59 - DISSATISFACTION WITH BODY IMAGE IN UNIVERSITARY

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INTRODUCTION

It is observed in recent years a growing interest in scientific research on body image. This fact has been realized in different contexts (Pruzinsky& Cash, 2002; Cash &Smolak, 2012) such as research on psychopathology of eating behavior, such as bulimia, anorexia, binge eating (Bosi, Uchimura&Luiz, 2009; Leonidas & Santos, 2011), validation of measurement instruments, (Aquino, Jesus, Noto, Turíbio, 1997; Morgado, Ferreira, Andrade &Segheto, 2009), body image during adolescence (Langoni, Aertsb, Alvesc, Câmara, 2011), body image frames change of health status such as breast cancer and in different professions, such as dancers, athletes, practicing bodybuilding activities, among others.

At those situations it is noted that body image (BI) is a term that has been used since the early twentieth century and initially reflected awareness of body parts, then the influence of psychoanalysis are noted questions about the psychodynamics body image and facets in the cognitive, affective / cultural and behavioral. In this respect the BI reflects a body of knowledge within a relational aspect (subject-body image - culture), not presenting just a one-dimensional view. This diversity offers the colorful of this phenomenon while identifies the complexity of their research (Penna, 1990; Vauero-Cristóbal, Muyor&López-Minarro, 2013)

Penna (1990) states that the term has often been used inappropriately, and such a situation is perceived inside a conceptual mix such as body perception, mental representation, perception of body image, body concept, self-image, body image and other terms like. This article focuses on the concepts presented in a recent review by Vaquero-Cristóbal, Muyor and López-Minarro (2013) to conceptualize Body Image (BI) as

"the image that our body manifests are not necessarily correlated with actual physical appearance, but with impressions or assessments that the subject has of itself ", this set BI is formed by the following dimensions PERCEPTUAL, COGNITIVE, AFFECTIVE, ATTITUDINAL OR BEHAVIORAL.

We are into a society where, in his speech (through the media, mass media, religion, economics, politics, culture,) influences or participates in the formation of BI, where the dialogue with the subject notices its strength. Certain is that the body aesthetics, the real body x ideal body are issues extremely important for the media, for the beauty industry, and in particular the identification of body image in college.

Most research focuses on investigating the BI in adolescents, but in recent years has emerged new data on this phenomenon also in college.

You often hear people claim that "the body is the business card" access and possibilities of social change and the discrepancy (real and imaginary) can generate (dis) satisfaction treating about the body appearance.

This job aims to highlight current issues in the study of BI in college in the period from 2000 to 2013 and aims to: (1) evaluate the trend of research on body dissatisfaction in college. (2) identify the methods of evaluation used in this period for the assessment of body image in college.

METHOD

To achieve the proposed objective undertook a review of the scientific literature as to show the state of art in the last 13 years on body image in the population of university students.

Procedure

This research is a review of the published literature on body image among college students in the period 2000-2013. Data were gathered from three databases Scielo, Medline and Bireme employing the following keywords according to the Health Sciences Descriptors: body image (body image), college (university students), body dissatisfaction (body dissatisfaction) with the Boolean operator AND.

We used the following inclusion criteria: (a) articles published in the period 2000-2013, (b) experimental or semi-experimental studies , (c) quantitative studies, (d) original with summary available, be published in Portuguese, Spanish or English. In turn, were excluded from the work articles that (a) studies that did not use validated instruments in their data collection, in the case of quantitative studies, (b) theoretical articles and review, (c) dissertations, books, book chapters, book reviews, critiques, reviews, editorials, annals and scientific reports (d) articles only qualitative data.

Were initially employed the words BODY IMAGE or IMAGEM CORPORAL (portuguese), in a second stage we selected the articles referred, in the summary to COLLEGE STUDENTS and body dissatisfaction. The selection of items was made after careful observation by a specialist with experience in scientific research. The data bases were accessed in September 2013.

The scientific databases were accessed during the month of September 2013, being obtained in all 381 scientific articles. So, were obtained from the Medline articles 6; Lilacs found 180 articles, and 195 articles in Scielo and 6 in Biremes database with various articles that are common to different database. After selection according to the criteria of inclusion and exclusion items were reduced to 28 items.

DATA ANALYSIS

Talk about body dissatisfaction is a very current topic, as experienced under the baton of neo-liberalism, the body-beautiful and the beauty of the body in an age of consumer society and spectacularization of the body (Gonçalves, Jesus, Sousa, & Pereira & Pine , 2004) and media influences consumer habits in the processes of male and female subjectivity.

The body is often shown on television and in magazines as an expression of the body-beauty and perfection is idealized asa desire object. The divergence of this ideal upsets, and within this perspective of the clash between the real vs. ideal body reflects the cultural patterns and can embark on the quest for aesthetic, plastic surgery, orthognathic surgery, the search for physical activities, by the diets, anorectic, the food consumption patterns among others.

By focusing on the question body image / body dissatisfaction it is observed a predominance focus on adolescence. However, this article aims to analyze this phenomenon in college. Of the 381 articles, only 28 met the inclusion requirements, wich is 26.50% of the articles provide data to talk about body dissatisfaction in college.

By observing the year of publication, we note that Article 1 in 2006 (3.5%), Article 1 in 2007 (3.5%), two articles in 2008 (7%), 2 articles in 2009 (7%) 6 articles in 2010 (21.5%), six articles in 2011 (21.5%), five articles in 2012 (17.9%), five articles in 2013 (17.9%). Noticed the absence of publication in the early part of the decade and an increase of publications in recent years, this indicates a growing interest in the area emerging as the focus of different research in recent years. This set features a protagonist of the southeast-south Brazil.

After analysis of the articles it is clear that the BI is a multidimensional construction of corporeality in college and this has been the subject of attention of many researchers as a way to meet the body within the cultural system.

Enter the world of higher education leads to a series of consequences such as eating behavior changes, establishing new skills and interaction with the social environment that can bring the effect of body dissatisfaction (Carvalho, Filgueiras, Neves Coelho & Ferreira, 2013) and the psychopathology of BI as a "silent epidemic" (Gonçalves Barbosa Rodrigues & Rosa, 2008).

Enter the world of higher education is an important period on peoples life history, means the possibility of access to a new world, with the inclusion of new social roles, new chargings and new responsibilities facing a high extracurricular load. Sometimes in private institutions the student has to work besides studying and this favors adopting eating habits that are not always healthy (Silva, Saenger, & Pereira, 2011). These socio-cultural pressures increase the likelihood of dissatisfaction with the BI.

We can observe some research trends.

Evaluation Methodology

The articles are focused on employing the following tools Body Shape Questionnaire (BSQ), which was validated in 1994 by Cordás and Castilho. Eating Attitudes Test (EAT-26), translated into Portuguese in 1994, silhouettes test (Coconut, Petroski, Pellegrini and Barbosa 2008; Rech, Araujo&Vanat, 2010), Scale of satisfaction with body image-ESIC, (Costa, Santos, Modesto, Benute, Wolf & Lucia, MC, S., 2010). New tools have been developed such as Situational Satisfaction Scale Body (Hirata and Pilati, 2010), Tripartite body dissatisfaction Scale (Conti, Scagliusi, Queiroz, Hearst, N. &Cordás, 2010). Faced with different instruments that's why it is necessary to analyze the data carefully.

It is extremely important to use research instruments validated with Brazilian sample, this aspect has been employed different scales or tests, such as BSQ-Questionanaire Body Shape (2008), ESSC (Hirata-Pilati, 2010), scale influences tripartite (3 factors (Conti, Scagliusi, Cordás&Queiroz, 2010), this fact has been extensively discussed in the review of assessment instruments body (Morgado Ferreira, Segueto& Andrade, 2009), however there are numerous variables that have not been properly dissected. this diversity of instruments shows a methodological diversification with different operational definitions, generating difficulties in making comparisons between different items.

Psycho-socio-cultural

Regarding gender, the majority of articles examines body dissatisfaction as a function of socio-cultural influences, and to realize the cultural ideal thin body, it is clear that there are differences regarding the dissatisfaction body segment as well as the search for alternatives to remedy or minimize such dissatisfaction.

Future researches

Doubts persist and encourages further researches on the topic about the identification of effective behavioral repertoire to deal with the real vs. ideal discrepancy, such as in-process measures. Raise effective tools to identify more precisely the dissatisfaction with the BI, thus enters to issues metacontigencial still underused

Research-risk behavior and healthy lifestyle

Prepare students and future professionals to better understand the sociocultural phenomena of human movement, so you can have your professional practice grounded in ethical reading of modern society and its values perceived by different social groups in the body / power body / beauty body / financial aspects, body / media / body diversity, body / professional practices.

Best focus age group, as it has quantitatively increased the number of students aged over 30 years in higher education and analyze articles, hitherto, so horizontal.

There is need to identify cross-cutting themes of body dissatisfaction with the construction of personal identity and professional face of the social, political, economic and cultural. In the neo-liberal logic is a particularization of a space and the professional must understand and intervene to identify the body speaks of body dissatisfaction

-psychopathology of body image and health practices.

CONCLUSION

The studies obtained in this literature review allowed us to clarify some aspects that can contribute to the understanding of body image in college. Were highlighted some important points as well as possible new contributions to the production of knowledge on the subject.

There is need to promote actions aimed at dealing with body dissatisfaction and preventing risk behavior before distortion of body image (BI).

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DISSATISFACTION WITH BODY IMAGE IN COLLEGE IN UNIVERSITARY STUDENTS

ABSTRACT

Objective: The aim of this study was (1) analyzethebodydissatisfaction in academics (2) identifymethodsemployed for thisreview. Method: wereconsultationsthefollowingdatabases BIREME, LILACS AND MEDLINE, usingthekeywords BODY IMAGE, BODY DISSATISFACTION AND UNIVERSITY STUDENTS. The periodofanalysiswas 2000-2013. Results: selected 28 articles in descriptivestudies, which, showed (1) growingscientificproductiononthesubject in recentyears. (2) Therewas a varietyofinstrumentsemployedbyhighlightingthe BSQ, EAT AND TEST OF SILHOUETTES. AmongthestudiesthatusedtheBody Mass Index (BMI), 50% found correlation with body dissatisfaction. Conclusion: there is agrowing interest of the scientific literatureon better under standing the body dissatisfaction in university students. In the case of future professionals, theim pactof the finding son the body dissatisfaction is highly relevant in the light of the need for management psychotherapy this framework. There is a need to promote ther apeuticaction saiming to deal with the body dissatisfaction and preventing risk behaviors

KEY WORD: Bodydissatisfaction, academics, bodyimage.

L'INSATISFACTION CORPORELLE EN UNIVERSITAIRES

RÉSUMÉ

Objectif : l'objectif de la présente étude à été (1) d'analyser l'insatisfaction corporelle chez les universitaires (2) d'identifier les méthodes employées pour cette évaluation. Méthode : on eut comme consultations les suivantes bases de données BIREME, LILACS E MEDLINE, descripteurs IMAGE CORPORELLE, INSATISFACTION CORPORELLE ET UNIVERSITAIRES. La période d'analyse des articles a été comprise de 2000 à 2013. Résultats : ont été sélectionnés 28 articles en études descriptives, que, après être analysées (1) a révélé une croissante production scientifique sur le thème dans les dernières années. (2) Il y eut une variété d'instruments employés soulignant le BSQ, EAT E TEST DE SILHOUETTES. Parmi les études qui ont utilisé les l'Indice de Masse Corporelle (IMC), 50 % ont trouvé une corrélation avec l'insatisfaction corporelle. On peut souligner que toutes les recherches qui travaillent avec le comportement alimentaire en tant que variable indépendante ont identifié une corrélation entre ce dernier et l'insatisfaction de l'image corporelle. De l'autre côté, variables telles que le sexe, âge et niveau d'activité physique ne se sont pas montrés pertinents. Conclusion : de ce fait, on remarque un intérêt croissant de la littérature scientifique sur mieux connaître l'insatisfaction corporelle en universitaires. S'agissant de futurs professionnels, l'impact des résultats sur l'insatisfaction corporelle est très pertinent en raison de la nécessité maîtrisable psychothérapeutique de ce cadre. Il y a la nécessité de promouvoir des actions thérapeutiques en ayant comme but traiter l'insatisfaction corporelle et prévenir le comportement de risques devant de distorsions de l'Image corporelle (IC).

DESCRIPTEURS : insatisfaction corporelle, universitaires, image corporelle.

LA INSATISFACCIÓN CORPORAL ENTRE UNIVERSITARIOS

RESUMEN

Objetivo: El objetivo de este estudio fue (1) analizar la insatisfacción corporal en universitarios (2) identificar los métodos utilizados para esta revisión. Método: fueron consultados los bancos de datos BIREME, LILACS y MEDLINE con las siguientes palabras clave IMAGEN CORPORAL, INSATISFACCIÓN CORPORAL Y UNIVERSIDAD. El período de examen de los artículos fue entre 2000 y 2013. Resultados: 28 artículos fueron seleccionados entre estudios descriptivos, después de

analizados señalaron (1) un aumento de la producción científica sobre el tema en los últimos años; (2) Haber una gran variedad de instrumentos empleados destacándose el BSQ, EAT Y PRUEBAS DE SILUETAS. Entre los estudios que utilizaron el Índice de Masa Corporal (IMC), 50 % encontraron correlación con la insatisfacción corporal. Hacemos hincapié que toda investigación que trabajó con la conducta alimentar como variable independiente identificó correlación entre esa variable y la insatisfacción con la imagen corporal. Entretanto, variables como sexo, edad y el nivel de actividad física no fueron relevantes. Conclusión: Notase que hay un creciente interés de la literatura científica para comprender mejor la insatisfacción corporal en los universitarios. Tratándose de futuros profesionales, el impacto de las conclusiones sobre la insatisfacción corporal es de gran relevancia debido a la necesidad de una intervención psicoterapéutica de este campo. Existe la necesidad de promover acciones destinadas a hacer frente a la insatisfacción corporal y prevenir las conductas de riesgo con la distorsión de la imagen corporal (IC).

PALABRAS CLAVE: insatisfacción corporal, universitarios, imagen corporal.

INSATISFAÇÃO COM A IMAGEM CORPORAL EM UNIVERSITÁRIOS

RESUMO

Objetivo: o objetivo do presente estudo foi (1) analisar a insatisfação corporal em universitários (2) identificar os métodos empregados para esta avaliação. Método: foram consultas as seguintes bases de dados BIREME, LILACS E MEDLINE, com os seguintes descritores IMAGEM CORPORAL, INSATISFAÇÃO CORPORAL E UNIVERSITÁRIOS. O período de análise dos artigos foi compreendido entre 2000 a 2013. Resultados: foram selecionados 28 artigos em estudos descritivos, que, após analisados evidenciou-se (1) uma crescente produção cientifica sobre o tema nos últimos anos. (2) Houve uma variedade de instrumentos empregados destacando o BSQ, EAT E TESTE DE SILHUETAS. Dentre os estudos que utilizaram o Índice de Massa Corpórea (IMC), 50% encontraram correlação com a insatisfação corporal. Podemos salientar que todas as pesquisas que trabalharam com o comportamento alimentar, como variável independente, identificaram correlação entre esse e a insatisfação com a imagem corporal. Em contrapartida, variáveis como idade e nível de atividade física não se mostraram relevantes. Conclusão: diante disto nota-se que há um crescente interesse da literatura cientifica em melhor conhecer a insatisfação corporal em universitários. Em se tratando de futuros profissionais, o impacto dos achados sobre a insatisfação corporal é altamente relevante em função da necessidade de manejo psicoterápico deste quadro. Há necessidade de promover ações terapêuticas visando lidar com a insatisfação corporal e prevenir comportamento de riscos diante de distorções da Imagem corporal (IC).

PALAVRAS-CHAVE: insatisfação corporal, universitários, imagem corporal.