155 - BODY IMAGE: A PHYSICAL EDUCATION AS A RESOURCE IN PREVENÇAO OF DISTURBIOS FOOD IN PRE-TEENS AND ADOLESCENTS

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Introduction / Rationale

In Western culture today, the concept of beauty is associated with the search tireless and sometimes inconseqüente body perfect, and adolescents are more susceptible to the tyranny of aesthetics.

As Lima (2007, p. 11) "around 1.7 million people suffer from anorexia. Most of the time are girls aged between 11 and 14 years who are refusing to eat and drink for fear of fat. " The research in Disorders of Conduct Food has been a focus of attention in psychology and psychiatry in these last three decades (Toro, 2000) that is due to exaggerated quest for a beautiful body considered. The epidemiological investigations view showing a considerable increase in the number of people involved, Bulimia Nervosa and Anorexia Nervosa in recent years (Eagles et. al, 1995; Sáiz et al, 1999), and that most of these diseases, especially bulimia occurs before the 18 years.The average age of onset of Bulimia Nervosa was 16.3 years, ranging from 13 to 19 years (Herzog et al, 1991) and in most cases are girls aged between 11 and 14 years who are refusing to eat and drink for fear of fat.

According to Schilder (1994) body image can be divided into three aspects dynamic:

1. Image of Base: it is what allows the child to feel in a "sameness to be", or a continuity narcísica in space-time from birth, which resists the changes of the body and evolutionary processes. "It is this sameness that is the feeling of existence." The image of base will be formed in accordance with the importance given to various areas of the body from birth. Initially the picture is the basic respiratory-olfativo-hearing, referring to the perception of the cavum and chest, passing below for a picture of basic oral, which comprises the first and adds the perception of the area buccal faringo - larynx and representation of the full or empty stomach (perception linked to hunger or satiety). The next will be the image of anal basis, which adds to the perception of the first two retention or expulsion of the contents of the lower digestive tract, in addition to the basin, buttocks, perineum.

The skin and holes also have great importance in the formation of the image as a basis, given its ability erógena.

2. Functional Imaging: different from the image of base that has itself a component static, the picture is functionally responsible for conducting the desire. Thanks to the demands it from the body schema seek to achieve satisfaction. The preparation of the image enriches the possibilities of working relationship with the other, it encourages the body to serve the purpose of satisfying the desire largely through communication.

3. Image Erógena: links to the functional image of the body, where experience is the pleasure or desprazer in relation to the other, paving the way for the pleasure shared, humanizante regarding the symbolic value and can be expressed in gesture and word.

The adolescence is a period of life pervaded by deep changes biopsicossociais. According to the World Health Organization, the stage of adolescence understands the age group between 10 and 19 years.The puberty is determined biologically and socially and the female begins, in general, between 11 and 14 years, which may vary according to genetics. The momentum of growth seen in adolescence, early manifestation of the onset of sexual maturity, comes first in females (VIRU, 1999). The puberty is usually begins with the first menstruation (menarche), but the body undergoes a series of changes before this period we call the pre-pubertal period, extending the hips, breasts and growth of the growth of pubic hair among other changes from the activity of the ovaries, which acts on the pituitary. No child, the changes start a little later, around 13 years. The first event that sex is generally made by the appearance of broto breast, followed by the development of pubic hair. In adolescent males, the first event is the increase in testicular volume followed later by the appearance of pubic hair and, finally, the development of the penis in length and then width (COLI, 1991)

At that stage the desire and the fantasy of making the body an object malleable able to satisfy the ego can become a threat to the balance of vital functions in eating disorders, in compulsões in fisiculturismo or in some psychosomatic disorders, the mechanisms for maintenance the lives are put at risk, either by seeking the permanent sensory pleasure, either by super investment in the image of the body that will serve as a support of their own identity.

The teenager is more susceptible to the influences of the social environment, especially the media that preaches a standard of beauty that must be regarded as beautiful: lean, sarado, young and tan disregarding the biotype of each, for example, a teenager with a biotype " gordinha and baixinha "with a biotype similar to an Olympic gymnast who has the desire to be equal to a model that the media disseminates be spectacular, healthy and happy can be frustrating for not achieve what in their design is regarded as ideal and beautiful may der a distortion in the way you see may resort to aggressive methods to emagrecer and "achieve" this standard. Nowark (1998), on research conducted with 791 adolescents Australians of both sexes, between 12 and 15 years, confirmed through the use of a questionnaire which dealt situations related to body image, the dietary behaviors and body weight, which interviewed , the vast majority were dissatisfied with their body image.

In the face of these arguments the role of physical education is to encourage the practice of physical activity as a factor for the maintenance of health, with the benefits arising from the lessons of Physical Education, health (69.2%) and physical performance (36.5%) were the most cited. The practice of sports and exercises appears in third place with 30.4% of the citations in question on the theoretical content preferences of the students, was quoted as Food and Activity Physics (27%), along with First Aid Benefits of Physical Activity (17%) were the most content highlighted. The choice of content "Nutrition and Physical Activity" and "Benefits of Physical Activity" could be explained by reason of the contents are related to aesthetics, subject characteristic of adolescents, and are frequently reminded by the media as a vehicle for propaganda of products and places specific to the practice of Physical Activity.

Considering that the changes for which the body of the teenager passes can result in dismorfia body and hence eating disorders that study will examine the body image associated with disrtúbios food and examine the ways in which the physical education can be used as a resource in their fight in adolescents and pre adolescents.

Methodology

This study had the participation of 79 subjects (39 girls and 40 boys) who participate in the activities of social project in the municipality of Campo large. The instruments used for the tests were: digital scales Mark PLENNA properly measured and with the seal of the Inmetro, estadiômetro Mark SANNY with accuracy of 1 mm and scale of silhuetas proposed by Tiggeman & Wilson Barret (figure1).

Procedures

Individuals invited to participate with children under age of consent was the end of searches involving human beings (in the resolution. 196 of October 10, 1996) signed by the parent or guardian, and the director of that escola.

The anthropometric measures, body mass (in kg) and statur (in cm) using a room adjacent to blocks poly sports. Measures of body image. To check the perceived body image has been used to scale proposed by Tiggeman & Wilson Barret according to the age group of individuals. The set of silhuetas was shown to individuals with the following question: which of these with you more looks? Check an X. Once was compared to IMC.Para calculate BMI equation used to weight in kilograms divided by stature in meters is used. The data were grouped according to age and gender to see if significant differences occur between age and sex.

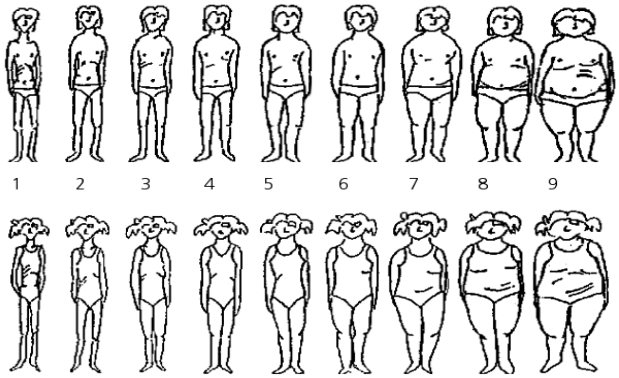
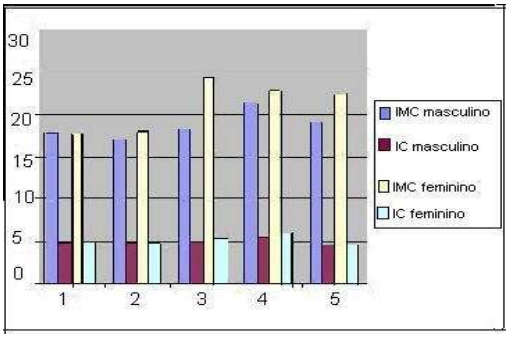


Figura 1. Escala de Imagem Corporal (Tiggemann & Wilson-Barret19).

Analysis and Discussion



To elucidate the discussion chose to discuss it by age group as follows:

Age group between 12 and 13 years - BMI and IC without significant difference between them, but encaixando on the table as below the ideal weight. The body mass index shows an increase from 14 years for both genders, female in the group where the peak growth occurs leading to 14 years overweight, remains virtually the same up to 16 years in the male group comes to 15 years and decreases to 16 years. The IC has a small increase is distancing for values above the silhouette of reference of normality 5, which represents one.

This increase in BMI of both groups may be arising from the growing independence of adolescents, increased participation in social programs and influence their eating habits, increase in the consumption of carbohydrates, fats and protein and lower consumption of vitamins, minerals, fiber, because the behavioral and environmental changes of their own age, the replacement of traditional meals, snacks rich in meat, cheese, the exchange of fruit for ice cream, candy and soft drinks at home preferences.

In addition to the hormonal changes that occur in the body, the hormones growth, estrógeno and progesterone that are produced by the ovary and testis testosterone produced by the body that turn children into adults, the girls there is an increase in fat, growth of breasts, extending the hip and increase in stature; in other boys occur between the engrossamento of voice, growth of the pubianos, increased muscle mass, and between 11 and 16 years is the estirão growth.

Conclusion

This article was aimed at identifying a dismorfia body in adolescence and divergence between what the individual is and how he understands what could contribute to the emergence of disturbances alimentares.A sample studied not presented significant differences, except for the sample age of 14 year-old female who presented overweight (Source: Dr. Nataniel Viunisk) which should correspond to body image 7 is compared to BMI, but the silhouette understood that prevailed between 5.5 and 6, showing a small distortion. But the silhuetas not distanciaram both the real picture which makes them not so susceptible to eating disorders, the role of professional physical education is offered to those individuals exercises that can improve the appearance at the same time we are also stimulating and prazerosos improving their self-esteem.

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BODY IMAGE: A PHYSICAL EDUCATION AS A RESOURCE IN PREVENÇAO OF DISTURBIOS FOOD IN PRE-TEENS AND ADOLESCENTS

ABSTRACT

The adolescence is a period of physical and emotional change in subjects where the physical and social changes are visible. Some of them are expected attitudes triggering of diseases that directly affect the way they perceive their bodies. The body image is constructed multidirecionalmente from influences that the individual receives the social environment, "we are under pressure in many circumstances to achieve in our body, the body ideal of our culture" (TAVARES, 2003, p. 17). Basing itself this assumption, this research aims to examine the body image associated with eating disorders and see how the physical education can be used as a resource in their fight and prevention in adolescents and pre-adolescents. The sample was 79 students. The instruments used to collect data were: questionnaire, silhuetas of scale, body image, Tiggeman & Wilson Barret (1998), digital scales and estadiômetro. It was done the calculation of BMI and the results were analyzed together with tests on body image in order to verify the possible link between the actual values and ideals in the design of the students. The sample studied as a whole has not produced significant differences. However, some groups such as the age of 14 years of female overweight and presented it along with the Body Image represented was 7. Even with these differences, there was a prevalence of silhuetas 5.5 and 6.0 which may be understood as a small distortion. While the silhuetas not distanciassem both the real picture which makes them not so susceptible to eating disorders, the professor of physical education to provide these students on the concepts and issues stemming from overweight that may affect the health, but above all, show an ideal body is what each feels well and not one that society imposes.

KEYWORDS: Image body; Teen; BMI

IMAGE CORPORELLE: L'ÉDUCATION PHYSIQUE COMME UNE RESSOURCE DANS LA PRÉVENTION D'ÉMEUTES ALIMENTAIRES DANS PRÉ ADOLESCENTS ET ADOLESCENTS

RESUMÉ

L'adolescence c'est une période de transformations physiques et émotionnelles dans les personnes où les changements sont visibles: la croissance de les poils pubianos et axillaires, l'augmentation de la masse corporelle, le développement des poitrines, l'évolution du pénis, la menstruation, etc, mais est aussi social, dans lequel s'attendent certaines attitudes d'elles concernant le groupe et la société ce qui peut être hautement perturbateur et déchaînera de maladies qui influencent directement dans manière comme eux perçoivent son corps l'image corporelle est construite orientablement à partir d'influences que la personne reçoit du moyen social, "nous sommes faits pression de nombreuses circonstances à concrétiser dans notre corps, le corps idéal de notre culture" (TAVARES, 2003, p. 17). En se basant sur ce présupposition, cette recherche a comme objectif étudier l'image corporelle associé à des émeutes alimentaires et vérifier dans que manière l'éducation physique peut être utilisée comme une ressource dans son combat avec des adolescents et pré-adolescentes. L'échantillon a été de 79 élèves de tous les deux sexes les instruments utilisés pour se rassemble de données ont été: questionnaire de silhouettes d'échelle d'image corporelle de Tiggeman & Wilson Barret (1998), balance digitale et estadiômetro dûment examinée. A été réalisé le calcul de l'IMC et les résultats ont été évalués près des essais d'image corporelle à fin de devérifier la possible relation entre les valeurs réelles et idéales dans la conception des élèves. L'échantillon étudié n'a pas présenté de différences significatives. Pourtant, quelques groupes comme de l'âge de 14 ans du sexe féminin a présenté du poids excessif et joint avec elle à Image Corporelle représentée ce a été 7. Même avec ces différences, a y eu une prévalence de silhouettes 5.5 et 6, qu'apparemment peut être considéré comme une petite déformation. Bien que les silhouettes ne s'éloignaient pas de telle façon de l'image réelle ce qui ne les rend pas aussi susceptibles aux émeutes alimentaires, contient à le professionnel de l'éducation physique rendre propice à ces élèves des activités visent à améliorer l'apparence, mais principalement les questions rapportées et arrivées du poids excessif qui puisse toucher la santé.

MOTS - CLE : Image corporelle ; adolescent; IMC

LA IMAGEN CORPORAL: A LA EDUCACION FÍSICA COMO UN RECURSO EN PREVENÇAO DE DISTURBIOS EN LOS ALIMENTOS ANTES DE LA ADOLESCENCIA Y LOS ADOLESCENTES.

RESUMEN

La adolescencia es un período de cambios físicos y emocionales en temas donde la física y los cambios sociales son visibles. Algunos de ellos se espera actitudes en relación con el grupo y en la sociedad que puede ser muy inquietante y desencadenamiento de enfermedades que afectan directamente a la forma en que perciben sus cuerpos. La imagen corporal se construye multidirecionalmente de influencias que el individuo recibe el entorno social, "nos encontramos bajo la presión en muchas circunstancias para lograr en nuestro cuerpo, el cuerpo ideal de nuestra cultura" (TAVARES, 2003, pág 17). Basándose esta hipótesis, esta investigación tiene por objeto examinar el cuerpo imagen asociada a los trastornos de la alimentación y ver cómo la educación física puede ser utilizada como un recurso en su lucha y prevención en los adolescentes y preadolescentes. La muestra fue de 79 estudiantes. Los instrumentos utilizados para recoger datos fueron: cuestionario, silhuetas de escala, la imagen corporal, Tiggeman & Wilson Barret (1998), escalas digitales y estadiômetro. Se realizó el cálculo de IMC y los resultados se analizaron junto con las pruebas sobre la imagen corporal a fin de verificar la posible relación entre los valores y los ideales en el diseño de los estudiantes. La muestra estudiada en su conjunto no ha producido diferencias significativas. Sin embargo, algunos

grupos, como la edad de 14 años de las mujeres con sobrepeso y lo presentó junto con el Órgano de imagen representada fue 7. Aun con esas diferencias, se dio una prevalencia de silhuetas 5.5 y 6.0, que puede entenderse como una pequeña distorsión. Si bien la silhuetas no distanciassem tanto de la situación real que los hace no tan susceptibles a los trastornos de la alimentación, el profesor de educación física para proporcionar a estos estudiantes en los conceptos y problemas que plantea el exceso de peso que pueda afectar a la salud, pero por encima de todo, muestran un órgano ideal Es lo que cada uno se siente bien y no una que la sociedad impone.

PALABRAS CLAVE: Imagen corporal; Adolescente; IMC

IMAGEM CORPORAL: A EDUCACAO FÍSICA COMO UM RECURSO NA PREVENÇAO DE DISTURBIOS ALIMENTARES EM PRÉ-ADOLESCENTES E ADOLESCENTES

RESUMO

A adolescência é um período de transformações físicas e emocionais nos indivíduos onde as mudanças físicas e sociais são visíveis. se esperam certas atitudes deles em relação ao grupo e a sociedade o que pode ser altamente perturbador e desencadeador de doenças que influenciam diretamente na maneira como eles percebem seu corpo. A imagem corporal é construída multidirecionalmente a partir de influências que o indivíduo recebe do meio social, “somos pressionados em numerosas circunstâncias a concretizar em nosso corpo, o corpo ideal de nossa cultura” (TAVARES, 2003, p. 17).Baseando-se neste pressuposto, esta pesquisa tem como objetivo estudar a imagem corporal associada a distúrbios alimentares e verificar de que maneira a educação física pode ser utilizada como um recurso no seu combate e prevenção em adolescentes e pré-adolescentes. A amostra foi de 79 alunos. Os instrumentos utilizados para a coleta de dados foram: questionário de silhuetas de escala de imagem corporal de Tiggeman & Wilson Barret (1998), balança digital e estadiômetro. Foi realizado o cálculo do IMC e os resultados foram analisados junto aos testes de imagem corporal a fim de verificar a possível relação entre os valores reais e ideais na concepção dos alunos. A amostra estudada como um todo não apresentou diferenças significativas. Entretanto, alguns grupos como o da idade de 14 anos do sexo feminino apresentou sobrepeso e junto com ela a Imagem Corporal representada foi a 7. Mesmo com estas diferenças, houve uma prevalência de silhuetas 5,5 e 6,0 que aparentemente pode ser entendida como uma pequena distorção. Embora as silhuetas não se distanciassem tanto da imagem real o que não os torna tão suscetíveis aos distúrbios alimentares, cabe ao professor de educação física propiciar a esses alunos noções sobre as questões relacionadas e advindas do sobrepeso que possam afetar a saúde, mas principalmente, mostrar que um corpo ideal é aquele que cada um se sente bem e não aquele que a sociedade impõe.

PALAVRAS-CHAVE: Imagem corporal; adolescente; IMC.