136 - A CASE STUDY OF MASCULINIZATION OF THE FEMININE BODY AND THE INCESSANT SEARCH FOR THE PERFECT BODY

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Introduction

The woman's path in the sport is mixed with the feminine fight against her "unanswerable fragility" (Angeli, 2004).

This speech of "fragile sex" affirmed that the women needed protection, should be saved of any hard physical exercise.

With this, it appeared the idea that the women were only "born" for us to be wives and/or mothers, in other words, they were seen as responsible by the household chores and mere reproductive.

The feminine corporality then, if it defined in function of the women's supposed mission as reproductive" (Adelman, 2003). For that, the suitable physical activities were those that didn't put in risk the body and his/her femininity. In a such way, some sports were if incorporating to the feminine reality, since they were beneficial for the future wives' health and mothers. Nevertheless, only to the unmarried women and youths the permission was given to practice him/it.

However, with the feminist fight for the equalitarian rights, with to crescent it looks for a woman modern, independent and active, some of these "warriors" stood out for

With passing of the decades, the conquest of the public section - the professional market was if turning "more open", even if in very slow steps, because there was still a strong conception on the feminine delicacy, it propitiated the women a larger insert in the sporting way.

However, still for many years it tried to mask that feminine participation in the sport, once this concept opposed the rules of a society totally patriarchal.

In the days today it is frequent the a lot of women's participation in practice sporting, that in a certain way, it incorporated these human beings' battle for more space, for more opportunities and for more equalities, inside of a society in that you/they were "cruelly" inserted.

It is of notable importance the woman's insert in the sport, because as it was already said, this search crosses with the history of the feminine evolution, and a raisin the being an important link of the other.

Many progresses in this extent were conquered and recognized, but in opposition, other conflicts also went appearing.

The woman ever since, had to live together with the myth that she had qualities and physical differences that you/he/she turned her less competent, therefore inferior to the men.

Though, in spite of all the great "victories", it is interesting to understand the real objectives of those that if they turn professional athletes in the current universe, that participating indeed of a half culturally "built" by the men, they start to contribute for a masculinization of the feminine being's masculinização (Bushes and Soihet, 2003).

The contemporary society, more specifically the feminine society, it is extrapolating the limits of their own bodies. They are leaving a lot of times of side, the health phisical/mental/espiritual and their ideals, while women, on behalf of a better performance and acting, starting to be a "personal and physical" competition with the men (Rotania, 2000).

A deep study on this whole feminine path in the sport, on the fight of us women for our ideals are of fundamental importance for we understand if there is or no an appropriation of the feminine body for his/her own one me, becoming like this, solemnity object - statement. It is necessary to discover which the value that the own sportsmen contemporary women are incorporating to his/her image. It is necessary to investigate and to test the body and the feminine ideals lost her essence, her integrity, her dignity, her sense of being. Unmasking like this, to what extent the athletes are connivent, be for omission or ignorance, of that identity loss, of that autonomy loss and of the values for us so bravely conquered, finally, of that masculinization of the feminine.

Objective

To investigate if there is a masculinization of the feminine body in the sporting way.

Methodology

Among the several forms of accomplishing researches, the descriptive research of qualitative stamp has if configured in of the most appropriate methods to reach the objectives proposed by this study.

According to Triviños (1987), the research descriptive lens the community's knowledge, their characteristic lines, their agents and their problems. This study type demands a series of information from the researcher on which one want to research, therefore it intends to describe the facts and phenomena of a certain reality accurately. Finally, this research type has the purpose of supplying the deepened knowledge of a reality delimited previously, allowing and formulating hypotheses for the direction of other researches.

On the other hand, the research is considered qualitative when it uses case studies, ethnography or narratives, etc. (Thomas e Nelson, 1990), of which arise qualitative data, such as an universe of significances, reasons, aspirations, attitudes, faiths and values, that you/they cannot be contained in numbers. For they be considered qualitative, they need a collection referential and interpretation of data of another nature that no numeric.

Therefore, face to the type of necessary information for if they accomplish the proposed objectives, she will opt for a study of the qualitative type, accomplished under the form of research case descriptive/study, being adopted the deepened study of theoretical referentials and relative bibliographies to the proposed subject and transcriptions of interviews.

Analysis and Description of the Data

A woman was interviewed with 29 year-old age, former body building apprentice.

It possesses a good socioeconomic level and superior level of complete teaching in Letters and almost complete superior in Physical education, landlady of an academy. It possesses a report of physical activity from the adolescence, influenced to enter in this practice for his/her mother:

"Actually, I didn't begin for own will, I those children that escaped from the Physical education in the school went always, he/she found a way of arranging certificate for doing physical activity in the school, I always went very thin, of those skinny ones as soon as eat of everything and they don't put on weight [...] my mother worked out, she worked out in an academy [...] oh I began to work

out and such, and I began to like [...]"

To leave of that report, he/she notices - if that the interviewee passed to like of the modality, and that that was her begins a displeasure passed to be an addiction:

"I went being half addicted in that, and I went understanding, and it seems that in the middle of the academy, with many mirrors né, I began seeing me in another way, there I saw that I was already thin [...] I began seeing me really [...] and I began to workout for winning a little bit of muscular mass, and that little bit was always wanting plus, oh it seems that it changed the obsession, the obsession that I had for being very thin changed for winning muscular mass."

According to Betti (1998) the communication means, as television, magazines and the internet, with the popularization of images of unreal bodies, contribute so that the search for a perfect body increases:

"[...] it is more due to the image of the media, of television, because formerly he/she only had skinny woman in the television né, there, now, it passed in the carnival to Chocolate speaking in the newspaper of her diet, with the all defined abdomen, she appeared Graciane also with the all defined body. [...] she found in that pattern, the form of pleasing to herself né, and to the opposite sex."

Silva (2001) affirms that this search is the nine archetype of the human happiness. It is through this body idealized that the social status will be reached and consequently the recognition before the society:

"In the begin, I worked out in that academy, close to house, and oh you begin to work out and to see magazines, and oh you begin to see those stronger women, and I began to find beautiful, né, the beauty concept went changing... one day, sells television, he/she had an academy here in the city, that will take 2 athletes, that they were new for fitness. [...] and he/she appeared a report in television, when I saw, I was shocked, I spoke to my god, it is that that I want, they are wonderful, and I was thinking I want to go for that academy [...] "

However, a lot of times, he/she happens over the own body, it tries to go are hauled of the limits of the own body to arrive to an unreal body, that it is however the body more longed for:

"[...] because when I began to workout for competition, first I made an entire work of winning muscular mass, in that time, it was used to eat a lot, a very caloric diet, to workout strong, not to do aerobic work, and I was very strong, fat middle also, is that thing half like this, strong middle and fat né, my percentile of fat arose. [...] we make a diet, the fat lowers, for 3 months, there after you lost the fat, you have to remove the liquid for that musculature to appear plus, then you are 3 days only eating protein, later 3 days only eating 1 type of carbohydrate, that is usually the English potato or to sweet potato without salt, drinking distilled water, they are 6 potato meals without salt and distilled water, it is alone that that you eat for 3 days, there you usually take diuretic [...] the water comes out [...] the use of the anabolizante exists [...]. "

Plus than never, the women are facing an intense pressure to acquire the perfect physical form, even if this just lasts one day, some return to the reality of the body real, other no:

"[...] everything is fake, everything is false [...] because you are not of that way, you are in the night only [...] only on that night, the following day you drank water, it ended, he/she doesn't have anything else of that [...] "

"[...] I decided to stop because the physical wear and tear is very big [...] I had problems in the thyroid, very big swelling in the legs [...] because you want to be with that body later for always, only that that there is for one night, after I noticed that, I spoke ties that point is worthwhile I to make an effort the whole year, to do diet for one night [...] "

It is evident in that and in many speeches the way as the women treats their bodies today, in a way almost that irrational, we noticed like this, a certain standardization and it does tie a robotization of the feminine body (Ferreira et al, 2005).

Conclusion

It was ended, starting from this case study, that there is really a masculinization of the feminine body and, that this masculinization can happen through the incessant search for the ideal and perfect body and for the great influence of the communication means.

Without forgetting also that the own society, in each time, prioritizes a body type and that this body is an emblem where the culture inserts their signs coats of arms, in other words, the context cultural mark the iron and fire the human body (Soares, 2005).

Therefore, so that this cruel reality modifies, it is necessary to think in the human being - woman as a whole, and not only in the sexual symbol, and like this, to build a society with possible bodies, that you/they free and comfortable for the life (Ferreira e Guimarães, 2006).

Words - Key: Masculinization, Feminine Body, Culture.

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A CASE STUDY OF MASCULINIZATION OF THE FEMININE BODY AND THE INCESSANT SEARCH FOR THE PERFECT BODY

ABSTRACT

In each time, the society values a body type. It is an emblem where the culture inserts their signs and/or coats of arms. It is noticed, in the modernity, the relevance of a deep study on the women's fight for their ideals for us understand how it happens the appropriation of the feminine body in the sport. The objective of this work was to investigate if is masculinization of the feminine body in the sporting way. It opted for a research of the qualitative type, accomplished under the form of case study, being adopted the deepened study of theoretical referential and transcriptions of interviews. A woman interviewed was with 29 years, body building former-apprentice. In agreement with her speech in the interviews, it was evident the influence of the communication means in the popularization of the body idealized by a lot of women, what frequently contributes so that the search for a body considered perfect increases. It was evident in many speeches that the women treat their bodies today, in a way almost that irrational. It is inferred, starting from this case study, that it very still needs to be researched and illustrious. There is really a tendency to the masculinization of this body and, this can happen through the incessant search for the ideal body and for the great influence of the media.

Words - Key: Masculinization, Feminine Body, Culture.

UNE ÉTUDE DE CAS SUR MASCULINISATION DU CORPS FÉMININ ET LA RECHERCHE CONTINUELLE POUR LE CORPS PARFAIT

RÉSUMÉ

Dans chaque temps, la société évalue un type du corps. Il est un emblème où la culture insère leurs signes et/ou blasons. Il est remarqué, dans la modernité, la pertinence d'une étude profonde sur la bagarre des femmes pour leurs idéaux pour nous comprend comme il se passe l'appropriation du corps féminin dans le sport. L'objectif de ce travail était enquêter sur si est masculinisation du corps féminin dans le chemin de sport. Il a opté pour une recherche du type qualitatif, accompli sous la forme d'étude du cas, être adopté l'étude approfondie de théorique référentiel et transcriptions d'entrevues. Une femme interviewée était avec 29 années, corps qui construit l'ancien apprenti. En accord avec sa parole dans les entrevues, c'était évident l'influence de la communication veut dire dans la popularisation du corps idéalisée par beaucoup de femmes, ce qui fréquemment contribue afin que la recherche pour un corps ait considéré des augmentations parfaites. C'était évident dans beaucoup de paroles que les femmes traitent leurs corps aujourd'hui, dans un chemin presque cet absurde. Il est inféré, en commençant de cette étude du cas qui il besoins très immobiles d'être fait des recherches et illustre. Il y a vraiment une tendance à la masculinisation de ce corps et, cela peut se passer à travers la recherche continuelle pour le corps idéal et pour la grande influence des médias.

Mots - Clef: Masculinisation, Corps Féminin, Culture.

UN ESTUDIO DE CASO EN LA MASCULINIZACIÓN DEL CUERPO FEMENINO Y LA BÚSQUEDA INCESANTE PARA EL CUERPO PERFECTO

ABSTRACTO

Por cada tiempo, la sociedad valora un tipo del cuerpo. Él es un emblema dónde la cultura inserta sus señales y/o escudos de armas. Se nota, en la modernidad, la relevancia de un estudio profundo en la lucha de las mujeres para sus ideales para nosotros entiende cómo pasa la apropiación del cuerpo femenino en el deporte. El objetivo de este trabajo era investigar si es masculinización del cuerpo femenino de la manera deportiva. Optó para una investigación del tipo cualitativo, cumplido bajo el formulario de estudio del caso, adoptándose el estudio ahondado de las referencias teóricas y transcripciones de entrevistas. Una mujer entrevistada estaba con 29 años, cuerpo que construye a anterior-aprendiz. De acuerdo con su discurso en las entrevistas, era evidente la influencia de la comunicación significa en la divulgación del cuerpo idealizada por muchas mujeres, lo que frecuentemente contribuye para que la búsqueda para un cuerpo considerara los aumentos perfectos. Era evidente en muchos discursos que las mujeres tratan sus cuerpos hoy, en cierto modo casi ese irracional. Se infiere, mientras empezando de este estudio del caso que él las necesidades muy inmóviles ser investigado e ilustre. Hay realmente una tendencia a la masculinización de este cuerpo y, esto puede pasar a través de la búsqueda incesante para el cuerpo ideal y para la gran influencia de los medios de comunicación.

Las palabras - la Llave: La masculinización, el Cuerpo Femenino, la Cultura.

UM ESTUDO DE CASO SOBRE A MASCULINIZAÇÃO DO CORPO FEMININO E A INCESSANTE BUSCA PELO CORPO PERFEITO

RESUMO

A sociedade, em cada época, valoriza um tipo de corpo. Ele é um emblema onde a cultura insere seus signos e/ou brasões. Percebe-se, na contemporaneidade, a relevância de um estudo profundo sobre a luta das mulheres por seus ideais para entendermos como ocorre a apropriação do corpo feminino no esporte. O objetivo deste trabalho foi investigar se há uma descaracterização/masculinização do corpo feminino no meio esportivo. Optou-se por uma pesquisa do tipo qualitativo, realizada sob a forma de estudo de caso, adotando-se o estudo aprofundado de referenciais teóricos e transcrições de entrevistas. Foi entrevistada uma mulher com 29 anos, expraticante de fisiculturismo. De acordo com seu discurso nas entrevistas, ficou evidente a influência dos meios de comunicação na divulgação do corpo idealizado por muitas mulheres, o que contribui freqüentemente para que a busca por um corpo considerado perfeito se acentue. Ficou evidente em muitas falas que as mulheres tratam hoje seus corpos, de uma forma quase que irracional. Infere-se, a partir deste estudo de caso, que muito ainda precisa ser pesquisado e esclarecido. Realmente há uma tendência à descaracterização/masculinização deste corpo e, esta pode ocorrer através da incessante busca pelo corpo ideal e pela grande influência da mídia.

Palavras Chave: Masculinização, Corpo Feminino, Cultura.