# 43 - AGING: STATEMENT OF THE CORPORAL IMAGE WITH THE PARAMETERS WEIGHT AND HEIGHT.

Rita Maria dos Santos Puga Barbosa
UFAM, Manaus-AM / Brasil
Flaviane Nogueira Cabral
UFAM, Manaus-AM Brasil
ritapuga@ufam.edu.br

## INTRODUCTION

Brazil recognizes as senior the largest of 60 years, classified in the stocking age they are the among 45 to 45 years they are in the stocking age. For Solomon (1975) there is not embasamento none for the mark of the beginning of the age of the chronological point of view.

The Gerontology is it embraces the aging of all you be them alive (Hayflick, 1996). Para Salgado (1982) the Gerontology associates the aging processes through the biological knowledge and psicocomportamentais. Concept in which we verified the presence of the three dimensions of the Corporal Image presented by Schilder: physiologic, libidinal and sociological. Still Salgado (1982) and Rauchbach (1990) they classify the aging for the prisms biological, psychological, functional and social. In the biological and functional aging, alterations are verified in the functions of the human organism explained by the time of life. In the psychological the outstanding characteristics are the losses and for being subjective and only, each individual until it cannot reach this apprenticeship. The social aging is characterized through the social relationships with the family, friends, in the religion, in the purchase market and sale, being a process of change of papers.

The principal starting points for studies of the Corporal Image delegated by Schilder (1999), they occur of the organic theory, which involves the body and the personality as unit. The Corporal Image is the configuration of our body formed in our mind. In the physiologic sphere, we found prominences for the human body, a complex system that forms an unit, the same sphere it focuses the relationship among given proprioceptivos, the perceptions and the motive intentions; it detaches the importance of the formation of images for the brain, through the contact with the world, be visual, auditory, tactile or smell. About the human beauty, he/she makes a direct relationship with the sexuality, however, the aesthetic influence disappears when the desire becomes stronger. In spite of the beauty to seem to be complete promise of satisfaction, the desire her surpasses. The emotions are always considered social, because it is with the presence, or for the absence of the other ones, that these are fully manifested, such as rage, happiness, fear, longing, among others.

Inside of the evaluation antropométrica it is important the relationship of the weight with the height or Index of Corporal Mass (IMC), very used to identify the physical conditions of health, relationship with corporal fat, risk of diseases chronic degenerative as the heart ones, factors that implicate in the obesity, favoring, for instance, to diabetes among others. In this research, it was used as reference the classification of FAO/OMS/UNU (Frank, 2002), for relationship weight height, of the which derives IMC. The weight expresses the corporal mass. The height is the distance of the vértex to the soil in erect position. IMC or index of Quetelet is the reason among the weight (Kg) and the height (m2), it is very used for to esteem the percentile of corporal fat, the risk of heart diseases and in epidemic studies (Neves, 2003).

In relation to the corporal mass, Shephard (2003) it believes that the fat accumulation is masked by a concomitant muscular loss, and the distorção of the corporal weight in seniors he/she is due to this, and to eventual losses of bony minerals, calcification of the articulations, among other factors.

## METHODOLOGY

This was a field research, through a traverse cut, with a sample of 352 academic of the 3a Adult Age, participants of the Happy Senior Program Always Participate (PIFPS-U3IA), program of extension of physical education University (FEF) of the Federal University of Amazonas (UFAM), divided in two groups in agreement with the age group: stocking age group 1 of 45 to 59 years, in the total 165 academic and senior group 2, with 60 years in before they totaled 186 subject of the sample of both sexes. All residents in Manaus and engaged in systematic physical activity annual.

The subjects were approached individually, appraised antropometricamente in the weight and height, with scale Filizola, with cursor and toesa. After gauging of your measures, the academics of the 3rd adult age, they were asked on your preference in relation to the weight: satisfaction with the current weight (1) to lose (2) or to win weight (3). In the item height, it was asked: he/she/you likes the height that has (1), it would like to be larger (2) or to be less loud than it is (3). All these data were registered in individual records. The weight measures and height were related through the calculation of the index of corporal mass (IMC) equacionado:

$$IMC = \frac{P}{A^2}$$

Found IMC were associated the classification for adults aging following established criteria for FAO/OMS/UNU (1985), I accept nationally and internationally. The values proposed for the masculine and feminine sexes:

| Masculine | Classification | Feminine |
|---|---|---|
| IMC = 20Kg/m$^2$ | Low Weight | IMC = 18,6Kg/m$^2$ |
| 20,1Kg/m$^2$ = IMC = 25Kg/m$^2$ | Normal Weight | 18,7Kg/m$^2$ = IMC = 23,8Kg/m$^2$ |
| 25,1Kg/m$^2$ = IMC = 29,9Kg/m$^2$ | Overweight | 23,9Kg/m$^2$ = IMC = 28,5Kg/m$^2$ |
| IMC = 30Kg/m$^2$ | Fat | IMC = 28,6Kg/m$^2$ |

All the data were passed and processed in spreadsheet excel and associated by sex and age.

## PRESENTATION AND DISCUSSION OF THE RESULTS

The subjects in your majority formed by the feminine sex, 33 men and 319 women with average and standard deviation presented in the Table 1:

| Antropometricas Variables | Masculine (X ± s) | Feminine (X ± s) |
|---|---|---|
| Weigh (Kg) | 75,08 ± 9,08 | 65,83 ± 11,69 |
| Heigh (m) | 1,65 ± 0,07 | 1,52 ± 0,06 |
| IMC (Kg/m$^2$) | 27,97 ± 2,8 | 28,63 ± 4,74 |

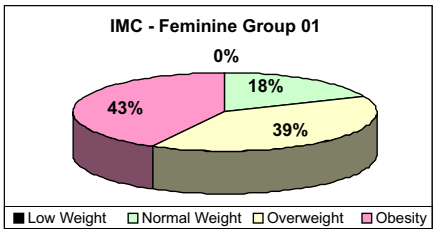
Table 1. the academics' of the 3rd Variáveis Antropométricas. Adult age.

The Table 2 presents the averages of IMC in agreement with the sex and age group. The results show values above the pattern, for both sexes.

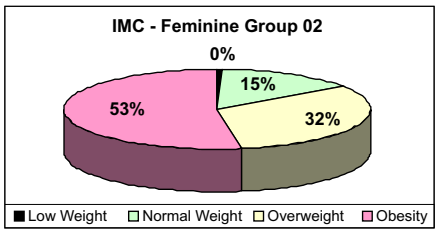
| Age Group | Masculine (X ± s) | Feminine (X ± s) |
|---|---|---|
| 45 à 59 years | 27,28 ± 2,57 | 28,41 ± 4,86 |
| 60 years in before | 28,65 ± 3,02 | 28,85 ± 4,61 |

Table 2. the academics' of the 3rd ÍMC. Adult age.

Correlating IMC, found with the values of FAO/OMS/UNU, mentioned by Frank (2002), in the graph 1 we saw that 43% of the women of the stocking age, they present 43% of obesity, 39% overweight. Concordante with larger prevalência of the increase of pointed weight in the literature in the aging phase. In the graph 2, it is observed, through the analysis of the relative frequency to IMC, that the women of the group 2 presented 53% classified with obesity, 32% with overweight, small percentile normal, 15%.



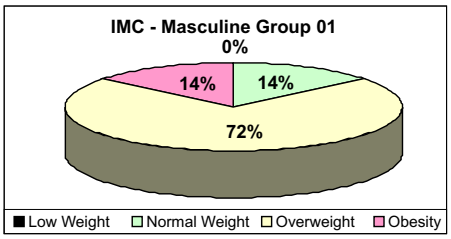

Graph 1. IMC according to the established patterns for FAO/OMS/UNU - 85.



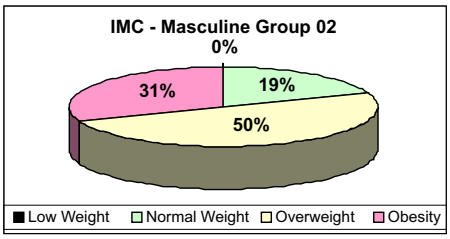

Graph 2. IMC according to the established patterns for FAO/OMS/UNU - 85.

In the graph 3, it demonstrates the results of the masculine sex in the stocking age, where 72% come with overweight, 14% with obesity, and more 14% weigh normal.

In the graph 4, the results of IMC of the sex masculine age group senior are presented, where 50% present overweight, 31% obesity, 19% weigh normal.

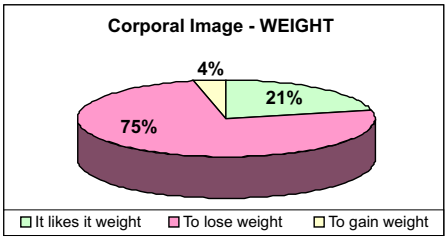



Graph 3. IMC according to the established patterns for FAO/OMS/UNU

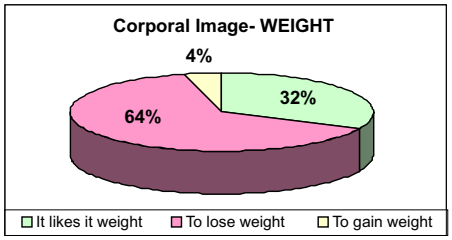



Graph 4. IMC according to the established patterns for FAO/OMS/UNU

In analysis of the results of the evaluation of the corporal image, the graphs 5 and 6, demonstrate the results of the sex feminine stocking age and senior, respectively, with relationship to the satisfaction to the weight. In comparison of the results, 75% of the women of the stocking age would like to lose weight, however, 32% of the seniors would like to win weight, result that very superior one to the presented by the age group 1. AND, in relation to the satisfaction with the weight, only 4% of the women in both groups affirmed that like your weight. This result is in agreement with the gender subject found in works as Secord and Jourard (1955), Puga Barbosa (2003).

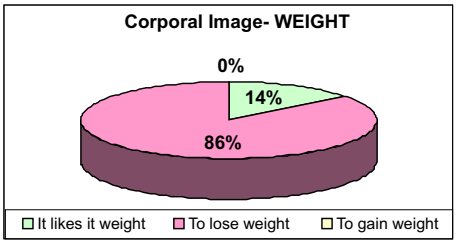



Graph 5. Image corporal Feminine Weight in the stocking age

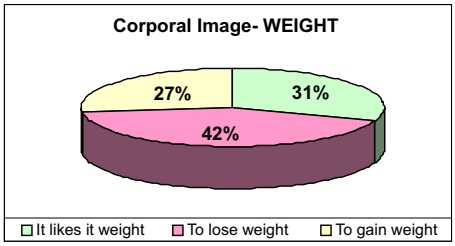



Graph 6. Image corporal feminine Weight of senior

The sex masculine stocking age and senior the results of the evaluation of the corporal image in relation to the weight were very different, as we can see when analyzing graphs 7 and 8. The academics of the stocking age presented the desire double of losing weight 86%, in relation to the seniors with 42%, 14% are only satisfied with your weight. In against departure, 31% of the seniors are satisfied with your weight and 27% would like even to win weight. Perhaps the with smaller age are much more attentive to the aspect beauty related to a smaller corporal weight and a desirable image.

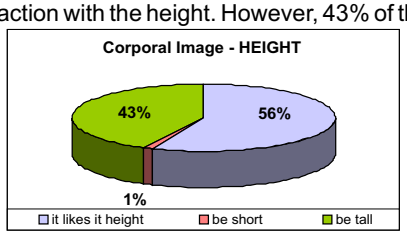


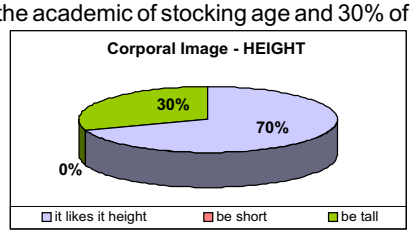

Graph 7.Imagem corporal masculine Weight in the stocking age




Graph 8. Image corporal Masculine Weight of senior

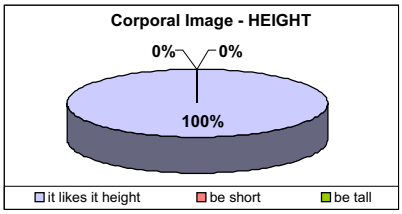
In relation to the height, as we can verify in the graphs 9 and 10, in both age groups of the feminine sex they presented more than 50% of satisfaction with the height. However, 43% of the academic of stocking age and 30% of the seniors would like to be higher.

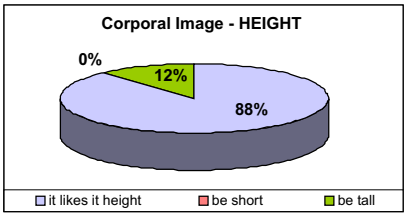



Graph 9. Image corporal Height Feminine in the stocking age Graph 10. Image corporal Height feminine of senior

Academic of the masculine sex in the stocking age and senior, they presented results of the evaluation of the satisfaction of the corporal image in relation to the height it was very positive, as we can verify in the graphs 11 and 12.




Graph 11.Image corporal Height Masculine in the stocking age Graph 12. Image corporal height Masculine of senior

With relationship to IMC, according to the established criteria for FAO/OMS/UNU, most of the women studies, in both groups, they come classified with obesity. In it analyzes of the Corporal Image, the great majority of the feminine sex presented the desire to lose weight and satisfaction with your height. Already in the case of the masculine sex, also in both age groups, the academics of the 3rd adult age come classified with overweight. In relation to the corporal image most of the seniors also presented the desire to lose weight, same most of the sample coming with overweight and normal weight, demonstrating like this larger concern with the health and corporal image. With that, the results demonstrate her he/she practices of physical activity it regulates, perhaps justify that even with overweight and obesity, they are not so unsatisfied with the two items. In the case of the corporal image the weight excess just inconveniences esteticamente.

**FINAL CONSIDERATIONS**

We concluded that the corporal image didn't demonstrate interference of the stature, but with relationship to the weight there was good amount of dissatisfaction. But in the general I weigh nor height is not affecting the academics' of the 3rd corporal image. Adult age of UFAM, engaged in an annual program of education for the aging with nucleus in the physical activity. In spite of the encounter of percentile high of overweight and obesity for these groups adult age envelhecentes and of the masculine and feminine sex, residents in Manaus.

**REFERENCES**

FAO/OMS/UNU - 85 citado por FRANK, A.; SOARES, E. **Nutrição no envelhecimento,** São Paulo: Atheneu, 2002.
HAYFLICK, L. **Como e por que envelhecemos**, Rio de Janeiro: Campus, 1996.
SECORD, P. F. JOURARD, S. M. Body cathexis and the idel female figur. **Journal Abnormal Social Psichology**, v. 50, n. 2, 243-256,1955.
NEVES, C. E. **Avaliação funcional,** Rio de Janeiro: Sprint, 2003.
PAPALEO NETTO, M. **Gerontologia**, São Paulo: Atheneu, 2002.
PAPALEO NETTO, M. in FREITAS, E.V de e colaboradores **Tratado de Geriatria e Gerontologia**, Rio de Janeiro: Guanabara Koogan,2002.
PUGA BARBOSA, R. M. S. **Avaliação da catexe corporal dos participantes do programa de Educação física Gerontologica da Universidade Federal do Amazonas**. Campinas, tese, doutorado, faculdade Educação Física, Universidade estadual de campinas, Campinas, 2003
RAUCBACH, R. **A atividade física para a 3ª. Idade**, Curitiba: Lovise, 1990.
SALGADO, M. A. **Velhice, uma nova questão social**, São Paulo: SESC-CETI, 1982.
SCHILDER, P. **A imagem do corpo**, São Paulo: Martins Fontes, 1999.
SOLOMON, P. **Manual de Psiquiatria,** São Paulo: Atheneu-EDUSP, 1975.
SHEPHARD, Roy. J; tradução de Maria aparecida de silva Pereira Araújo, São Paulo. Envelhecimento, atividade Física e saúde: PHORTE, 2003,
Puga Barbosa (2003).

**AGING: STATEMENT OF THE CORPORAL IMAGE WITH THE PARAMETERS WEIGHT AND HEIGHT**

**Abstract**

The objective of the research was to relate the corporal image with the parameters weight and academics' of the 3rd height. Adult age of the University of Amazonas (UFAM), in the stocking age (45 to 59 years, 165) and senior (60 years or plus, 186), of the masculine and feminine sexes. The measures weight antropométricas and height were made. Relative the corporal image was asked each one individually and registered in standardized record, on each one of the two items mensurados, the about of degrees of relative satisfaction the loss, earnings or maintenance of what are. The found results showed that both sexes of the age groups want to lose weight and they are satisfied with your height. With relationship to the Index of Corporal Mass (IMC) found and compared with the references FAO/OMS/UNU (1985), it demonstrates that the subjects are above the weight and even with obesity. However we concluded that the corporal image is not affected as the stature, but with relationship to the weight there was good amount of dissatisfaction. But in the general I weigh nor height is not affecting the academics' of the 3rd corporal image. Adult age of UFAM.

**Key Words**: Aging, Social Gerontology, Physical Education Gerontological

**VIEILLISSEMEN: RELATIONS DE L' IMAGE CORPORELLE AVEC LES PARAMETROS POIDS ET TAILLE**

**Résumé**

L'objectif de la recherche était rapporter l'image corporel avec les paramètres poids et hauteur des 165 élèves de L'Université Du Amazonas (UFAM) qui ont entre 45 e 59 ans et 186 qui ont plus de 60 ans de la même L'Université (masculin et feminin). On a fait la mesure anthropométrique. Concernant l'image corporel, on a demandé a chacun en registrend dans une fiche modélé à l'egard des paramètres mencionné. Les résultats ont montré que toutes les élèves veulent amaigrir. La recherche a démontré que le groupe est obèse et qu'ils ne sont pas contents avec l'image corporel. L'hauteur est consideré normal pour les élèves. Mais, en général, les paramétres ne sont pas un problème pour l'image corporel de ce groupe.

**Mots-clé:** vieillissement; gérontologie sociale; éducation physique gérontologique

**ENVEJECIMIENTO: RELACIONES DE LA IMAGEN CORPORAL CON LOS PARÁMETROS DE PESO Y ALTURA.**

**Resumen**

El objetivo de la pesquisa fue relacionar la imagen corporal con los parámetros del peso y altura en académicos de la 3ª. Edad adulta de la universidad del Amazonas (UFAM). Con una media de edad que variaba de 45 a 59 años (165) y ancianos con 60 años o más (186), de sexo masculino cuanto femenino. Fueron efectuadas las medidas antropométricas de peso e altura. Relativo a la imagen corporal fue preguntado a cada uno de ellos de manera individual varios datos que fueron registrados en fichas padrón. Estos datos eran sobre cada uno de los tópicos mensurados, referente a grados de satisfacción a la pedida, gano o manutención de lo que es. Los resultados mostraron que en ambos sexos de los grupos ya mencionados anteriormente (cujas edades difieren), manifiestan su deseo en perder peso y su complacencia con su altura. Con relación al índice de masa corporal (IMC) encontrada y comparada con la referencias FAO/OMS/UNU (1985), demuestra que las personas están con un peso superior al indicado llegando a ser hasta obesos. Entretanto hemos concluido que la imagen corporal no preocupa o incomoda respecto a la altura, pero con relación al peso hubo una buena parte de insatisfacción. No en tanto y de una manera general observamos que ni el peso ni la altura han afectando la imagen corporal de los académicos de la 3ª. Edad adulta de la UFAM.

**Palabras claves**: envejecimiento, gerontología social, educación física gerontológica.

**ENVELHECIMENTO: RELAÇÕES DA IMAGEM CORPORAL COM OS PARÂMETROS PESO E ALTURA**

**Resumo**

O objetivo da pesquisa foi relacionar a imagem corporal com os parâmetros peso e altura de acadêmicos da 3ª. Idade adulta da Universidade do Amazonas (UFAM), na meia idade (45 a 59 anos, 165) e idosos (60 anos ou mais, 186), dos sexos masculino e feminino. Foram efetuadas as medidas antropométricas de peso e altura. Relativo a imagem corporal foi perguntado a cada um individualmente e registrado em ficha padronizada, sobre cada um dos dois itens mensurados, a cerca de graus de satisfação relativa a perda, ganho ou manutenção do que é. Os resultados encontrados mostraram que ambos sexos dos grupos etários desejam perder peso e estão satisfeitos com sua altura. Com relação ao Índice de Massa Corporal (IMC) encontrado e comparado com as referências FAO/OMS/UNU (1985), demonstra que os sujeitos estão acima do peso e até com obesidade. Entretanto concluímos que a imagem corporal não se abala como a estatura, mas com relação ao peso houve boa quantidade de insatisfação. Mas no geral nem peso nem altura não estão afetando a imagem corporal de acadêmicos da 3ª. Idade adulta da UFAM.

**Palavras-Chave**: envelhecimento, Gerontologia Social, Educação Física Gerontológica.