112 - REFLECTIONS ON THE USE OF ANABOLIC ANDROGEN STEROIDS BY TEENAGERS INSCHOOL PHASE

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Introduction

In the last 10 years is notorious that our society comes passing by various social, psychological and behavioural changes particularly in the field of information and health. You're changes that are oportunizadas by various means (spoken, written, television media and visuals) and with various degrees of content. However, it is a fact thatthe television media is the most impressive and most relevant to the implementation and assimilation of ideas and behaviours.

To Rosario (2014) and Bayer (2013), the media has an important role in the political, social and economic field of every society. Through this mechanism that gives the population a conscience, a culture, a way of acting and thinking.

If the media dictate behaviors, cultures and reactions of course the organizers of these media focus on directing their schedules and news for its interests and its partners, always looking for a specific type of audience which will feed on its products, channels, and ideas will reproduce exactly the expected by these organizers.

We are pressured in many circumstances to achieve, in our body, the ideal body ofour culture (Tavares, 2003). Starting from this assumption the pre-teens and teens are the most targeted, this is because they are in the process of formation morals, ethics, intellectual, and social policy and for this reason adhere quickly to this consumerist and temporal proposal produced by the media.

Second Iriart, (2002), the growing appreciation of the post-industrial consumer societies body – reflected in the mass media, as a model of ideal body and manhood a inflated body muscles. This model of ideal body reaches directly the pre-teens and teenagers to achieve this social enforcement go to great lengths and even consequences for achieving desired social acceptance and enjoy the benefits from this socio-cultural setting.

Second FILHO & FILHO (2005): in the city of campinas-SP, most users of AAS, initiated the use of the substance between 14:15 years of age and for the most part, were influenced by the society that determines the "standard of beauty" and by school friendsthat, when entering a particular Academy, begins to make use of such substance leading to influence their friends of the same age. FILHO & FILHO (2005, p. 95).

The anabolic androgen steroids (AAS) are used to achieve the much-desired ideal body, in other words, this group of young people seeking a considerable body massgain that the permit be aesthetically perfect the social current conjecture.

However, the search for this idealized body socially has a high price for individuals/teens who do not follow correctly the guidelines laid down by the physical educationprofessionals, nutritionists and doctors who are people responsible for indicate whether or not the use of AAS. Another common situation and of extreme concern are individuals/teenagers that make indiscriminate use of the EAAs and assume for themselves the side effects like baldness, prostatic hypertrophy, acne, aggressiveness, hypertension, limitation of growth, increased cholesterol, virilization in women, Gynecomastia, headache, impotence and sterility, insomnia, hepatotoxicity, problems of tendons, ligaments and cancer, by excess of EAA.

This article aims to discuss the use of AAS for pre-teens and teenagers in school and present phase through a literature review the positive and negative influence to the Physical education teacher can exert on their students.

Methodology:

The present work constitutes a qualitative research of bibliographical nature. And to this end, several studies were conducted on online platforms available as: Scielo, Medline, Capes journals, digital library of the University of São Paulo, UEL and EMU.

On the basis of the crosscutting themes directly by the use of AAS for a teenager inschool period. From this theoretical organization, trace and identify if there are anypositive or negative influence of physical education professionals who work in schools about the positive and negative of the spreading use of AAS with your students.

THE ANDROGENIC ANABOLIC STEROIDS

The initial development of Anabolic Androgenic Steroids (AAS) began in late 1930,with Dr. Charles Kochakian, most important in hormonal research scientist, regarded as the father of the EAA. In mid-1935, testosterone was isolated in crystalline form by Dr. David Laqueur and his team in Amsterdam, shortly after, was first synthesizedby German scientists Ruzcka and Wettstein, who, despite the difficulties in separating the two effects (anabolic and androgenic), managed to reduce the androgenic effect in relation to anabolic, developing this way the synthetic steroids.

Anabolic steroids are synthetic derivatives of testosterone, anabolic and androgenic properties, having his Administration enhances protein synthesis and causes skeletalmuscle hypertrophy, answers intensified when combined with exercise.

For Ribeiro (2001), the anabolic and Androgenic effects hormonal actions were distinct and independent. However, such effects are the result of different actions on the same hormone, but rather represent the same action in different tissues. (Ribeiro 2001,p. 06).

The Androgenic Steroids are composed of natural testosterone, sex hormone that is synthesized by the cortex of the adrenal gland. In men, testosterone is located in the testes and produced and secreted in the Leydig cells, women also produce testosterone, but in small quantities in the ovaries.

Testosterone and its precursors relate to two distinct organic activities: anabolic andandrogenic activity. Anabolic quality is related to the construction of the muscle tissue and nitrogen retention. The androgenic relates, primarily, in the development ofmale secondary sex characteristics and maturation of sperm. Some examples of these features are: appearance of facial and body hair, thickening of the vocal cords, increased production of the sebaceous glands, penis development, increased aggression and sexual interest (Blue and Lombardo, 1999).

The use of the EAA began around World War II, when the German troops used the testosterone in order to increase the aggressiveness of the soldiers and, for therapeutic purposes in the treatment of people with burns, depression, chronic debility andin recovery from major surgeries (LISE, 1999). In Brazil, the most used steroids are the Decade of Nandrolone, known as DECA, which is an injectable substance, with a nice gain in muscle mass and immediate side effects considerably low and the Decade of testosterone that is stronger, has an increase in muscle mass faster, but the side effects are more intense and can cause hepatitis and joint pains.

The primary anabolic steroids are: oxymetholone, metandriol, donazol, fluoximetil,mesterolona, methyl testosterone, being the most widely used in Brazil to testosterone and Nandrolone (Peluso et al. .2000).

Often are combined different anabolic steroids to increase their effectiveness. Another form of use of these drugs is taking them for 6 to 12 weeks or more and then stop for several weeks and start over again. Some users get to use veterinary products anabolic steroids, based on which you don't have any idea about the risks of use in humans.

STEROIDS ANABOLIC ANDROGENIC X PROFESSOR

When we understand that school is a place of cultural construction, social, moral, philosophical and political, can trace the performance of the professionals which are inserted in it and understand that the school is also a space of multiple knowledge from the field of science, academia and popular culture and knowledge.

It is through these understandings that we can realize the social, emotional power that the school and the teachers have in the construction, organization and dissemination of knowledge about the educational, physical, motor, psychic and students ' civic.

The classroom is no doubt a privileged space of the Magisterium, which is based onstandard and knowledge produced for, by and in school. (CHERVEL, 1990).

Thus, the autonomous formation and liberator of the students do not get overnight,but, through numerous practical and theoretical interventions, daily relationship with the students and in the construction and fortification of the various links that are signed along professor's interactions with the student.

Which, in the classroom to build an important element, called "knowledge/know", which is mediated by the teaching practice and educator relations-educating, thus, the classroom becomes a place where will be exercised the brainstorming exercise about the models and concepts.

According to Silva (1996), the selected content on the part of the teacher is the possibility of this permit the personal growth of students and, at the same time, the consideration regarding their social relevance, that is, the consideration as to how muchcontent is able to contribute to the promotion of a socially responsible, dignified, fair, marked by dialogue, solidarity and mutual respect. (Silva 1996 p. 10).

It is essential to understand that it is at school that the student spends most of his time and that this student is undergoing several physical, social and behavioral changes. These changes are linked to the order to which the student sees and understands his/her own body.

Silva, (2002), points out that young people are ashamed of own body, using thus the exercises and the magic formulas, such as anabolic steroids.

According to CONFEF (Federal Council of physical education 2005), students put some obstacles to the practice of physical education, due to emotional difficulties, thehormonal changes until the fad, quite common at this stage of life.

Over the course of their practices and interventions the teacher of physical education at school must be very attentive to their directions, because, most students will have as an example to be followed and good part of what this professional say and dowill be played by students.

In this way, it is extremely important that the physical education teachers have very clear what is your understanding of body image, to understand how to expose yourdesires, wishes and advice about the various issues involving the body when prompted or asked by the student.

Agree with Tavares (2003), when, says it is essential that the professional has your body image well developed, because if there is acceptance of your body, having awareness of the meanings of the corporeal manifestations, this professional tends to bemore flexible in their relationships and to more easily recognize each other's space.

Will be able to handle any situation from the students, such as asking for guidance on the use of anabolic steroids, about sexuality and other topics, namely, the physical education teachers in their practices must have the commitment to guide and educate their students, both for life, to an acceptance of their bodies, as for good maintenance of their bodies.

Final Considerations

With this study it was found that, despite the great influence that the media exerts on teenagers awareness to the use of the EAA is necessary and urgent, that is, should start as soon as possible, particularly in the school environment. For this awareness to occur efficiently and correct the Physical education teacher is very important, because, in their practices and interactions with students over school will guide, educateand promote positive awareness for use EAA or for non-use of the EAA.

It is worth pointing out, that is this professional who has the ability to tackle directlythe influence exerted by the written media, television and hearing about students (students) who are still in the process of discovering, understanding, acceptance andassimilation of their bodies.

The confrontation provided by professor of physical education should be based initially on his experience as an educator, secondarily should be organized in his understanding of his image as a human being and educator, as well as self acceptance.

These points, which are strong links and of great importance for the construction ofeducational environment based on quality of life and in health promotion, the student who want to use AAS, you should get the accompaniment of qualified professionals that indicated the best AAS for your body, as well as the proper dosages and quantity and also indicated the ergogenicos inhibitors of the possible side effects of AAS.

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ABSTRACT

Today we are witnessing an exaggerated cult body aesthetics, through plastic surgery, aesthetic clinics is growing along with the regulars of gyms. We cannot deny that teenagers are the main targets of media are the main consumers and followers of so-called "fads" and large parts of them are of school age. That is, many teenagers to join this pattern these adolescents make use of Anabolic Androgenic Steroids (AAS). The methodology used is basic in nature, descriptive and qualitative measures. By the time, we conclude that parents, educators and teachers of physical education exert a great influence on this young man so long to use, both for the use of these substances not modifier.

Key words: Anabolic Steroids, Teens, School, physical education teachers.

RÉSUMÉ

Aujourd'hui, nous assistons à un culte exagéré esthétique du corps, par le biais de la chirurgie plastique, esthétiques cliniques sont développent ainsi que les habitués des salles de sport. Nous ne pouvons nier que les adolescents sont les principales cibles des médias, oui, sont les principaux consommateurs et adeptes de ce que l'on appelle « DCP » et la plupart d'entre eux sont d'âge scolaire. C'est, beaucoup d'adolescents à rejoindre cette adolescents motif ne l'utilisation de stéroïdes anabolisants androgènes (SAA). La méthodologie utilisée est fondamentale dans la nature, les mesures descriptives et qualitatives. Au moment où nous concluons que parents, les éducateurs et les enseignants d'éducation physique exercent une grande influence sur ce jeune homme si longtemps à utiliser, à la fois pour l'utilisation de ces substances pas de modificateur.

Mots clés: les stéroïdes anabolisants, adolescents, école, professeurs d'éducation physique.

RESUMEN

Hoy asistimos a un culto exagerado de estética corporal, a través de cirugía plástica, clínicas de estética están creciendo junto con los asiduos de gimnasios. No podemos negar que los adolescentes son los principales objetivos de los medios de comunicación, sí, son los principales consumidores y seguidores de los llamados "caprichos" y la mayoría de ellos son de edad escolar. Es decir, muchos adolescentes a unirse a esta adolescentes patrón hacen el uso de esteroides anabólicos androgénicos (EAA). La metodología utilizada es básica en la naturaleza, medidas descriptivas y cualitativas. Por el momento podemos concluir que los padres, educadores y profesores de educación física ejercen una gran influencia sobre este joven tanto tiempo a utilizar, tanto para el uso de estas sustancias no modificador.

Palabras clave: esteroides anabólicos, adolescentes, escuela, profesores de educación física.

RESUMO

Hoje em dia estamos presenciando um culto exagerado à estética corporal, através de cirurgias plásticas, clinicas de estética estão crescendo junto com os frequentadores de academias de ginástica. Não podemos negar que os adolescentes são os alvos principais das mídias, pois, são os principais consumidores e seguidores das ditas “modas” e grande parte deles se encontram em idade escolar. Ou seja, muitos adolescentes para ingressar nesse padrão adolescentes fazem a utilização de esteroides anabolizantes androgênicos (EAA). A metodologia usada será de natureza básica, descritiva e de cunho qualitativo. Até o momento concluímos que os pais, educadores físicos e os professores de educação física exercem uma grande influência nesse jovem tanto para uso, tanto para o não uso destas substancias modificadoras.

Palavras Chaves: Esteroides Anabolizantes, Adolescentes, Escola, Professores de Educação Física.