56 - BODY SATISFACTION AND INCIDENCE OF PHYSICAL EXERCISE PRACTICES BETWEEN PHYSICAL EDUCATION TEACHERS WORKING IN HEALTH CLUBS

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INTRODUCTION

The attitudinal dimension of body image includes different levels evaluations and beliefs about their own appearance, and satisfaction with body image is measured by discrepancy between a physical characteristic current and desired ideal for yourself about the same (CASH; PRUZINSKY, 2002). Dissatisfaction with body image is the result of negative thoughts about their bodies (GROGAN, 2008), which can result in harmful psychosocial consequences for people (CASH et al., 2004), is considered a risk factor for increasing practice diets, negative feelings and eating disorders (STICE, 2002).

Currently, body dissatisfaction seems to be a rule in society (ARAÚJO; ARAÚJO, 2003; SARWER; THOMPSON; CASH, 2005), was observed in adolescents (ADAMI et al., 2008), students of both sexes (COQUEIRO, et al ., 2008; TABLES, 2010), women from different economic classes (RABBIT; FAGUNDES, 2007), physically active (DAMASCENO, et al., 2005) and athletes (OLIVEIRA, et al., 2003). However, the professional areas that suffer the most intensely pressures associated with aesthetic standards seem to have a high prevalence of body image dissatisfaction and eating disorders predisposition (BOSI, et al., 2008; MELIN; Araújo, 2002).

Several benefits in the physical, social and emotional life of humans can be made possible through physical activity (CAETANO, et al., 2009), and before that, which encourages individuals, in most cases, the start of a program physical activity are aesthetic issues as a result of the desire to modify the shapes and proportions of the body (DAMASCENO et al., 2005; TAHARA; SCHWARTZ; SILVA, 2003). We highlight the prevalence of body image dissatisfaction as a reason for physical exercise (DAMASCENO et al., 2006; FIRMINO; PEZZINI; REIS, 2010), which makes the gyms and bodybuilding a privileged for the cult of the body you want to achieve the body shape socially conceived as ideal (IRIAT; KEYS; ORLEANS, 2009; HANSEN, VAZ, 2004).

Leaving all these precepts, the body's physical education teacher who works in health clubs seems to represent a "visiting card" in which students associate the shape of this body to its professional quality (PALM; ASSISI, 2005). Given the above, the objectives of this study are: 1) to investigate whether the physical education teachers males working in two health clubs in the municipality of Teresopolis / RJ and one in the city of Juiz de Fora / MG would like to change your current body weight and height, and consequently your current BMI, 2) determine the incidence of this sample of professionals who have an exercise routine targeted solely for your body and conditioning.

METHODS

We conducted a cross-sectional study with male physical education teachers working in three health clubs, two located in the municipality of Teresopolis / RJ, and one in the city of Juiz de Fora / MG. The execution of this study is in accordance with the standards of Ordinance 196/96 of the National Health Council.

The choice of the health clubs gave up for convenience of access and readiness for conducting the data collection. The population was estimated from lists of professionals working in the establishments chosen that were provided for them. We used the following criteria for inclusion of individuals in the sample: 1) has aged 24 years at least, 2) a degree in Physical Education in Higher Education Institution with a degree recognized by the MEC, 3) be properly regulated in the Regional Physical Education watchdog of the county.

The research was conducted through self-administered questionnaire developed specifically for the study. Demographic data (age), anthropometric measurements (weight and height), body weight and height considered ideal for yourself and if the sample practice activity for themselves or their students. All participants signed a Free Consent agreeing to participate in the study and were told they could leave it at any time. Questionnaires were given to individuals in a room provided by the academies participants according to their availability. There weren't time limit for completing the instrumentation. For identification of individuals was chosen to enumerate the questionnaires, since their identities weren't revealed.

To investigate satisfaction with body weight among professionals that made up the samples, we adopted the difference between current body weight and body weight considered ideal for himself (CASH; Pruzinsky, 2002). To check your current weight and height were used self-reported data due to its good agreement and validity in relation to the same measurements taken (FONSECA, et al. 2004). From these data we calculated the current nutritional status and desired teacher members of the sample through BMI, given by dividing body weight by height squared (ANJOS, 1992).

We used the question: "Has the habit / routine of physical exercise targeted solely for your body and / or conditioning?", With the closed answers: "Yes" or "No" to determine the incidence of professionals who embrace the habit of physical activities conducted himself. Statistical analyzes were performed with SPSS version 19.0 (SPSS Inc., Chicago, USA) in a descriptive analysis of demographic, anthropometric and physical activity.

RESULTS

The sample comprised a total of 40 physical education teachers were male (67.5% of the city of Teresopolis / RJ), with a mean age of 29.22 (+ -6.17). The characterization of the sample according to body weight (BWC) and height (HC) current self-reported, body weight (BWE) and height (HE) envisioned for himself, are in Table 1.

Table 1.
Descriptive statistics of the sample according to body weight and stature current self-reported body weight and height and idealized

Variables	Sample (n=40) Mean ± SEM
BWC (kg)	81,15 ± 10,17
BWE (kg)	80,27 ± 9,634
HC (m)	1,77 ± 0,08
HE (m)	1,79 ± 0,07

Note: kg – kilogram; m – meter.

We adopted the Shapiro-Wilk test to verify the distribution of the sample was characterized as non-normal, so we used the paired t test for non-parametric test for equality between mean body weight and height. The results are shown in Table2.

Table 2.
Difference between mean body weight and height and current idealized

	Mean ± SEM	Significance
BWC - BWE (kg)	0,875 ± 6,5	0,397
HC - HE (m)	0,02 ± 0,04	0,020

Note: kg – kilogram; m – meter.

There was no statistically significant difference between the mean body weight and height, in this sense, individuals sampled were satisfied with body weight and height. Regarding the difference of mean BMI differences weren't observed statistically different (p = 0.023). What can be explained by the fact that the average weight and height are variables that affect this result.

The second data analyzed, it was found that 90% teachers of this sample (36 individuals) have a physical exercise routine focused exclusively for your body and conditioning.

CONCLUSIONS

As far as could be observed, although predisposed to social pressures to submit pre-established aesthetic standards, the physical education teachers who comprised the sample were satisfied with their body weight and therefore BMI except the current self-reported height . Likewise there was a high incidence among professionals who practice sample exercises as a way to achieve the same desired aesthetic body, as well as fitness, which might explain satisfaction with one's own body weight.

In contrast, Palma and Assis (2005) to perform research with a group of teachers from bodybuilding, found that 38.7% have made use of accelerators metabolic and 25.6% of anabolic steroids as a way to achieve a body hypertrophied valued in the field of fitness. In the same study, 30.5% of men reported making use of these substances, as compared to women, only 12.2%.

Given the scarcity of research developed with physical education teachers working in the fitness and bodybuilding, and the "body cult" existing in the contemporary environment of operation thereof, becomes relevant development of further research in order to study in greater deep satisfaction with aspects of body image of physical education professionals working in gyms and bodybuilding.

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BODY SATISFACTION AND INCIDENCE OF PHYSICAL EXERCISE PRACTICES BETWEEN PHYSICAL EDUCATION TEACHERS WORKING IN HEALTH CLUBS

ABSTRACT

This study aimed to investigate the satisfaction with body weight, height, and BMI of physical education teachers working in two academies of gymnastics and bodybuilding in the municipalities of Teresópolis/RJ, and in a of Juiz de Fora/MG, by the difference between the average body weight and height current self-reported and idealized, serving these variables for the calculation of current BMI and idealized. To check the incidence among these professionals that adopt a routine of physical exercises focused on own body aesthetic and physical conditioning. These data indicate that possibly the satisfaction with the body weight between the individuals of the sample may result in high incidence of professionals who practice physical exercises routinely.

KEYWORDS: Physical Education Teacher, body satisfaction; workout routine

SATISFACTION DU CORPS ET DE L'IMPACT DE L'EXERCICE PHYSIQUE ENTRE LA PRATIQUE DES ENSEIGNANTS D'ÉDUCATION PHYSIQUE TRAVAILLER DANS LES GYMNASES ET MUSCULATION

RÉSUMÉ

Cette étude visait à étudier la satisfaction avec le poids corporel, la taille et l'IMC des professeurs d'éducation physique de travail dans deux gymnases et de culturisme dans les villes de Teresopolis / RJ et l'un des Juiz de Fora / MG grâce à la différence entre le Le poids moyen et la taille autodéclarés actuelle et idéalisée, au service de ces variables pour calculer IMC actuel et idéalisé. Pour déterminer l'incidence chez les professionnels qui adoptent une orientation routine d'exercice physique à son propre corps et de conditionnement utilisé une réponse question spécifique fermé. L'échantillon était constitué de 40 sujets n'ont montré aucune différence statistiquement significative entre le poids corporel moyen, taille et l'IMC. Parmi l'échantillon, 90% des professionnels d'adopter une routine d'exercice axé sur l'esthétique propre et de remise en forme du corps. Ces données indiquent que la satisfaction peut-être avec le poids corporel chez les personnes du résultat de l'échantillon est le nombre élevé de professionnels qui pratiquent des exercices physiques régulièrement.

MOTS-CLÉS: professeur d'éducation physique, la satisfaction du corps; routine d'entraînement

SATISFACCIÓN DEL CUERPO Y EL IMPACTO DE EJERCICIO FÍSICO ENTRE LA PRÁCTICA DE PROFESORES DE EDUCACIÓN FÍSICA TRABAJANDO EN GIMNASIOS Y CULTURISMO

RESUMEN

Este estudio tuvo como objetivo investigar la satisfacción con el peso corporal, la talla y el IMC de los profesores de educación física que trabajan en dos gimnasios y culturismo en las ciudades de Teresópolis / RJ y uno de Juiz de Fora / MG a través de la diferencia entre el La media de peso corporal y la percepción subjetiva de la altura actual y la ideal, sirviendo estas variables para calcular el IMC actual e idealizado. Para determinar la incidencia entre aquellos profesionales que adoptan un enfoque rutina de ejercicio físico a su condicionamiento propio cuerpo y se utiliza una pregunta de respuesta cerrada específico. La muestra estuvo constituida por 40 sujetos mostraron ninguna diferencia estadísticamente significativa entre la media de peso corporal, la altura y el IMC. En la muestra, el 90% de los profesionales adoptar una rutina de ejercicios centrado en propia estética y condicionamiento físico. Estos datos indican que posiblemente satisfacción con el peso corporal entre los individuos en el resultado

PALABRAS CLAVE: profesor de educación física, la satisfacción del cuerpo, rutina de ejercicios

SATISFAÇÃO CORPORAL E INCIDÊNCIA DA PRÁTICA DE EXERCÍCIOS FÍSICOS ENTRE PROFESSORES DE EDUCAÇÃO FÍSICA ATUANTES EM ACADEMIAS DE GINÁSTICA E MUSCULAÇÃO

RESUMO

Este estudo objetivou investigar a satisfação com o peso corporal, estatura e IMC de professores de educação física atuantes em duas academias de ginástica e musculação nos municípios de Teresópolis/RJ e em uma de Juiz de Fora/MG, através da diferença entre as médias de peso corporal e estatura atuais auto-referidos e idealizados, servindo essas variáveis para o cálculo de IMC atual e idealizado. Para verificar a incidência dentre esses profissionais que adotam uma rotina de exercícios físicos focados para o próprio corpo e condicionamento utilizou-se uma questão específica de resposta fechada. A amostra composta por 40 indivíduos não apresentou diferença estatisticamente significativa entre as médias do peso corporal, da estatura e do IMC. Dentre a amostra, 90% dos profissionais adotam uma rotina de exercícios físicos focados na própria estética corporal e condicionamento físico. Esses dados apontam que possivelmente a satisfação com o peso corporal entre os indivíduos da amostra seja resultado na alta incidência de profissionais que praticam exercícios físicos rotineiramente.

PALAVRAS-CHAVES: Professor de Educação Física; satisfação corporal; rotina de exercícios físicos.