94 - THE IMAGE-BODY IN THE SOCIETY CONTEMPORARY: AESTHETIC, HEALTH, MODISM AND THE VIGOREXIA IN THE FIELDS OF THE PHYSICAL EDUCATION

SOBCZAK, Kassian
OLIVEIRA, Aurélio Luiz de
Centro Universitário Positivo UnicenP
Curitiba Paraná Brasil
kassiane@unicenp.edu.br

INTRODUCTION

UNDERSTANDING THE VIGOREXIA

Vigorexia or Syndrome de Adonis, commented treated in studies to psychiatry, is about an emotional upheaval where the individual becomes dependent of the physical exercise and finishes for transforming it into a exacerbate valuation that can be compared with some cases of religious fanatisme.

This term (Vigorexia) thus was called by the American psychiatrist Harrison G. Pope (college of Medicine of Harvard), where in its studies it associated the Vigorexia and the anorexic as illnesses that opportunity the loss of control of narcissist's impulses.

Such upheaval makes with that the person attack pass to demand each time more than its body, searching a "ideal of beauty" without if giving account, gradual, of the consequences that this body starts to suffer with such attitudes.

The vigoréxico if holds as one vitiated, finds that nothing in itself he is "perfect" e, between as much other problems that this upheaval provides to the people, can cite as most serious, the improper use of vitamin supplements and even though of anabolizantes and hormones in order to speed up the results and arrive at its objective. It is common to find stories on the subject, describing it as a masculine obsession, however, this situation is moving.

The mental symptoms evolve and are changed throughout the time, influenced for diverse cultures, and partner-cultural changes, that is, the Insanities are on to a definitive time and the cultural values.

The Vigorexia is acometend practicing in academies without choosing sex or age, however, the reached eateries bands more are young greater of 20 years, perfectionists in a standard of aesthetic, with low auto-they also esteem and in those people who very present an accented picture of shyness (sociabilização search), fissured for its bodies and the academy.

In such a way it is intention to raise considerable aspects concerning the necessity of the knowledge of this pathology on the part of the professional of Physical Education, so that this knows how and where to intercede, to identify and, whenever possible, to be able in such a way to diagnosis an inclined vigoréxico passing to contribute to detail future situations that can become more serious.

We cannot leave to stand out the necessity to be always opportunity a quarrel concerning the necessity of the understanding of this pathology on the part of the professionals of Physical Education, being able to come to present subsidies that come to make possible an interrelation, in longitudinal way and not only transversal it enters the great areas of the health that withholds direct bond with this pathology.

After to establish the object of study, as well as problematic and the objectives of this research, aiming at to make possible the partial understanding of the processes and symptoms of the Vigorexia, will be working as exploratory and bibliographical a revision that approach this thematic one, come to become it explicit and understandable the eyes of the professionals of Physical Education.

DEVELOPMENT

BEHAVIOR, CHARACTERISTICS AND CLASSIFICATION OF THE VIGOREXIA

The strong influence of the media, as well as of social groups composites, associating the idea of a considered body perfect successfully and happiness, is common the carriers of Vigorexia to be mirror in cultural models, models and sportiest. The personality of the vigoréxico costume to be of low auto-esteem, beyond being introverted, fact that its sociabilização makes it difficult.

Moreover, they suffer with its image generating concern exaggerated with the same one, and starts to dedicate good part of its free time in the academy. Another fact to be detached says respect to its irritability or depressive behavior when not "mesh", the same happens when imagining a hypothetical "loss of muscles and weight", and, the great majority of these vigoréxicos, makes use of steroids and anabolizantes "to speed up" the muscular increase. (SABINO, 2002)

It is common fact to find mention to this subject as being a masculine obsession, fact this that is moving, starting to also to push a considerable number of women, in function of the evolution of the said "mental symptoms" that go if transforming throughout the time and that they are you influenced culturally. (RUSSO, 2005)

The Vigorexia is considered one of the most recent emotional pathologies, being able to be influenced by the culture, not yet being catalogued as a specific illness for Manuals of Classification CID-10 and DSM-IV.

It is possible to say that the Vigorexia is the opposite of the Anorexic a time that both are related with the Corporal Dimorphic, being able still to be enclosed TDC (Transtorno Dismórfico Corporal), a time that all these pathologies if withhold in the corporal questions, involving one or more concerns and distortions on the a auto-image, being, then, a obsessive-compulsory upheaval.

In its workmanship, Novaes (2001, p.35) emphasizes the fact of that "(...) the health today interpreted as possibility to draw out and to increase the quality of life of the people if comes across with some interspecies in the scope of the modern Physical Education (...)". E continues in this same line when it tells that "(...) the proposals on the health imply new corporal habits, of feeding, of control of stimulants among others (...)".

It has current studies that they demonstrate to the influence of the style of life for the good health and the form as this starts to influence in the quality of life of the people. Thus, health, style of life and quality of life are, therefore, in close way, established in a common relationship, a time that the gradual and evident improvement of one finishes for reflecting directly in the others and versus.

Although all these facts, have that to stand out that in the current days, it has a "neurosis for the body", is a compulsory behavior where the people with this "neurosis" become irrationals and finish for abusing in what she says respect on its forms,

[1] Academic (3º year) of the Course of Licenciatura and Bacharelado in Physical Education UnicenP
[2] Master in Education - Area of Concentration: Superior Education and Educational Politics (UEPG) / Professor of the Course of Licenciatura and Bacharelado in Physical Education of the UnicenP.

ways and times of if exercising, making exercises more than a time per day and, rare, if they opportunism to a sensible period of rest.

These people (neurotics for physical exercise) feel the necessity to practice it, exactly being or if finding sick or lesion, and, many times, such injuries are in level of fabrics muscle-esquelético, simply decurrent in function of the excess of use and absence of coherent periods of recovery.

Arthur Kaufman (doctor psychiatrist) points in its workmanship that the physical exercise when carried through with excess and surplus she can extremely be harmful to the health, being able until coming to consist in psychiatric problem. For in such a way, he attributes some nomenclatures that could be found in diverse literatures that turn on this subject, assigning them as "addition to the race/obligator race/morbid exercise/compulsory exercise and dependence of exercise". (2000, p.89)

The understanding of what it is said "extreme" must be followed of factors as the age, possible level of physical conditioning, goals, objectives and (and not so eventual) contraindications to the practical one of the physical exercise.

THE ENVIRONMENT OF THE ACADEMIES AND THE CULTURE OF THE BODY: MYTHS AND TRUTHS

Between as many places, hipoteticamente we can say, that the environment found in the academies can influence the behavior of the people who are there and these will be able to come to develop this pathology.

The great reason of this fact, is that many people who look the academies search appearance physical and not it quality of life. Hansen and Vaz (1995) place in its workmanship that the academies can be understood as centers of cults to this object (body) in our society, a time that is local where if a culture develops all where the body if becomes a intersession in the creation of vocábulos, codes and customs.

Almost that without hesitating, we can be affirming that, in the contemporaneidade, these academies of gymnastics finish for if constituting in one of the signs that more present and endorse the emblem of the corporal culture that if restores in our time, where, in these redoubts and for usually, finish parading threshed bodies, as well as others (and they are many) that they search to reach this status.

We can mention PALMA and collaborators at the moment where these point the following fact:

The great niche of the academies, instituted in strategically way has at least two decades in countries of the world capitalist occidental person, comes being socially strengthened for intense midiáticos appeals of consumption of all order. In general, it is characterized as sectarian space of litigants conformations: it is frequented by healthful people, with arrives in port financial and nutritional privileged, almost always in search of volatile aesthetic objectives and that they are renewed in a infindável paroxysm. (2003, p.14)

In the academies, true shopping's of the body, has a miscegenation of men and women who if involve in different and diversified practical and on activities to the body, almost all with an only objective, *to enter in formal*[1]. But it is not only the search for the good form that motivates this public, to obtain one enlace affective or to start to show a irrevocable body (it is logical, for whom already they possess one) they finish being options considered for the distinct presence peoples, which has for habit to destine innumerable hours in its days "to spend" in this space.

Currently already if it can notice a certain "concern" on the corpolatria in the Physical Education, fact that if proves for the increasing increase of publications and specific substances on the subject in periodic and magazines specialized (or not) in the subject.

Such fact if presents evident to the one in below coming across them with the advance presented in the picture, adapted of the workmanship of Guiselini (2004, p.94), where if they evidence the changes in the last few decades in what it says respect to the transition of the aerobic exercises to the well-being programs:

DECADE OF 1970	AEROBIC EXERCISES
DECADE OF 1980	AEROBIC ORGANISMS AND MUSCULAÇÃO
DECADE OF 1990	PHYSICAL APTITUDE AND HEALTH
NEW MILÊNIUM	PHYSICAL APTITUDE, HEALTH AND WELL-BEING

It is necessary to understand that this variation above presented follies a picture of personal intentions how much what it is longed for in the environment of the academies, therefore some people are contented with the physical appearance that is attributed to them, with the little amount of muscles and a bit of fat more, feel themselves well when they look at, if contemplate in a mirror, or same with the commentaries of next people, they finish thus, not if mattering if they do not meet accurately in the aesthetic standard of the current society.

However, it has others as much (in a very superior number), the size of the muscles (despite truly satisfactory) and to little amount of corporal fat, it is preponderant factor in the proper level of insatisfaction I obtain proper. Diets start to submit it abusive and espartanos training for, to any cost, to get a physical appearance desired, a time that finishes for if mattering, and very, with the opinion of the others, desiring to come to be part of the restricted group of "a corporal perfect" time that this standard of to be conquered body will make them to feel itself very well.

VIGOREXIA AND PHYSICAL EDUCATION: WHERE SPACES CONFLUEM

Currently, the Vigorexia still is an unknown subject, cause-in an astonishment to the one in them to come across with professionals and professional futures in the Physical Education that still are unaware of this curse, therefore understands that our field needs withholds this knowledge, not yet, of a form that makes possible an intervention of direct and prompt form, however, has necessity of if withholds a bigger vision of this "problem", making with that, in this way, the professional of Physical Education does not transfer to its pupil the importance of the aesthetic one, but yes, of the health, remembering that nor always the "beauty" is healthful.

“Everything what it is good is illegal, immoral or fattening (...)" says a stretch of a Brazilian popular music. If to take for base the case of the compulsion for physical exercise, which used will bring great benefits for that it if they are valid, the excess can come to generate a vice and, in this in case that, the consequences of this abuse can generate of light muscular injuries or articulate until serious psychic problems, specific case of the Vigorexia or Muscular Dimorphic.

This Corporal Dimorphic is related to a psychic pathology that finishes for if auto generating in people who present extreme concern with its appearance (Vigorexia), where this never satisfied person with its appearance (while seen image and perceived image) do not attribute to its body a series of circumstances in the obsessive search for the perfection.

Any type of obsession can denote a disequilibria for which if it is passing in the life. The obsession for the body, is not presented in differentiated way, and the best form to control such fact is to have somebody that it opportunism retaken of

[1] popular key spread out in the way them academies that also a idealized corporal state represents, of aesthetic the visual point of view/.

conscience of the limit between the pleasure and the fanatisme, therefore the physical exercise very good when is taken in consideration the fact of that each one has its proper limit, between this, mainly of intensity and the volume, in accord with the pleasure to be making, but in certain and adjusted measures and doses.

We can say that it is (or the least would have to be) ability of the professional of Physical Education to perceive the innumerable cited factors already in the text that direct a person to develop vigoréxico behavior, at the same time, is uneven function of this exactly professional it withhold elements that make possible it a reversion of this picture.

Many times, one retaken to the "normality" of this pupil will be necessary, making with that it understands the necessity to be in peace obtains and with its body, in an only way, as it really is (or he is), being able then to start to apply sessions (little common and little known or stimulated) of "distrainment". This method if presents as an inverse training to that it was prescribed or that the pupil was accustomed and influenced to practice, ambient it a slower program, more gradual and regressive until the point in it can be considered normal for the quality of life of this or that person that presented behaviors of Vigorexia.

In this in case that, she is necessary also that this professional of Physical Education has conscience of that the body of that necessary person if to readjust, in the same way and almost that with the same processes that if adaptor to the exaggerated training, however, at any moment if must lose of sight the preponderant factor of that this person must be made use, with considerable levels of conscience and fondness if to exempt of the Vigorexia.

It fits then to stand out that in we come across them with an upheaval that is not fit only in an emotional pathology, but yes, in problems possibly generated for a culture stimulated for the media. The concern biggest is the space that the professionals of the Physical Education are leaving to give importance for do not withhold knowledge or necessary information that they make possible to sensitize the pupils before this pathology. Another important detail is in the fact of the form as this professional will be working the questions of out (or not) between Aesthetic Health and.

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Aurélio Luiz de Oliveira
Endereço:- Rua Prof. Pedro Viriato Parigot de Souza, 5.300
Cidade:- Curitiba - Paraná - Brasil
Bairro:- Campo Comprido
CEP:- 81.280-330
Telefone:- 0XX (41) 3317-3000 / (42) 9971-1224
e-mail:- aurelio@unicenp.edu.br

THE IMAGE-BODY IN THE SOCIETY CONTEMPORARY: AESTHETIC, HEALTH, MODISM AND THE VIGOREXIA IN THE FIELDS OF THE PHYSICAL EDUCATION

Abstract:

The present study it has the purpose to stand out one of the practicing pathologies that more to attack of Physical Exercises in the environment of the academies, the Vigorexia. For in such a way, we will be raising aspects concerning the necessity of opportunity a quarrel on this pathology and the understanding on the part of the professionals of Physical Education who if insert in this environment (academy), presenting subsidies that they will be able to make possible an interrelation between the Physical Education and other areas, emphasizing the health, the quality of life and the aesthetic one, value this that the

society already assimilated as being part of its objectives in the search of an organized Physical Activity constant.

Key words: Physical Exercise - Academies Vigorexia

LE CORPS-IMAGE DANS LE CONTEMPORAIN DE SOCIÉTÉ: ESTHÉTIQUE, SANTÉ, MODISS ET LE VIGOREXIA DANS LES DOMAINES DE L'ÉDUCATION PHYSIQUE

Sommaire:

La présente étude il a le but de tenir dehors un des patologie de pratique qui plus à l'attaque des exercices physiques dans l'environnement des académies, le Vigorexia. Pour d'une telle manière, nous soulèverons des aspects au sujet de la nécessité de l'oportunity une querelle sur cette pathologie et l'arrangement de la part des professionnels de l'éducation physique qui s'insertion dans cet environnement (académie), présentant des subventions qu'elles pourront rendre une interdépendance entre l'éducation physique et d'autres secteurs possible, soulignant la santé, la qualité de la vie et l'esthétique, évaluent ceci que la société a déjà assimilé en tant que faisant partie de ses objectifs dans la recherche d'une activité physique organisée, régulière et constanttie.

Mot-cléfs: Exercice Physique - Académies Vigorexia

EL CUERPO-IMAGEN EN EL CONTEMPORÁNEO DE LA SOCIEDAD: ESTÉTICO, SALUD, MODISMO Y EL VIGOREXIA EN LOS CAMPOS DE LA EDUCACIÓN FÍSICA

Resumen:

El actual estudio tiene el propósito de si estar parado hacia fuera uno de los patologías practicantes que más al ataque de ejercicios físicos en el ambiente de las academias, el Vigorexia. Para de tal manera, levantado aspectos referentes a la necesidad del oportunidad una pelea en esta patología y la comprensión de parte de los profesionales de la educación física que si relleno en este ambiente (academia), presentando subsidios que podrán hacer posible una interrelación entre la educación física y otras áreas, acentuando la salud, la calidad de la vida y la estética, valora el que la sociedad asimiló ya como siendo parte de sus objetivos en la búsqueda de una actividad física organizada, regular y constante.

Palabras-claves: Ejercicio Físico - Academias Vigorexia

O CORPO-IMAGEM NA SOCIEDADE CONTEMPORÂNEA: ESTÉTICA, SAÚDE, MODISMO E A VIGOREXIA NOS CAMPOS DA EDUCAÇÃO FÍSICA

Resumo:

O presente estudo tem a finalidade de ressaltar uma das patologias que mais acomete praticantes de Exercícios Físicos no ambiente das academias, a Vigorexia. Para tanto, estaremos levantando aspectos acerca da necessidade de oportunizar uma discussão sobre esta patologia e a compreensão por parte dos profissionais de Educação Física que se inserem neste ambiente (academia), apresentando subsídios que poderão possibilitar uma inter-relação entre a Educação Física e outras áreas, enfatizando a saúde, a qualidade de vida e a estética, valor este que a sociedade já assimilou como sendo parte de seus objetivos na procura de uma Atividade Física organizada, regular e constante.

Palavras-chaves: Exercício Físico Academias - Vigorexia

[1] Acadêmica (3° ano) do Curso de Licenciatura e Bacharelado em Educação Física - UnicenP

[2] Mestre em Educação Área de Concentração: Ensino Superior e Política Educacional UEPG / Professor do Curso de Licenciatura e Bacharelado em Educação Física do UnicenP.