68 - BODY IMAGE PERCEPTION OF CHILDREN WHO PRACTICE DANCE-SCHOOL EDUCATION IN PUBLIC.

PATRÍCIA RIBEIRO FEITOSA LIMA[1]
MIRNA ALBUQUERQUE FROTA[2]
NILSON VIEIRA PINTO[3]
[1]Instituto Federal de Educação Ciência e Tecnologia do Ceará -IFCE, Fortaleza, Ceará, Brasil
[1]Rede Euroamericana de Pós-graduação Stricto Sensu em Saúde – Medicina do Esporte
Universidad Católica Nuestra Señora de la Asunción – UC, Asunción, Paraguay
[2] Universidade de Fortaleza – UNIFOR, Fortaleza, Ceará, Brasil
[3]Instituto Federal de Educação Ciência e Tecnologia do Ceará -IFCE, Fortaleza, Ceará, Brasil

INTRODUCTION

Obesity, morphologically, can be determined in two ways, considering the number and size of adipocytes (fat cells). By hypertrophy with an increase of volume or accumulation of fat in this cell type, and hyperplasia that is increasing the total number of adipocytes (Wilmore, JH & Costill, 2001).

To Araujo, Graup & Pereira (2007) the excess weight is a determining factor in the satisfaction of self-esteem and body image, because their studies showed that individuals with normal nutritional status have different satisfaction levels of overweight and obesity.

Numerous studies have sought to analyze body image through different data collection instruments. These instruments work, usually from two perspectives: subjective assessment, which investigates the feelings and attitudes toward the body, and the perceptual evaluation, which addresses issues related to accuracy of perception of size and body shape. The instruments that seek to investigate the perceptual aspects of body image is primarily a set of profiles of Stunkard et al (1983).

Factors such as the onset of obesity, the presence of emotional conflict, the influence of sociocultural assessment disparaging others, the imposition of the standard built-in aesthetic practitioners Dance, everyday changes of weight change, among others, are capable of causing disorders as the perception of body self-image.

The present study evaluated body image perception of children who practice dance-education in public schools. This research consists of discussions that will complement a study of greater depth.

COURSE METHODOLOGY

The present study is characterized by a descriptive exploratory approach, is part of the doctoral research of the Euro-American Network of Human Kinetics, which deals with the "Interfaces of Dance Education, in obesity of children in public education" and shows the interconnections of Dance applied at the school and its deal with the obesity of children, practitioners of dance, public school students. It was developed at the Municipal School of Elementary Education Our Lady of Perpetual Help - NSPS in the city of Fortaleza, Ceará State, Brazil.

Seventeen children participated, four of these, thirteen male and female school students above (NSPS), aged between 8 and 12 years, beginning in the practice of dance, among them, thirteen have four obesity and obesity have Level I According to World Health Organization - WHO (2009), an obese person is the person who presents Body Mass Index - BMI less than 30kg/m2. The BMI is based on mathematical correlation weight / height ², has been considered one of the most useful by WHO itself. It is noteworthy that, according to the Child and Adolescent - ECA (1990) the person is a child of twelve years old incomplete.

In the inclusion criteria, we selected children without distinction of sex, aged between eight and twelve years, able to perform physical activity collective (medical certificate), students of this school, who had met the previous requirements, which were beginning classes Dance in school, who agreed with the guidelines established by the researcher living / teacher who brought the Term of Consent - Informed Consent signed by parent or guardian, agreeing with the participation of the same.

Exclusion criteria were excluded children who did not meet the age criteria, who were not able to exercise collective and for any reason did not want to participate.

This study followed the regiment of ethics in research based on the Ethics Committee - COÉTICA the University of Fortaleza - UNIFOR. It is emphasized that all deliberations of this committee are based on the resolution of the National Health Council in 196/96 which includes, from the perspective of the individual and communities, the basic principles of bioethics: autonomy, no maleficence, beneficence and justice.

The study was approved with the opinion number: 068/2009 of 26/03/2009 the committee described above.

DATA COLLECTION AND ANALYSIS

In-room multi-media school in NSPS pre-arranged time and individual, each child was asked about how it was identified in relation to their body image. The perceptual dimension of body image has often been used, mainly in health, in an attempt to assess how the individual perceives the form and / or size of your body.

For the assessment of body image perception, we used the set of silhouettes proposed by Stunkard et al (1983), shown in figure 1, which consists of a series of pictures or drawings of bodies, nine female and nine male, representing body sizes and shapes sequences with silhouettes of people ranging from lean to obese women too much. Each design has a number which corresponds to a class of Body Mass Index - BMI, defined as follows: silhouettes 1 and 2 refers to non-obese; figure 3 indicates overweight; 4:05 silhouettes define obesity grade I, 6 silhouettes and 7 correspond to class II obesity; 8:09 silhouettes identify class III obesity.

This instrument was designed to evaluate specific population groups, as is the case, which aims to evaluate the body image of obese and / or eating disorders.

Each child chose an option silhouette that most "resembled" with your body. As each girl pointed to a feminine silhouette, and as a boy pointed to a male silhouette. The purpose of this investigation was to correlate the perception as a child, obese or not, is conceived and is relevant or distorted estimates of body composition that each one brings.

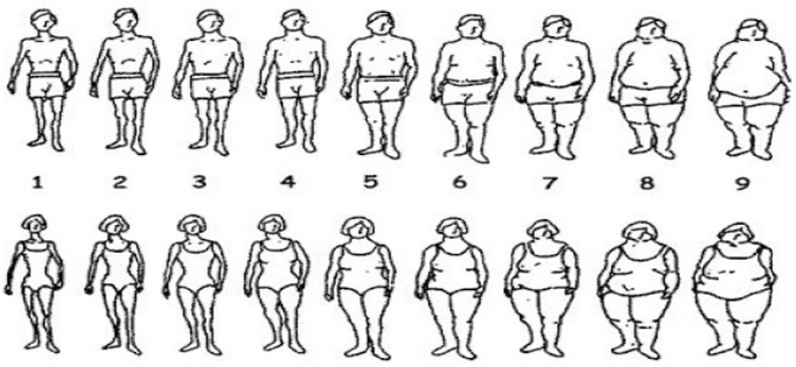
Analysis of the responses was based on the correlation scale drawings of silhouettes and the number of design chosen by the child which corresponded to the scores awarded to the choices with values from 1 to 9 that distinguish BMI. To verify the adequacy of the choices made, depending on the compatibility or otherwise of the actual body image and identified for

each child, proceeded to the qualitative interpretation of the data. Such an interpretation is the heterodoxy in the data analysis.

The variety of qualitative material obtained has resulted in the observance of factors specific to this study: the exposure situation that the child was to be taken to identify the shape of your body, the complexity surrounding the issue of body image and Dance (by the condition an art that involves a pattern of lean body historically constituted) a probable inhibition of the obese child to have to choose a design that reflects your body is obese. Therefore, it became necessary analytical and integrative capacity of the researcher.

Figura 1

Conjunto de silhuetas proposto para avaliação da imagem corporal.



Fonte: Stunkard AJ. *et al*. Use of Danish adoption register for the study of obesity and thinness. In: Key SS *et al*. The genetics of neurological. New York; 1983.[16]

RESULTS AND DISCUSSION

It was observed that, with respect to choices of silhouettes that represent size and shape of a normal person, twelve children, three males and nine females chose the representations 1 and 2, ie, sizes and shapes representative of low body weight, or lean, lanky and without obesity. We found a significant relationship of similarity between the images chosen by the children described above and the actual state of their bodies.

Thus it was found that body image perceived by the participants was outlined in the mental representation of each body, and how each child thinks and see your body and compatible with reality, according to Hartmann et al, (2008).

The silhouettes of the choices of sizes 3.4 and 5, which refers to overweight and obesity I. Five children make choices seemed a bit distorted body image and therefore different from the actual BMI of each. For the four children with class I obesity, three of them are self-identifying with an image of the overweight person, or chose the figure 3, which is representative drawing of the body without obesity.

In studies of Araujo, Graup & Pereira (2007) show that the student unrest related to excess weight often leads to a negative body image or change that comes from a cultural emphasis on thinness as the standard of ideal body presented by the media, regardless of health conditions.

A child who has no obesity, identified her body image pointing to the figure 4 that refers to the size and shape of a person characterized as obese.

Thus, making a dialogue with the literature, we found that in school, the student body image satisfaction is closely related to the correspondence to the ideals of beauty, culturally introduced. Children who appeared to distort your perception of body image with the observed reality, may have been influenced by a "culture of thinness" that to Oliveira (2011), in Western culture clashes is usually promoted mainly by the general media and internet with aesthetic models, that require or create the desire of finding a body in the framework of standard models beauty.

Franco & Novaes (2005) confirm that there is an exaggerated concern with body image and is a growing phenomenon in society that establishes standards to be followed. With this imposition by social and cultural aesthetic desire, there are repercussions in the life of the school and is increasing the number of students who suffer from body image disorders.

FINAL CONSIDERATIONS

Taking into account the description of the criteria in this study, the specificity of the observed correlation Dance and body image of the school, it was found that investigated when the child was obese, was a subjective assessment of inadequacy compared to IMC. The opposite happened with the non-obese children, reflect their choices closer to the reality of a comparative IMC.

It may be noted that, in general, children were able to discriminate differences in the sizes of their bodies, in an approximate manner, which showed that the perception of contour drawing had identified match the anthropometric measurements characterized by BMI, thereby demonstrating the utility of the data collection instrument chosen in this study to evaluate the perception of body size and shape. It is concluded that this exploratory study that applied the set of profiles of Stunkard et al (1983), contributed to the research on perceptions of body size and shape of real children, practicing dance at school. Such research will further study the complementarity of the interfaces regarding obesity and dance.

Allowed the association of body image to weight classes, determined by IMC, allowing also the identification of indicators of conflicting choices concerning the assessment of real and presented as an option of overweight and obesity. We suggest the use of the instrument applied in situations, especially with obese children. Because it is a tool for easy application, it is considered that this exploratory study has revealed its potential.

Thus, our results allow the analysis of body image of children dancing, different constitutions of body, pointing to the possible errors related to self-concept of body image, highlighting the providence of new studies.

REFERENCES

1.WILMORE, J. H., COSTILL, D. L. Fisiologia do Esporte e do Exercício. 2ª ed. São Paulo: Manole, 2001.

2.MIRANDA, R. **Autoconceito e auto atualização na timidez e na fobia social: vencer a timidez e a ansiedade**

social. Disponível em:
http://www.timidez-ansiedade.com/art/basico/autoconceito.htm. Acesso em 11/10/2011.

3.CASH,TF, PRUZINSKY T. (Eds) **Body Image: A Handbook of Theory, Research, and Clinical Practice.** New York: Guilford Press, 2002.

4.STUNKARD, AJ, SORENSON, T, SCHLUSINGER F. **Use of the Danish Adoption Register for the study of obesity and thinness.** In S.S. Kety, L.P. Rowland, R.L. Sidman, & S.W. Matthysse (Eds.) The genetics of neurological and psychiatric disorders. New York: Raven. p. 115-120, 1983.

5.WORLD HEALTH ORGANIZATION (WHO). **Childhood overweight and obesity.** Capturado em 25/02/2009. Disponível em: http://www.who.int/dietphysicalactivity/childhood/en

6.BRASIL. Presidência da República. Lei no_ 8069, 13 de julho de 1990, **Estatuto da Criança e do adolescente**.

7.HARTMANN, C.; SILVA, V. A; MEDEIROS, C. B. L.; PACHECO, B. B. **Imagem corporal de crianças hiperativas em escolas especiais do Município de maceió** – AL. Livro de Memórias do VI Congresso Científico Norte-nordeste – CONAFF. Fortaleza, CE: 2008.

8.OLIVEIRA, R. C. **Educação Física Escolar: contribuições para a formação da imagem corporal em adolescentes.** Disponível em: http://fiepbrasil.org. Acesso em 11/10/2011.

9.FRANCO, V.H.P.; & NOVAES, J. S. **Estética e imagem Corporal na Sociedade atual.** Cadernos Camilliani. Cachoeiro de Itapemirim, v. 6, n. 2, 111-118, 2005.

Patrícia Ribeiro Feitosa Lima:
R. Joaquim Nabuco 1783 ap 802 Meireles CEP 60125120 Fortaleza-CE – Brasil
Tel. 85- 32683970 - patriciafeitosa.profa@gmail.com

BODY IMAGE PERCEPTION OF CHILDREN WHO PRACTICE DANCE-SCHOOL EDUCATION IN PUBLIC.

ABSTRACT

Body image is directly related to the self, which is defined by the set of values and beliefs, conscious or accessible to consciousness, as well as attitudes and opinions that the individual has of himself in relation to the other and the world (Miranda , 2011). Prusinsky & Cash (2002), argue that the perceptual dimension of body image has often been used, mainly in health, in an attempt to assess how the individual perceives the form and / or size of your body. The study found the screen like a child who practices dance education perceive their body image. It was held at the Municipal School of Elementary Education Our Lady of Perpetual Help - NSPS in the city of Fortaleza, Brazil, with a sample of seventeen children between eight and twelve years of age who do dance at school. The research is exploratory descriptive qualitative approach. As data collection instrument for the assessment of body image perception was applied Set of silhouettes proposed by Stunkard et al (1983). It was found that obese children do not have choices associated with the representation of low weight, and that the self-assessment of body size and shape, was leading with choices lean body, consistent with reality. The data indicate that the silhouettes that represent the current size and shape, selected for obese children, appeared distorted and associated with the standard thin body, widely publicized by the media, pointing at the difficulties relating to the perception of body image and health.

KEYWORDS: Dance-Education. Body Image. School.

PERCEPTION DE L'IMAGE CORPORELLE DES ENFANTS L'OMS PRATIQUE DE LA DANSE-SCOLAIRE EN PUBLIC.

RESUME

L'image corporelle est directement liée à l'auto, qui est défini par l'ensemble des valeurs et des croyances, conscientes ou accessibles à la conscience, ainsi que les attitudes et les opinions que l'individu a de lui-même par rapport à l'autre et le monde (Miranda , 2011). Prusinsky & Cash (2002), affirment que la dimension perceptive de l'image du corps a souvent été utilisé, principalement dans la santé, dans une tentative d'évaluer la manière dont l'individu perçoit la forme et / ou la taille de votre corps. L'étude a révélé l'écran comme un enfant qui pratique la danse l'éducation perçoivent leur image corporelle. Il a été tenu à l'école municipale de l'enseignement primaire Notre-Dame du Perpétuel Secours - NSPS dans la ville de Fortaleza, au Brésil, avec un échantillon de dix-sept enfants entre huit et douze ans d'âge qui ne danse à l'école. La recherche est exploratoire approche descriptive qualitative. Comme instrument de collecte de données pour l'évaluation de la perception de l'image corporelle a été appliquée ensemble de silhouettes proposées par Stunkard et al (1983). On a constaté que les enfants obèses n'ont pas de choix liés à la représentation de faible poids, et que l'auto-évaluation de la taille du corps et forme, était en tête avec choix maigre de corps, compatible avec la réalité. Les données indiquent que les silhouettes qui représentent la taille actuelle et la forme, sélectionné pour les enfants obèses, est apparu déformé et associé au corps mince standard, largement diffusé par les médias, pointant les difficultés liées à la perception de l'image corporelle et la santé.

MOTS-CLES: Danse-Éducation. Image corporelle. Ecole.

CUERPO DE LA PERCEPCIÓN IMAGEN DE LOS NIÑOS QUE PRACTICAN LA DANZA DE LA ESCUELA DE EDUCACIÓN EN PÚBLICO.

RESUMEN

La imagen corporal está directamente relacionada con el yo, que se define por el conjunto de valores y creencias, conscientes o accesible a la conciencia, así como las actitudes y opiniones que el individuo tiene de sí mismo en relación con el otro y el mundo (Miranda , 2011). Prusinsky & Cash (2002), argumentan que la dimensión de percepción de la imagen corporal ha sido utilizada a menudo, sobre todo en salud, en un intento de evaluar cómo el individuo percibe la forma y / o el tamaño de su cuerpo. El estudio halló que la pantalla como un niño que practica la danza de la educación perciben su imagen corporal. Se llevó a cabo en la Escuela Municipal de Educación Primaria Nuestra Señora del Perpetuo Socorro - NSPS en la ciudad de Fortaleza, Brasil, con una muestra de diecisiete niños de entre ocho y doce años de edad que se baila en la escuela. La investigación es exploratoria enfoque cualitativo descriptivo. Como instrumento de recolección de datos para la evaluación de la percepción de la imagen corporal se aplicó conjunto de siluetas propuestas por Stunkard et al (1983). Se encontró que los niños obesos no tienen las decisiones asociadas con la representación de bajo peso, y que la auto-evaluación del tamaño y forma del cuerpo, fue líder con opciones de cuerpo delgado, en consonancia con la realidad. Los datos indican que las siluetas que representan el tamaño actual y la forma, seleccionados por los niños obesos, apareció distorsionada y se asocia con el cuerpo delgado estándar, ampliamente difundida por los medios de comunicación, señalando las dificultades relacionadas con la percepción de la imagen corporal y la salud.

PALABRAS CLAVE: Dance-Educación. Imagen Corporal. La escuela.

PERCEPÇÃO DA IMAGEM CORPORAL DE CRIANÇAS QUE PRATICAM DANÇA-EDUCAÇÃO NA ESCOLA PÚBLICA.

RESUMO

A imagem corporal está diretamente relacionada ao autoconceito, o qual se define pelo conjunto de valores e crenças, conscientes ou acessíveis à consciência, assim como atitudes e opiniões que o indivíduo tem de si mesmo, na relação com o outro e com o mundo (MIRANDA, 2011). Cash & Prusinsky (2002), afirmam que a dimensão perceptiva da imagem corporal tem sido frequentemente utilizada, principalmente na área da saúde, na tentativa de avaliar como o indivíduo percebe a forma e/ou tamanho do seu corpo. O estudo em tela verificou como a criança que pratica dança-educação percebe sua imagem corporal. Foi realizado na Escola Municipal de Educação Infantil e Fundamental Nossa Senhora do Perpétuo Socorro - NSPS, na cidade de Fortaleza, CE, Brasil, com amostra de dezessete crianças entre oito e doze anos de idade que fazem dança na escola. A pesquisa é exploratória descritiva com abordagem qualitativa. Como instrumento de coleta para a avaliação da percepção da imagem corporal foi aplicado o Conjunto de Silhuetas proposto por Stunkard et alii (1983). Evidenciou-se que as crianças não obesas fizeram escolhas associadas a representações de baixo peso, e que a auto avaliação de tamanho e forma corporal, mostrou-se preponderante com escolhas de corpo magro, compatíveis com a realidade. Os dados apontam que as silhuetas que representam tamanho e forma atual, escolhidas por crianças obesas, pareceram distorcidas e associadas ao padrão de corpo magro, amplamente divulgado pelos meios de comunicação, sinalizando a direção das dificuldades relativas à percepção da imagem corporal e a saúde.

PALAVRAS-CHAVE: Dança-Educação. Imagem Corporal. Escola.