139 - THE INFLUENCE OF PHYSICAL FITNESS LEVEL IN BODY IMAGE OF TEENAGERS

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INTRODUCTION

Adolescence is one of the stages of life in which we can observe more changes, whether physiological, anatomical, behavioral and self-perception mainly in adolescents. With the arrival of these changes, body image also needs to be revamped and that event along with concern for the body increases. We know that body image or body schema is a mental representation of the body, how it is perceived by the individual. It includes not only what is perceived by the senses, but also the ideas and feelings regarding their own bodies, largely unconscious (Schilder, 1999).

Body image develops as a product of the relationship with oneself and with others. How Lourenção Van Kolck (1984) in relation to body image, is a unit acquired is dynamic therefore changes cause changes in body image, and this phenomenon is particularly intense in adolescence. In conjunction with these events, Young people are increasingly looking for practicing some kind of physical activity in pursuit of a better body acceptance and better looking. With the onset of physical activity, the improvement is observed not only the body but the best performance in activities of daily living, good nutrition and a better lifestyle.

Parallel to this, the level of physical fitness of adolescents shows better development parameters, enabling the same, the reach of established patterns of health. Disparate impact occurs with the young sedentary lifestyle with no physical activity and poor diet. Based on these reflections was carried out a survey in order to assess and quantify the level of physical fitness of adolescents and can influence the perception of body image.

TYPE OF STUDY

This is a descriptive research with quantitative approach.

LOCAL AND RESEARCH SAMPLE

The research was conducted at the College Polivalente Modelo of Fortaleza, located at Avenue L José Walter neighborhood in the city of Fortaleza, CE. The structure for physical education classes and has a sports room. The sample is composed of teenage students who work in Physical Education. The research is composed of high school students from school with a sample of 52 students, with age range between 15 and 18 years, using a non-probability sample unintentional. Inclusion criteria for the students were to be enrolled and attending regularly and be able to participate in physical education classes. Exclusion criteria, not the regular participation in physical education classes and no sessions will be held where the application of the instruments by the researcher. Students who agreed to participate received the Statement of Consent - Informed Consent signed by (more students) or by participants and parents (students under 18). The authorization document was received on date previously fixed with the school.

DATA COLLECTION

The instrument used for data collection was a battery of tests of engines which is composed of tests that assess: aerobic fitness, body composition, muscle strength and endurance and flexibility. What is an educational program designed to assist the Physical Education Teacher in the evaluation and education of fitness and physical activity of children and adolescents aged 6 to 18 years. In this research the components associated with health-related physical fitness were analyzed using the results observed by applying the Physical Fitness Test, consisting of five items: a) "sit and reach" b) flexibility shoulder c) folds ed skin and BMI) Come and Go Test. For the tests in question all procedures were followed regarding the length, positioning and use of the instruments and materials and time adopted by each testing protocol forming part of FITNESSGRAM®. The default values for the results of the Healthy Fitness Zone Physics can be classified as "Needs Improvement" or Good, "Healthy Fitness Zone Physics" and "Above the Healthy Fitness Zone" or Very Good The other instrument used was the Brazilian version “Escala de Evaluación de Insatisfación Corporal para

Adolescentes - EEICA” , translated and adapted into Portuguese with prior authorization of the authors of the original scale by Conti et al. (2009). The EEICA consists of 32 questions in the form of self-administered point Likert scale. Displays and confirms the internal consistency and discriminant validity and reproducibility competitor for all subgroups with satisfactory values and understanding about the timeframe for completion. In the application of the instrument students were organized into a room to respond to EEICA. Aiming to understand the respondent, the questionnaire has a header that explains the research objectives and the importance of correct answers. Besides ensuring the confidentiality of information, guidance was provided for the adequate fulfillment.

As a preliminary procedure of application of instruments, was initially requested the school board authorization for the study through a Statement of Consent. With permission, we held a previously scheduled meeting with students for clarification of procedures. At the meeting with the students participation was still involved in the test application in the case: researcher and research support group, consisting of 3 trainees of the Research Group on Body Image - GEPIC, the Physical Education course at the State University of Ceará - UECE. In the lecture we reported on the research and steps to complete the questionnaire, showing the importance of student participation for the success of the study, as well as participation in physical fitness tests.

DATA ANALYSIS

The “Escala de Evaluación de Insatisfación Corporal para Adolescentes - EEICA” consists of 32 self-report questions that involves the body dissatisfaction among adolescents between the age group of 12 to 19 years, both male and female. This scale consists of six variables of six response categories: 1 - never, 2 - rarely, 3 - sometimes, 4 - often, 5 - almost always, 6 - always. The score is calculated as follows: positive direction with the questions (questions 1-5, 7-9, 11-17, 19, 20, 22-26, 28, 30 and 31) receive the value 0 for answers ever almost never, sometimes, the value 1 for the answer many times the value 2 for the

answer almost always the value 3 for the answer always. The issues with the negative direction (questions 6, 10, 18, 21, 27, 29 and 32) take on the value 0 for the answers always, almost always, often, the value 1 for the answer sometimes, the value 2 for almost never answer and the value 3 for the answer ever. The score is calculated by summing the responses and ranges from 0 to 96 points. The higher the score, the greater body dissatisfaction Young 18.

All questions were statistically computed using SPSS (Statistical Package for the Social Sciences) version 19 showing in the results valid in percentage, cumulative percentage, the actual percentage and frequency, in order to enable consistency and descriptive analysis for the study in question. The genre was also analyzed by SPSS as the same characters mentioned above.

ETHICAL ASPECTS

The completion of the questionnaire will be EEICA individually and the subject must respond to all items at the time of application, and can not therefore leave any question blank or carry the questionnaire to return it later. The research was conducted in accordance with resolution 196/96 of the National Health Council (NHC).

RESULTS

The sample consisted of 52 participants, aged between 15 and 18 years. The following tables show the results for the tests applied EEICA and Physical Fitness Tests. Table 1 shown below, presents the results for tests of fitness according to gender.

Table 1: Frequency of the results of physical fitness tests by gender. (n=52)

Variables	Gender	
	Female	Male
	%	
BMI		
Malnourished	1,8	8,7
Normal	42,1	36,8
Pre-Obese	7,0	1,8
Obese I	0	1,8
Obese II	0	0
Obese III	0	1,8
FLEXIBILITY		
MMSS		
(+)	43,8	47,3
(-)	7,0	1,8
MMII		
(+)	24,5	24,5
(-)	26,3	24,5
SKIN FOLDS		
No risk	40,3	42,1
With risk	10,5	7,0

Another factor to be considered was the adolescent body insatisfaction with the "Escala de Evaluación de Insatisfación Corporal para Adolescentes EEICA", which will be shown in Table 2 the results for each response given by students. Table 3. Percentage of adolescents, according to the issues of Evaluation Scale Body.

Table 2. Percentage of adolescents, according to the issues of "Escala de Avaliação da Insatisfação Corporal em Adolescentes" (n=52).

	Response Teenager					
Question of Scale	Never M/F (%)	Almost Never M/F (%)	Sometimes M/F (%)	Oftentimes M/F (%)	Almost Always M/F (%)	Always M/F (%)
1	0/3,8	11,5/7,7	23,1/19,2	7,7/11,5	3,8/15,4	1,9/3,8
2	19,2/26,9	15,4/7,7	7,7/7,7	0/1,9	5,8/1,9	0/15,4
3	26,9/19,2	9,6/7,7	7,7/17,3	1,9/5,8	0/3,8	1,9/7,7
4	15,4/26,9	17,3/17,3	11,5/13,5	1,9/1,9	1,9/1,9	0/0
5	26,9/26,9	9,6/13,5	5,8/7,7	3,8/5,8	1,9/3,8	0/3,8
6	1,9/11,5	7,7/9,6	13,5/19,2	11,5/13,5	11,5/0	1,9/7,7
7	23,1/17,3	11,5/9,6	9,6/15,4	3,8/9,6	0/5,8	0/3,8
8	17,3/19,2	13,5/11,5	5,8/7,7	3,8/9,6	3,8/0	3,8/13,5
9	19,2/11,5	7,7/11,5	11,5/21,1	9,6/1,9	0/7,7	0/7,7
10	3,8/26,9	5,8/11,5	13,5/3,8	5,8/3,8	5,8/1,9	13,5/13,5
11	23,1/15,4	11,5/7,7	7,7/9,6	3,8/13,5	1,9/11,5	0/3,8
12	40,8/44,2	5,8/5,8	1,9/1,9	0/1,9	0/5,8	0/1,9
13	26,9/21,1	13,5/17,3	1,9/3,8	3,8/3,8	1,9/3,8	0/11,5
14	32,7/34,6	9,6/5,8	3,8/9,6	1,9/1,9	0/5,8	0/3,8
15	23,1/11,5	7,7/17,3	13,5/13,5	0,/1,9	3,8/1,9	0/15,4
16	11,5/5,8	19,2/11,5	7,7/9,6	5,8/11,5	3,8/5,8	0/17,3
17	36,5/34,6	9,6/3,8	1,9/9,6	0/3,8	0/5,8	0/3,8
18	7,7/9,6	11,5/11,5	13,5/15,4	3,8/3,8	5,8/9,6	5,8/11,5
19	1,9/0	3,8/5,8	5,8/23,1	15,4/3,8	13,5/15,4	7,7/13,5
20	11,5/13,5	9,6/9,6	15,4/17,3	5,8/7,7	5,8/9,6	0/3,8
21	1,9/5,8	11,5/7,7	9,6/25,0	5,8/5,8	11,5/7,7	7,7/9,6
22	23,1/17,3	13,5/11,5	3,8/19,2	1,9/7,7	3,8/0	1,9/5,8
23	19,2/25,0	15,4/17,3	9,6/5,8	0/5,8	1,9/1,9	1,9/5,8
24	7,7/7,7	11,5/11,5	11,5/13,5	9,6/11,5	1,9/5,8	5,8/11,5
25	13,5/17,3	13,5/17,3	13,5/11,5	7,7/5,8	0/1,9	0/7,7
26	1,9/7,7	17,3/11,5	17,3/3,8	5,8/1,9	0/17,3	5,8/19,2
27	0/17,3	13,5/11,5	13,5/9,6	7,7/1,9	1,9/1,9	11,5/19,2
28	23,1/9,6	9,6/13,5	11,5/13,5	1,9/9,6	1,9/7,7	0/7,7
29	3,8/1,9	5,8/21,1	9,6/23,1	11,5/3,8	11,5/5,8	5,8/5,8
30	23,1/9,6	7,7/17,3	11,5/17,3	1,9/9,6	1,9/5,8	1,9/1,9
31	9,6/11,5	15,4/7,7	13,5/15,4	7,7/11,5	1,9/9,6	0/5,8
32	13,5/32,7	7,7/5,8	9,6/7,7	3,8/3,8	7,7/0	5,8/9,6

The score of the Scale for Assessment of Body Dissatisfaction in Adolescents (EEICA) reflects that the lower the score, the better the Body Image. The score scale ranging from 0 to 96.

The study revealed that the average total score is 20.5 EEICA with a minimum of 3 and a maximum of 86. In boys the mean value was 12.9 and in girls from 26.5. It can be concluded that, predominantly, teens are satisfied with their body image. Fact that can be observed both in the low value of the mean frequency values as in regarding the response "never", which was prevalent in 18 of the 25 questions in the positive direction. That is, they never are dissatisfied with their body image, according to those issues of scale that can be a result of the classification of 78.9% as eutrophic by BMI.

It is noteworthy that the highest scores were presented in females, which did not give any satisfactory test of aerobic endurance, and when combined with the results of skin folds, stands out with 10.5% risk for developing cardiovascular disease

In this context, the highest values for both sexes are the answer "never" to the question regarding the possibility of taking a weight loss drug. Another value spare, the same response was found in the question that asks how often the teen does not do things by feel fat (a), the highest value was observed in the response of boys entering concerned that despite 3.6% are classified as obese I and III they never fail to do things because they feel fat.

When asked how often do you make excuses to avoid eating in front of others and thus control what you eat, who responded "never" 34.6% of girls and 32.7% of boys, which may be facilitated by state eutrophy that most individuals is located.

Also related to the values found in BMI, showed that 8.7% of males and 1.8% females are in the range of undernourished, but the highest frequency of responses "never" for issues (10:32), which address if they would like to gain weight, was seen in females with 26.9% and 32.7%, respectively. While the boys should show more interest in entering in the range of normal weight BMI as they are with the highest percentage of malnutrition, this response excelled female. These values should also be associated with the fact that 7.0% of the girls are already classified in the range of pre-obesity which might have contributed to this situation.

FINAL CONSIDERATIONS

The overall picture was composed of adolescents within the eutrophic level according to BMI, flexibility with positive upper limb, lower limb flexibility with lower compared to the upper limbs, with low risk for developing cardiovascular disease and low resistance aerobics, especially if treating female. As the result of EEICA, it was observed that most people are satisfied with their body image, but the higher frequency of dissatisfaction comes from the female.

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THE INFLUENCE OF PHYSICAL FITNESS LEVEL IN BODY IMAGE OF TEENAGERS

ABSTRACT

The aim of this study was to evaluate and quantify the level of physical fitness of adolescents and how it influences the body image of themselves. This is a descriptive research with quantitative approach. The sample consisted of 52 adolescents attending 2nd year of high school at a public school in Fortaleza, CE (Brazil), aged between 15 and 18 years. The instruments used to collect data were: a battery of tests of engines which is composed of tests that assess: aerobic fitness, body composition, muscular strength and endurance and flexibility, and the Brazilian version of "Escala de Evaluación de Insatisfación Corporal para Adolescentes - EEICA". All questions were statistically computed using SPSS version 19. The study revealed that the

average total score is 20.5 EEICA with a minimum of 3 and a maximum of 86. In boys the mean value was 12.9 and in girls from 26.5. It can be concluded that, predominantly, teens are satisfied with their body image. Fact that can be observed both in the low value of the mean frequency values as in regarding the response "never", which was prevalent in 18 of the 25 questions in the positive direction. That is, they never are dissatisfied with their body image, according to those issues of scale that can be a result of the classification of 78.9% as eutrophic by BMI. It is noteworthy that the highest scores were presented in females, which did not give any satisfactory test of aerobic endurance, and when combined with the results of skin folds, stands out with 10.5% risk for developing cardiovascular disease. In short, teens are satisfied with their body image, but the higher frequency of dissatisfaction comes from females.

KEYWORDS: Physical Education. Teenagers. Physical Fitness. Body Image.

L'INFLUENCE DU NIVEAU DE REMISE EN FORME PHYSIQUE DANS L'IMAGE CORPORELLE DES ADOLESCENTS

RÉSUMÉ

Le but de cette étude était d'évaluer et de quantifier le niveau de condition physique des jeunes et le combien il influe sur l'image corporelle. C'est une recherche descriptive avec approche quantitative. L'échantillon était composé de 52 adolescents qui ont participé à la 2 e année du secondaire, une école publique dans la ville de Fortaleza (Brésil), avec le groupe d'âge entre 15 et 18 ans. Les instruments utilisés dans la collecte de données sont : une batterie de tests moteurs / qui se compose de tests qui évaluent : aérobie, composition corporelle, la force musculaire et l'endurance et souplesse ; et la version brésilienne de “Escala de Evaluación de Insatisfación Corporal para Adolescentes - EEICA”. Toutes les questions étaient statistiquement calculées dans le programme SPSS version 19. L'étude a révélé que la valeur moyenne du score total est de 20,5 plage EEICA, avec un minimum de 3 et un maximum de 86. Chez les adolescents la valeur et un maximum de 86. Chez les garçons la valeur moyenne était de 12,9 et filles 26,5. On peut conclure que principalement ados sont satisfaites de leur image corporelle. Fait que l'on peut observer tant dans la faible valeur du milieu comme les valeurs des fréquences relatives à la réponse « never », qui prévalait dans 18 des 25 points avec une direction positive. En d'autres termes, qui ne sont jamais satisfaits de leur image corporelle selon ces questions d'échelle qui peuvent résulter de 78,9 % classement comme eutrophisées par IMC. À noter que les plus gros scores ont été présentés chez la femelle, qui n'a pas fourni des valeurs satisfaisants à l'essai d'endurance aérobie ; et lorsqu'ils sont associés avec les résultats des plis cutanés, 10,5 %, avec des risques de développer une maladie cardiovasculaire. En bref, les jeunes sont satisfaits de leur image corporelle, toutefois la fréquence plus élevée d'insatisfaction vient le genre féminin.

MOTS CLÉS : Education Physique. Adolescents. Bonne condition physique. Image du corps.

LA INFLUENCIA DE LOS NIVELES DE CONDICIÓN FÍSICA EN LA IMAGEN CORPORAL DE ADOLESCENTES

RESUMEN

El objetivo de este estudio fue evaluar y cuantificar el nivel de forma física de los adolescentes y cómo influye en la imagen corporal de sí mismos. Se trata de una investigación descriptiva con enfoque cuantitativo. La muestra estuvo conformada por 52 adolescentes de 2 º año de la escuela secundaria en una escuela pública de Fortaleza, CE (Brasil), con edades comprendidas entre los 15 y los 18 años. Los instrumentos utilizados para recoger datos fueron: una batería de testes motores Del Fitnessgram los testes evalúan: la capacidad aeróbica, composición corporal, fuerza y resistencia muscular y la flexibilidad; y la versión brasileña de la Escala de Evaluacion insatisfacción corporal Adolescentes en - EEICA.Todas las preguntas fueron calculadas estadísticamente utilizando SPSS versión 19. El estudio reveló que la puntuación total media es de 20,5 EEICA con un mínimo de 3 y un máximo de 86. En los niños el valor medio fue de 12,9 y en las mujeres de 26,5. Se puede concluir que, en su mayoría, los adolescentes están satisfechos con su imagen corporal. Hecho que se puede observar tanto en el valor más bajo de los valores de frecuencia media, como en relación con la respuesta "nunca", que también se presenta en 18 de las 25 preguntas en la dirección positiva. Es decir, nunca están insatisfechas con su imagen corporal, de acuerdo con las cuestiones de escala que pueden ser el resultado de la clasificación de 78,9% como eutrófico por el IMC. Es de destacar que las puntuaciones más altas se presentaron en las mujeres, que no dio ninguna prueba satisfactoria de la resistencia aeróbica, y cuando se combina con los resultados de los pliegues cutáneos, se destaca con un 10,5% de riesgo de desarrollar enfermedad cardiovascular. Em resumen, los adolescentes están satisfechos com su imagen corporal, pero la frequencia más alta de insatisfación es del género femenino.

PALABRA CLAVE: Educacion Fisica. Adolescentes. Condición Física. Imagen Corporal.

A INFLUÊNCIA DO NÍVEL DE APTIDÃO FÍSICA NA IMAGEM CORPORAL DE ADOLESCENTES

RESUMO

O objetivo desse estudo foi avaliar e quantificar o nível de aptidão física dos adolescentes e o quanto isso influencia na imagem corporal dos mesmos. Trata-se de uma pesquisa descritiva com abordagem quantitativa. A amostra constituiu-se de 52 adolescentes que cursavam 2º ano do Ensino Médio de uma escola pública do município de Fortaleza-CE (Brasil), com faixa etária entre 15 e 18 anos. Os instrumentos utilizados na coleta de dados foram: uma bateria de testes motores do Fitnessgram que é composto de testes que avaliam: a aptidão aeróbia, composição corporal, força e resistência muscular e flexibilidade; e a versão brasileira da Escala de Evaluación de Insatisfacción Corporal en Adolescentes – EEICA. Todas as questões foram computadas estatisticamente no programa SPSS versão 19. O estudo revelou que o valor médio do escore total da Escala EEICA é de 20,5, com um mínimo de 3 e um máximo de 86. Nos rapazes o valor médio foi de 12,9 e nas moças de 26,5. Pode-se concluir que, predominantemente, os adolescentes estão satisfeitos com sua imagem corporal. Fato que pode ser observado tanto no baixo valor das médias quanto nos valores das freqüências referentes à resposta “nunca”, a qual foi prevalente em 18 questões das 25 com direção positiva. Ou seja, que nunca estão insatisfeitos com sua imagem corporal segundo as referidas questões da escala que pode ser consequência da classificação de 78,9% como eutróficos pelo IMC. Vale salientar que os maiores escores foram apresentados no gênero feminino, o qual não apresentou valores satisfatórios no teste de resistência aeróbica; e quando associado aos resultados das dobras cutâneas, destaca-se 10,5% com risco para o desenvolvimento de doenças cardiovasculares. Em suma, os adolescentes estão satisfeitos com sua imagem corporal, contudo a maior freqüência de insatisfação vem do gênero feminino. Em suma, os adolescentes estão satisfeitos com sua imagem corporal, contudo a maior freqüência de insatisfação vem do sexo feminino.

PALAVRAS CHAVE: Educação Fisica. Adolescentes. Aptidão Física. Imagem Corporal.