142 - RELATED BEHAVIORS OF COLLEGE STUDENTS PERCEPTION BODY

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INTRODUCTION

The process of urbanization, industrialization and technological development in recent decades has profoundly altered the social structure of populations living in large urban centers. This had a great influence for individuals of all ages start to adopt a lifestyle increasingly less healthy (JUNIOR Bernardelli, 2010).

Lack of physical activity associated with inadequate diets are determinants in the occurrence and progression of chronic non-communicable diseases and each year more than two million people die worldwide due to health problems attributed to physical inactivity (CDC, 2000).

In Brazil, the chronic degenerative diseases have been presented as the first cause of morbidity and mortality even in the young population (MALINA; BOUCHARD, 1991). Thus, early behavioral changes can be adopted as a preventive measure.

There is also the need to consider social changes that occur during the period when the young man begins to gain independence and responsibility (Gambardella et. Al, 1999).

The acquisition of knowledge and taking positive actions - balanced diet, physical activity and adequate preventive behaviors - are consolidated during youth. Study of U. S. Department of Health and Human Services (USDHHS, 2000) showed a high prevalence of multiple risk situations habits of young American college, as poor diet and sedentary lifestyle.

Young people, on the grounds of safety and the changes recorded in the social structure and family no longer have the freedom to be able, on its own initiative, manage time and free physical activity. In the face of these changes, the time available these now, increasingly, being conditioned by the routines of adults and by offering programs or institutions was limited to passive activities marjoritariamente home. In this perspective, are vulnerable and exposed to environmental factors that influence positively or negatively the option for health-related behaviors (JUNIOR Bernardelli, 2010).

In Brazil, there are few studies that investigate risk behaviors related to health in representative samples of college students (Marinho, 2002; NAHAS et. Al, 2005). But there is a tendency to increase the amount of research that have been developed in this field of study. (JUNIOR Bernardelli, 2010).

The present study aims to know the lifestyle of the students of the State University of Northern Paraná (UENP), in particular the behaviors adopted in relation to the perception of their body weight, so that way, so be viable, deployment interventionist programs within the university.

METHODOLOGY

In preparing the study used the database constructed from a cross-sectional survey, a population-based, involving information related to a selection of socio-demographic characteristics and risk behaviors to health of college students who attend the courses offered Universidade Estadual do Norte do Paraná, Brazil - UENP.

Data collection was conducted between April and June 2008. The intervention protocols used were approved by the Research Ethics Committee of the State University of Londrina (Case No 073/07 - CAAE - 0107.0.268.000-07) and accompanying rules of Resolution 196/96 of the National Health Board on research involving human humans.

Characterization of the Population

The UENP is a public institution of higher education located in southern Brazil, in the Northern Pioneer of Paraná, three campuses UENP are approximately 50 km distant from each other, the region includes 46 municipalities, with a total of approximately 540 000 inhabitants.

The Jacarezinho Campus, houses the Center for Health Sciences, Centre for Arts and Communication Arts, Center for Humanities and Education and Center for Social and Applied Sciences, with 2,539 students enrolled; Campus Luiz Meneghel of Bandeirantes, houses the Center Agricultural Sciences, Center of Biological Sciences and Center of Technological Sciences, with 1,660 students enrolled; Cornelius Campus, houses the Center for Applied Social Sciences, Centre for Arts and Communication Arts Center and Humanities and Education, with 1882 students enrolled.

Therefore, the target population selected for this study were 6081 students enrolled at the three campuses of UENP.

Selection of Sample

The inclusion of subjects in the study when they were willing to participate. Therefore, all students enrolled and attending the 22 courses in the UENP three campuses, in academic year 2008, were contacted and informed about the nature and objectives of the research, the principles of confidentiality and non-identification in the study, not influence on academic performance and after, invited to participate in the study. In this case, from a universe of 6081 students, 3356 (55.2%) subjects, 1,988 females and 1,368 males, voluntarily agreed to participate in the study.

Criteria used to exclude some subject selected for the study were refusing completing the Term of Consent and when the questionnaires had high amounts of unanswered questions or answers containing invalid or absurd. Thus, we excluded 52 subjects, 29 females and 23 males. Therefore, the final population for the study consisted of 1,959 and 1,345 respectively, totaling 3304 subjects.

Data Collection

Data collection was performed by applying the Youth Risk Behavior Survey questionnaire - College (YRBS-C), which consists of two sections: socio-demographic and health risk behaviors. In the section related to socio-demographic information were obtained by gender, age, ethnicity, marital status, stroke, year and period studied, the nuclear family, the educational level of the parents, the paid work , to plan family socioeconomic status and family.

For classification of the family economic level appealed to the guidelines proposed by the National Association of Research Companies (ANEP, 2000).

The information associated with risk behaviors for health were obtained by applying the same questionnaire YRBS-C (JUNIOR Bernardelli, 2010). The YRBS-C is characterized by questionnaire seeks to gather information regarding risk behaviors to health during university education, divided into groups of issues:

(a) to control weight;
(b) to food;
(c) the practice of physical activity.

A measuring instrument with two sections was applied in a single moment, individually, by a single researcher, on-site and class schedule. Therefore, the classrooms were visited and those students who agreed to participate in the study had received guidance on filling out the term of consent. Further, the study participants received the instrument with instructions and recommendations for filling, not being established time limit for completion. Any doubts expressed by respondents were promptly cleared by the researcher accompanying the data collection.

Treatment of data

Data were analyzed using a computerized statistical package Statistical Package for Social Science (SPSS) version 17.0. We utilized the resources of the descriptive statistics for socio-demographic population, involving the calculation of the proportion of distribution in each stratum considered. The prevalence rates of risk behaviors related to health were estimated from alternative answers to each question instrument, accompanied by confidence intervals at 95%. Any significant differences between both genders were analyzed by applying the chi-square test.

To establish the extent to which socio-demographic indicators can be related to risk behaviors to health appealed to the calculation of odds ratios, established through the use of binary logistic regression analysis, assuming intervals of 95 %. Thus, to meet the conditions of the statistical procedure, the response options for each health risk behavior were dichotomized into two strata: "a) - risk absent" and "b) - this risk."

RESULTS

With respect to socio-demographic indicators, the university selected 3304, 59.3% are female, 44.6% of them have between 20 and 24 years, such data can be seen in table 1.

Table 1 - Socio-demographic characteristics of the sample analyzed in the study of university - University of Northern Paraná - 2008.

	Both Genders	Female	Male
	n= 3304 (100%)	**n**= 1959 (59%)	**n**= 1345 (41%)
Age			
< 20 years old	1199 (36,3%)	795 (40,6%)	404 (30,0%)
20 – 24 years old	1475 (44,6%)	870 (44,4%)	605 (45,0%)
25 – 34 years old	481 (14,6%)	237 (12,1%)	244 (18,1%)
= 35 years old	149 (4,5%)	57 (2,9%)	92 (6,8%)

As for the behaviors reported by university students with respect to body weight perception, can be observed that, compared with males, significantly higher proportion of females described their body weight a little above or well above the weight they wanted (54 8% versus 38.3%). In contrast, the proportion of males who judged present body weight slightly below or well below the expected body weight that was approximately four times greater (24.5%) than the proportion of female subjects (6.1%). These results are displayed in Table 2.

Table 2. The reported behaviors regarding body weight perception

	Both Genders	Female	Male
Very Low	2,3 ± 0,3	1,5 ± 0,3	3,1 ± 0,7
Little Low	13 ± 1	4,6 ± 0,9	21,4 ± 1,4
Expected Weight	38,2 ± 1,6	39,1 ± 2,3	37,2 ± 2,4
Slightly Above	38,6 ± 1,4	43,7 ± 2,4	33,5 ± 2,6
Well Above	7,9 ± 0,8	11,1 ± 1,2	4,8 ± 1

The majority were male (51.7%) reported never having taken any initiative to change their own body weight among females 51.3% indicated having already taken some initiative specifically to maintain or reduce body weight, this explicit situation in table 3.

Table 3. The behaviors reported by the university as an attempt to alter their body weight.

	Both Genders	**Female**	**Male**
Neither	43,1 ± 1,9	34,5 ± 2	51,7 ± 2,5
To reduce	19,1 ± 1,1	27,1 ± 1,8	11,1 ± 1,3
To increase	18,7 ± 1	14,2 ± 1,2	23,2 ± 1,9
To maintain	19,1 ± 1	24,2 ± 1,9	14 ± 1,4

The funds raised by the university to reduce or prevent the increase in body weight differed according to gender. Among the volunteers were females who took some initiative in this direction in the last 30 days prior to the application of the instrument, 69.1% of them opted for the low-calorie diets and 47.7% for any type of physical exercise. In the case of males significantly lower proportion opted for low-calorie diets (25.8%) and significantly higher proportion opted for some sort of physical exercise (77%). Still, 31.1% of females and 7.8% of males reported use any medications, induce vomiting or using laxatives to reduce or prevent the increase of body weight, these data found in Table 4.

Table 4. The behaviors reported by students as resources adopted to reduce their body weight in last 30 days.

	Both Genders	**Female**	**Male**
Hypocaloric diet	47,5 ± 2,1	69,1 ± 2,8	25,8 ± 2
Physical Exercise	72,4 ± 2,9	67,7 ± 2,9	77 ± 3,1
Vomiting/Laxatives	9,5 ± 2,9	15,5 ± 1,2	3,5 ± 0,4
Drugs	10 ± 1	15,6 ± 1,5	4,3 ± 0,9

Dezembro de 2002, UFRGS, Porto Alegre - RS
Estudos qualitativos com o apoio de grupos focados

DISCUSSION

The study gathered greater number of individuals were female (59.3%). This increased participation is justified based

on the so-called Reasons of Gender, expressing the number of inhabitants of men for every 100 women in a given population group. If your score is below 100, it means that the universe studied the female overcomes the male (PEREIRA & OLIVEIRA, 1999). According to the data of sense IBGE (2010) Brazil's population is composed of approximately 51% for women.

Regarding age, to take into account that the first grade of primary education in Brazil, at the time the sample went through this, occurred between 7 and 8 years old, and before entering the university would be at least 11 years to be met, it becomes evident that the old access to university is usually after 18-19 years. Even with the inclusion of 9th grade in elementary education, from 2006, this perspective does not change, because since then, individuals entering the primary school a year earlier than compared to the previous legislation, not changing thus the age Expected for completion. Finding significant number of subjects in the study at ages between 18 and 24 years (44.6%) is corroborate data of Brazilian education.

The results of this study with regard to body weight than expected, and 38.3 ± 3.6% for men and 54.8 ± 3.6% for women, agree with Brazilian data (BRAZIL - IBGE 2004) on the "analysis of household food availability and nutritional status in Brazil," where it was revealed that approximately 40% of Brazilians aged between 20 and 24, are overweight body. Similarly, in another large national survey conducted in state capitals and the Federal District have shown that the proportion of adults (≥ 18 years) overweight (BMI ≥ 25 kg/m2) ranged from 35.8% in Teresina (PI) to 47.9% in Porto Alegre (RS), and the prevalence found in Curitiba, capital of Paraná, was 43.7% (BRAZIL - VIGITEL, 2007).

Assessing the level of satisfaction with body weight, Marino (2002) observed that 54.4% of college students are not satisfied with their body weight and would like to decrease, 36.1% are satisfied and only 9.6% would like to increase . Among those who are not satisfied with their body weight and would like to decrease, 64.9% are women and 38.9% men, data close to the findings in this study, where it was observed that 46.5 ± 2, 2% would like to reduce their body weight, among women the figure was 54.8 ± 3.6% among men and 38.3 ± 3.6%.

In a study by Araújo (2001) observed that the levels of body dissatisfaction are higher among women, and that the desired body model is far from reality for both. In the present study, we observed that the total assessed, 61.8 ± 3.6% reported not being satisfied with their body weight when comparison was made between the women, it was noted that 60.9 ± 4.8% no are satisfied, and 54.8 ± 3.6% of the total body awareness relating above desired, while in men dissatisfaction is 62.8 ± 3.6% 38.3 ± 3.6% but are those consider themselves overweight.

With respect to measures for reducing body weight, 45.5 2.1% of women used to such low-calorie diet, as compared to men, it was observed that 77% 3.1 opted for physical activity for the same goal. Trombetta (2003) emphasizes that healthy weight loss is one that combines nutritional education along with proper practice and targeted physical activity. Low-calorie diets are likely to bring the same result more quickly, however, because it is not a reeducation results usually have temporary effect.

It is mentioned in the literature that women's dissatisfaction with body weight can be explained by the fact that women have a higher body self-perception than men. However, being above or below the desired body weight is associated with psychological distress in men and women (veggi, 2001).

CONCLUSION

The results presented are related to psychological factors that are routinely observed in the female universe in search of the aesthetic ideal, where most of them reported feeling above or very overweight (54.8%) and a minority is classified as below or well below of their ideal body weight (6.1%). For them to achieve what they want, it is common for women to resort to measures for rapid weight reduction, as shown by the results of most women join a hypocaloric diet (69.1%) and use methods such as medicines, laxatives and / or vomiting (31.1%) who are not the most suitable methods for reducing weight in a healthy way.

For persons males showed a minor concern in relation to their body weight, compared to the feminine ideal, since most of these reports are expected to present in body weight (37.2%) and have not taken any initiative to this reduction (51.7%).

There was also a question regarding the conduct positive males when it comes to methods for weight reduction, where the majority opts for physical exercise (77%), which is among the methods best suited when you have this goal, where the exercises should be practiced properly, regularly and driven professional with appropriate experience in the field.

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RELATED BEHAVIORS OF COLLEGE STUDENTS PERCEPTION BODY

ABSTRACT

Background and Objective: To know the lifestyle of college students, especially risk behaviors related to health, it is important to support any decisions taken in the implementation of intervention programs within the university. The study aims to analyze the behavior of this population related to the perception of body weight. Methodology: The study population comprised students from UENP, where the 3304 volunteers who underwent the Youth Risk Behavior Survey questionnaire - College (YRBS-C) related to body weight. Results: The proportion of 54.8% of women reported their weight off than they wanted. A number of 24.5% of men judged to present just below or well below that expected body weight, of the total 51.7% of men reported ever tried to change your weight, among women, 51.3% indicated they have tried to maintain or reduce. To reduce or prevent weight gain, 69.1% ended up opting for low-calorie diets and physical activity by 47.7%. 77% of men opted for exercise. Still, 31.1% of women and 7.8% of men reported resorting to drugs, vomiting or laxatives to change your weight. Conclusion: The results obtained by women are related to psychological factors, for they are more concerned with their daily lives to the pursuit of the aesthetic ideal and male volunteers showed up with more nonchalance regarding body weight perception and self report when outside ideal weight seek a better way to combat this.

KEY WORDS: Behavior, Body Weight, College.

RESUME

Contexte et Objectif: connaître le mode de vie des étudiants, en particulier les comportements à risque liés à la santé, il est important de soutenir les décisions prises dans la mise en œuvre des programmes d'intervention au sein de l'université. L'étude vise à analyser le comportement de cette population liée à la perception du poids corporel. Méthodologie: La population étudiée comprenait des étudiants de UENP, où les bénévoles 3304 qui ont subi le risque de jeunesse Enquête Comportement questionnaire - Collège (YRBS-C) par rapport au poids du corps. Résultats: La proportion de 54,8% des femmes ont déclaré que leur poids au loin que ce qu'ils voulaient. Un certain nombre d'24,5% des hommes jugés pour présenter juste en dessous ou bien inférieure à celle prévue poids corporel, du total 51,7% des hommes ont déclaré avoir déjà essayé de changer votre poids, chez les femmes, 51,3% ont indiqué ils ont essayé de maintenir ou réduire. Pour réduire ou prévenir le gain de poids, 69,1% ont fini par opter pour un régime hypocalorique et l'activité physique de 47,7%. 77% des hommes ont opté pour l'exercice. Pourtant, 31,1% des femmes et 7,8% des hommes ont déclaré recourir à des médicaments, des vomissements ou des laxatifs pour changer votre poids. Conclusion: Les résultats obtenus par les femmes sont liées à des facteurs psychologiques, car ils sont plus préoccupés par leur vie quotidienne à la poursuite des bénévoles esthétiques idéales et les hommes se sont présentés avec plus de nonchalance en ce qui concerne la perception du poids corporel et de rapport d'auto quand l'extérieur poids idéal chercher une meilleure façon de lutter contre cela.

MOTS-CLÉS: Comportement, du poids corporel, du Collège.

RESUMEN

Fundamento y objetivo: Conocer la forma de vida de los estudiantes universitarios, especialmente los comportamientos de riesgo relacionados con la salud, es importante apoyar las decisiones adoptadas en la ejecución de los programas de intervención dentro de la universidad. El estudio tiene como objetivo analizar el comportamiento de esta población en relación con la percepción del peso corporal. Metodología: La población de estudio incluyó a estudiantes de UENP, donde los voluntarios que se sometieron 3304 Youth Risk Behavior el cuestionario de la encuesta - College (YRBS-C) en relación con el peso corporal. Resultados: La proporción de 54,8% de las mujeres informaron que su peso fuera de lo que quería. Una serie de 24,5% de los hombres considerados presentes justo debajo o muy por debajo del peso corporal esperado, del total de 51,7% de los hombres reportaron haber tratado de cambiar su peso, entre las mujeres, el 51,3% indicó que han tratado de mantener o reducir. Para reducir o prevenir el aumento de peso, el 69,1% terminó optando por dietas bajas en calorías y actividad física un 47,7%. 77% de los hombres optaron por el ejercicio. Sin embargo, el 31,1% de las mujeres y el 7,8% de los hombres informaron recurrir a las drogas, vómito o laxantes para cambiar su peso. Conclusión: Los resultados obtenidos por las mujeres están relacionados con factores psicológicos, porque ellos están más preocupados por su vida diaria para la consecución de los ideales estéticos y voluntarios de sexo masculino se presentaron con más indiferencia con respecto a la percepción del peso corporal y informe de auto cuando fuera peso ideal buscar una mejor manera de combatir esto.

PALABRAS CLAVE: Comportamiento, el peso corporal, la universidad.

COMPORTAMENTOS DE ESTUDANTES UNIVERSITÁRIOS RELACIONADOS A PERCEPÇÃO CORPORAL

RESUMO

Introdução e Objetivo: Conhecer o estilo de vida de estudantes universitários, especialmente os comportamentos de risco relacionados à saúde, torna-se relevante para subsidiar eventuais tomadas de decisões na implantação de programas intervencionistas no espaço da universidade. O estudo tem por objetivo analisar os comportamentos desta população relacionados à percepção do peso corporal. Metodologia: A população do estudo foi composta por alunos da UENP, onde os 3.304 voluntários que participaram foram submetidos ao questionário Youth Risk Behavior Survey – College (YRBS-C) relacionado ao peso corporal. Resultados: A proporção de 54,8% das mulheres descreveram seu peso fora do que desejavam. Um número de 24,5% dos homens julgaram se apresentar um pouco abaixo ou muito abaixo do peso corporal que esperavam, do total 51,7% dos homens relataram que nunca tentaram alterar o próprio peso; entre as mulheres, 51,3% apontaram que já tentaram manter ou reduzir. Para reduzir ou evitar o aumento de peso, 69,1% acabaram optando pelas dietas hipocalóricas e 47,7% por exercício físico. Dos homens 77% optaram pelos exercícios físicos. Ainda, 31,1% das mulheres e 7,8% dos homens relataram recorrer a medicamentos, vômitos ou laxantes para alterar seu peso. Conclusão: Os resultados obtidos pelas mulheres estão relacionado com fatores psicológicos, por estas estarem mais preocupadas em seu cotidiano com a busca da estética ideal e os voluntários do gênero masculino se demonstraram com maior despreocupação com relação a percepção do peso corporal e quando auto relatam fora do peso ideal buscam a uma maneira mais adequada para combater esta situação.

PALAVRAS-CHAVE: Comportamentos, Peso Corporal, Universitários.