35 - COMPARISON OF LEVELS OF SELF-ESTEEM IN CONNECTION WITH THE PRACTICE OF PHYSICAL ACTIVITY OF UNIVERSITY

SOLANGE MARIA RIBEIRO NUNES LAGES[1]
MARA JORDANA MAGALHÃES COSTA[2]
AURINICE SAMPAIO IRENE MONTE[1]
ROGÉRIO FERREIRA EMYGDIO[3]
JOÃO CARLOS ALCHIERI[4]
1-Universidade Estadual do Piauí-Teresina-PI-Brasil, 2-Universidade Federal do Piauí-Teresina-PI-Brasil
3-Universidade Estácio de Sá-Rio de Janeiro-RJ-Brasil, 4-Universidade Federal do Rio Grande do Norte-Natal-RN-Brasil
solangelages@hotmail.com

INTRODUCTION

Now a healthy lifestyle is directly linked among other factors , with the regular practice of physical activity . And this adoption by the general population , and young people in particular , practice of regular physical activity and maintaining them over time can be assumed to be a major challenge for both the institutions and professionals involved in this process (DIAS et . al , 2008) .

Generally people start practices encouraged for several reasons , but they can not stay long , leaving them aside again and again , do not incorporate effectively in their daily lives (and Knijik Santos , 2006) . It is estimated that 50 % of those who begin a program of physical exercises are interrupted in the first six months , in gyms the dropout rate is approximately 70 % , this estimate increases in cases of change in lifestyle, as sport (MARKUS et . al , 2000; ALBUQUERQUE and ALVES , 2003) .

A healthy lifestyle includes physical and behavioral aspects - social , cognitive and affective . Studies describe the determinants of physical activity , including the environment , self-esteem (Sherwood , 2000) and physical self (DIAS et . Al , 2008) . The same author also points out in his work that some investigations showed a positive self-concept is linked to greater attraction to physical activity and that there is a greater likelihood of people engaging in physical activity contexts if they feel good about themselves , confident and competent in what they do .

Self-esteem is not static , has ups and downs , but can also be positive or negative , because it is an evaluative perception about yourself , the way to be , according to which the person has ideas about himself (and MOSQUERA STOBAUS , 2006) .

Thus, the aim of this study was to analyze the levels of self-esteem associated with physical activity in university.

METHODOLOGY

The research is descriptive, exploratory, comparative, analytical quantitative approach.

We used a sample of 110 college students of both sexes , all volunteers from two institutions , one in the city of Rio de Janeiro - RJ , and another in the city of Teresina - PI , aged between 18 and 31 years.

The choice of these participants was due to discriminative ability , use abstract expressions and time at which the individual begins to manage their own time , and of the acceptability of the researchers in these institutions of higher learning .

This study was conducted according to the Guidelines for Conducting Research on Human Beings and approved by the Ethics Committee of the Faculty of Medical Sciences, State University of Piauí , in the protocol CEP 128/08 .

The research instrument used was the Self-Esteem Scale associated with the Practice of Physical Activity - EsAEAF (Lages , 2012) , which has 16 items distributed in five dimensions and the total score . Dimensions are : Introspection,Physical image, satisfaction with life , acceptance and confidence . With structured responses on Likert scale of three alternatives of agreement where (1) - I agree , (2) - Indifferent and (3) - I disagree .

Self-esteem was classified into three levels according to their classification intervals :

Low : Displays the mean scores of self-esteem , significantly lower compared to those of a given population called normal .

Moderate : Displays continuous levels of self-esteem and reasonable in the context of a given population called normal .

RESULTS AND DISCUSSION

The present study was performed Nonparametric Test - Pearson Chi-square - for analysis of differences between groups in the distribution according to sex, having calculated a significance level of $p = 0.002 < 0.05$ and denotes that there are differences between the distributions of the two groups, in which there is a higher frequency of individuals in Group Female Sex do Piauí (36/45) 80.0% compared to the Group of Rio de Janeiro (65/110) 59.1%.

Although a test was performed Parametric - Student t for unpaired data - to analyze the differences between the ages of the respective groups, with a significance level of $p = 0.001 < 0.05$ and denoting exist according to the groups, significant differences between the their middle ages, where the Group of Piauí has averaged 21.4 ± 2.7 years significantly lower than the Group of Rio de Janeiro who has averaged 31.3 ± 8.6 years.

Tests were conducted comparative distributions by sex and none of the dimensions were significant differences, implying that the gender factor is not an intervening on the comparative results.

Tables 1, 2 and 3 show the results related to self-esteem of the two states, as well as the overall average.

Table1. Average self-esteem of the PI Group.

Introspection	2	moderate
Physical image	2	moderate
Satisfaction with Life	2	moderate
acceptance	2	moderate
confidence	3	High
AE end	2	Moderate

Source: Research Data.

Table 2. Average self-esteem RJ Group.

Introspection	2	moderate
Physical image	2	moderate
Satisfaction with Life	3	High
acceptance	3	High
confidence	3	High
AE end	3	High

Source: Research Data.

Table 3. Overall result (Average) self-esteem in both states.

Introspection	2	Moderate
Physical image	2	Moderate
Satisfaction with Life	2	Moderate
acceptance	3	High
confidence	3	High
AE end	2	Moderate

Source: Research Data.

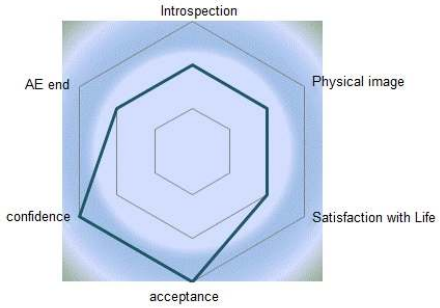

Figure 1. Overall result (Average) with respect to self-esteem in both states.

The final results of the application of Scale EsAEAF and compare them according to the two groups (PI and RJ) observed by the protocol Chi- square test , showed no significant differences between the respective frequency distributions for levels of Self Esteem Linked to practice of Physical Activity .

In the present study the levels of self-esteem was classified as moderate, which corroborates with the study by Ferreira (2006) found that the majority of students surveyed (63.4 %) average levels of self-esteem . What differs from the study of MOSQUERA and STOBAUS (2006) in which self-esteem levels were higher in the course of travel.

In his research CAMPOS et . al (2006) shows that one of the factors that encourage individuals to practice physical activity is linked to physical image , aesthetics , showing that self-esteem is related to physical activity and Liz et al (2010) also shows the relationship of physical image as one of the reasons that lead people to do physical exercises in gyms . DESCHAMPS and DOMINGUES SON (2005) point out that in addition to factors such as self-esteem , pleasure , and satisfaction , aesthetics is also a factor that drive men and women to practice regular physical activity .

Dias et al (2008) points out in his study that in general , students with higher levels of happiness , life satisfaction and positive affect , proved to be more physically active than students of the opposite group . This shows that as the present study, physical activity is associated with higher levels of self-esteem .

The synthesis of the results observed in the combined leads to an interpretation plausible and possible that demonstrates the understanding that physical activity is associated with self-esteem , acceptance of being developed himself in different environments .

CONCLUSION

Referenced in the objectives of the present study , we have despite the results of the statistical analyzes denote significant differences according to the frequency distributions by sex and age between the mean values of the two groups , such differences do not reflect differences between the distributions of the frequencies of the groups rated nominal dimensions punctuated by EsAEAF scale , which implies that the two groups did not show significant differences between their respective levels of self-esteem associated with physical activity . In this sense the location factor , which in this study constitutes the court intervening variable that defines the groups of students , there is an element of nature inferidor significant the results found here .

REFERENCES

ALBUQUERQUE CLFA, ALVES RS. Um estudo de caso no centro integrado de estética e atividade física – CIEAF, na cidade de Caicó – RN. DominiumRevista Científica da Faculdade da Natal, v.1, n. 1, p.33,2007.

CAMPOS, RS. et.al. Adesão dos universitários aos diversos níveis de atividade física. Estudos. v.33, n.7/8,p.615-633,jul/ago, 2006.

DESCHAMPS, S.R.; DOMINGUES FILHO, L.A. Motivos e benefícios psicológicos que levam os indivíduos dos sexos masculino e feminino a praticarem o ciclismo indoor.R. bras. Ci e Mov. v. 13, n. 2,. p 27-32, 2005.

DIAS, C. et.al. A prática desportiva dos estudantes universitários e suas relações com as autopercepções físicas, bem-estar subjectivo e felicidade. Estudos de Psicologia, v. 13, n.3, p.223-232, 2008.

ELIZONDO, LA. et. al. Relación entre los niveles de autoestimaYestrésenestudiantes universitários. Enseñanza e investigaciónenpsicología vol. 16, num. 1,p. 91-101, enero-junio, 2011.

FERREIRA, AR. et.al. Depressão e auto-estima entre acadêmicos de enfermagem. Rev. Psiq. Clín. v. 33, n.5, p. 239-244, 2006.

LAGES,SMRN.Associação dos Níveis de Motivação e Autoestima na Aderência à Prática de Atividade Física de Universitários. [Tese] Universidade Federal do Rio Grande do Norte, Natal, 2013.

LIZ, CM de. et. al. Aderência a prática de exercícios físicos em academias de ginástica. Motriz, Rio Claro, v.16, n.1, p.181-188,jan/mar. 2010.

MARCUS BH, Whelton M, K REYNOLDS, Muntner P, PK WHELTON, Ele J. Physical activity behavior change: issues in adoption and maintenance.Health Psychology. Washington, v. 19, n.1, p. 32-41, 2000.

MOSQUERA, JJM; STOBÄUS, CD .Auto-imagem, auto-estima e auto-realização: Qualidade de vida na universidade.Psicologia, saúde & doenças, v.7, n.1,p. 83-88, 2006.

SANTOS SC, KNIJNIK JD. Motivos de Adesão à Prática de Atividade Física na Vida Adulta Intermediária. Revista Mackenzie de Educação Física e Esporte. V. 5, n.1, p. 23-34, 2006.

SHERWOOD NE, Jeffery RW. The behavioral determinants of exercise: implicações for physical activity interventions.Annual Review of Nutrition, v, 20, p. 21-44, 2000.

SOLAR, MI. et al.Incidencia de los estilos de aprendizaje, estrategias de aprendizaje y la autoestima, enel logro académico de estudiantesuniversitarios de alta vulnerabilidad: Estudio de Caso enlaUniversidad de Concepción-Chile. Revista Perspectiva Educacional, v. 49, n. 1, 2010.

Rua Jonas Silva,191. Bairro: São Cristovão.
Teresina- Piauí – Brasil Cep: 64056-055
solangelages@hotmail.com

COMPARISON OF LEVELS OF SELF-ESTEEM IN CONNECTION WITH THE PRACTICE OF PHYSICAL ACTIVITY OF UNIVERSITY

ABSTRACT

Adopting a healthy lifestyle among the population in general practice regular physical activity can be taken as a challenge for both the institutions and professionals involved in this process .Thus , this study aims to analyze the levels of self-esteem associated with physical activity in college. The research is descriptive, exploratory, comparative, analytical quantitative approach . We used a sample of 110 college students of both sexes , all volunteers from two institutions , one in the city of Rio de Janeiro - RJ , and another in the city of Teresina - PI , aged between 18 and 31 years. To assess self-esteem Scale was used (Lages , 2012) , which has 16 items considering five dimensions . The results indicated by the Nonparametric Test - Pearson Chi-square - which was performed to analyze differences between groups in concentrations according to sex , with a significance level of p = 0.002 < 0.05 , which indicates there are differences between distributions of the two groups , in which there is a higher frequency of individuals in Group Female Sex do Piauí (36/45) 80.0 % compared to the Rio Group (65/110) 59.1 % . The Student t test indicates there second groups , significant differences between their middle ages , where the Group of Piauí has averaged 21.4 ± 2.7 years significantly lower than that of the Group of Rio de Janeiro who has averaged 31.3 ± 8.6 years. Regarding the classification of self-esteem , the results show a final score as moderate both in group and in the group of Piaui Rio de Janeiro . Therefore , the comparison between the two groups of university denote an average self-esteem associated with moderate physical activity .

KEYWORDS: Physical activity , students and self-esteem .

COMPARAISON DES NIVEAUX DE L'ESTIME DE SOI DANS LE CADRE DE LA PRATIQUE DE L'ACTIVITÉ PHYSIQUE DE L'UNIVERSITÉ

RÉSUMÉ

Adopter un mode de vie sain parmi la population dans la pratique une activité physique régulière général peut être pris comme un défi tant pour les institutions et les professionnels impliqués dans ce processus. Ainsi, cette étude vise à analyser les niveaux de l'estime de soi de l'activité physique au collège. La recherche est l'approche descriptive, exploratoire , comparative et analytique quantitative. Nous avons utilisé un échantillon de 110 étudiants des deux sexes , tous bénévoles provenant de deux établissements , l'un dans la ville de Rio de Janeiro - RJ , et un autre dans la ville de Teresina - PI , 18e âgés de 31 ans. Pour évaluer l'échelle d'estime de soi a été utilisé (Lages , 2012) , qui compte 16 articles qui envisagent cinq dimensions . Les résultats indiqués par le test non paramétrique - chi carré de Pearson - qui a été réalisée pour analyser les différences entre les groupes dans des concentrations en fonction du sexe , avec un niveau de signification de p = 0,002 <0,05 , ce qui indique qu'il existe des différences entre les distributions des deux groupes , dans laquelle il ya une fréquence plus élevée de personnes dans le groupe de sexe femelle ne Piauí (36/ 45) 80,0 % par rapport au Groupe de Rio (65/ 110) 59,1 % d' . Le test t de Student indique qu'il deuxièmes groupes , des différences significatives entre leurs âges, où le Groupe de Piauí a été en moyenne de 21,4 ± 2,7 années, considérablement plus bas que celui du groupe de Rio de Janeiro qui a été en moyenne de 31,3 ± 8,6 ans. En ce qui concerne la classification de l'estime de soi , les résultats montrent un score final de modéré à la fois dans le groupe et dans le groupe de Piaui Rio de Janeiro. Par conséquent, la comparaison entre les deux groupes de l'université représentent une moyenne d'estime de soi associée à une activité physique modérée .

MOTS-CLÉS: activité physique, les élèves et l'estime de soi .

COMPARACIÓN DE LOS NIVELES DE AUTOESTIMA EN RELACIÓN CON LA PRÁCTICA DE ACTIVIDAD FÍSICA DE LA UNIVERSIDAD

RESUMEN

La adopción de un estilo de vida saludable entre lapoblación, enlaprácticalaactividad física regular en general puede ser tomado como un reto tanto para lasinstituciones y losprofesionales que intervienenen este proceso. Por lotanto , este estudiotiene como objetivo analizarlos niveles de autoestima relacionados conlaactividad física enlauniversidad. La investigaciónesel enfoque descriptivo, exploratorio , comparativo y analítico cuantitativo. Se utilizó una muestra de 110 estudiantesuniversitarios de ambos sexos, todos losvoluntarios de ambas instituciones , una enlaciudad de Rio de Janeiro - RJ , y otroenlaciudad de Teresina - PI , conedadescomprendidas entre 18 y 31 años . Para evaluarla escala de autoestima se utilizó (Lages , 2012) , que tiene 16 artículos que consideran cinco dimensiones . Los resultados indican mediante laprueba no paramétrica - Pearson Chi - cuadrado - que se realizó para analizarlas diferencias entre los grupos

enlasconcentracionesenfunciónde l sexo , conunnivel de significación de p = 0,002 < 0,05 , lo que indica que hay diferencias entre distribución de los dos grupos, enlos que hay una mayorfrecuencia de individuosenel grupo del sexo femenino no Piauí (36 /45) 80,0 % encomparaciónconel Grupo de Río (65 /110) 59,1 %. La prueba de la t de Student indica que hay grupos de segundo , las diferencias significativas entre lasedades medias, donde el Grupo de Piauí tieneunpromedio de 21,4 ± 2,7 años significativamente menores que ladel Grupo de Río de Janeiro , que tieneunpromedio de 31,3 ± 8,6 años . Encuanto a laclasificación de la autoestima , los resultados muestranun resultado final como moderado tanto enel grupo y enel grupo de Piauí Rio de Janeiro. Por lotanto ,lacomparación entre los dos grupos de universitariosdenotan una autoestima promedioasociadoconlaactividad física moderada .

PALABRAS CLAVE: actividadfísica ,losestudiantes y la autoestima .

COMPARAÇÃO DOS NÍVEIS DE AUTOESTIMA ASSOCIADA À PRÁTICA DE ATIVIDADE FÍSICA DE UNIVERSITÁRIOS

RESUMO

A adoção de um estilo de vida saudável por parte da população em geral, de práticas de atividade física regular pode ser assumida como um grande desafio tanto para as Instituições como para os profissionais implicados neste processo. Assim, o presente estudo tem como objetivo analisar os níveis de autoestima associada à prática de atividade física de universitários. A pesquisa é do tipo descritiva, exploratória, comparativa, com abordagem quantitativa analítica. Utilizou-se uma amostra 110 estudantes universitários de ambos os sexos, todos voluntários de duas instituições, sendo uma no município do Rio de Janeiro - RJ, e outra no município de Teresina – PI, com idade entre 18e 31 anos. Para avaliar a autoestima foi utilizada a Escala (Lages, 2012), que possui 16 itens levando em consideração cinco dimensões. Os resultados apontaram por meio do teste Não Paramétrico – Qui quadrado de Pearson – que foi realizado para análise de diferenças entre os grupos quanto as concentrações segundo o sexo, tendo um nível de significância p = 0,002 < 0,05, que denota existirem diferenças entre as distribuições dos dois Grupos, nos quais observa-se uma maior frequência de pessoas do sexo Feminino no Grupo do Piauí (36/45) 80,0% se comparado ao Grupo do Rio (65/110) 59,1%. O teste t de Students denota existirem segundo os Grupos, diferenças significativas entre as respectivas idades médias, onde o Grupo do Piauí tem média 21,4 ± 2,7 anos significativamente menor que a do Grupo do Rio de Janeiro que tem média 31,3 ± 8,6 anos. Com relação à classificação da autoestima, os resultados mostram um escore final como moderada tanto no grupo do Piauí quanto no grupo do Rio de Janeiro. Portanto, a comparação entre os dois grupos de universitários denotam em média uma autoestima moderada associada à prática de atividade física.

PALAVRAS-CHAVE: Prática de atividade física, universitários e autoestima.