidad de oportunidad de una discusión sobre esta patología y la comprensión por parte de los profesionales de la Educación Física que si inserto en este ambiente (academia), la presentación de las subvenciones que podrán para hacer posible una interrelación entre la Educación Física y otras áreas, haciendo hincapié en la salud, la calidad de vida y la estética, el valor presente de que la sociedad ya ha asimilado como parte de sus objetivos en la búsqueda de una actividad física organizada constante.

PALABRAS CLAVE: Ejercicio físico - Académias - Estética - Vigorexia

MUITO PRAZER, VIGOREXIA! O FENÔMENO CORPO-IMAGEM NA SOCIEDADE CONTEMPORÂNEA

RESUMO:

O presente artigo tem a finalidade de ressaltar uma das patologias que mais acomete praticantes de Exercícios Físicos no ambiente das academias, a Vigorexia. Para tanto, levantam-se aspectos acerca da necessidade de oportunizar uma discussão sobre esta patologia e a compreensão por parte dos profissionais de Educação Física que se inserem neste ambiente (academia), apresentando subsídios que poderão possibilitar uma inter-relação entre a Educação Física e outras áreas, enfatizando a saúde, a qualidade de vida e a estética, valor este que a sociedade já assimilou como sendo parte de seus objetivos na procura de uma Atividade Física organizada, regular e constante.

PALAVRAS-CHAVES: Exercício Físico – Académias – Estética - Vigorexia

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