120 - LEVEL OF SATISFACTION AND SELF BODY IMAGE IN ATHLETES WITH PHYSICAL DISABILITIES

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INTRODUCTION

The Paralympic swimming through government, private incentives and social projects is growing and with this arousing increasing interest for new practitioners and professionals from diverse fields. This fact has brought a change in routine and lifestyle practitioners and their families.

For Ribeiro (2009) the development of body image implies : developing the perception of body parts ; recognize and value the bodily sensations , like most of the body , having more satisfaction with body , recognize the body as it really is , or discover the possibilities of the body enhancing their actions . Disability: loss or abnormality of psychological structure or function, physiological or anatomical, temporary or permanent. These include the occurrence of such an anomaly, defect or loss of a limb, organ, tissue or other body structure, including the mental functions. Is the manifestation of a disease state, reflecting an organic disorder, a disturbance in the body (CIDID, 1989).

The construction of the body image is a continuous and dynamic process that happens throughout life. She's the person presents and interacts in society, being important in its construction, physiological, affective and social aspects, that at all times they are interacting with each other. Hence the need to analyze it in general and not restricted to only one of its aspects. Its development occurs through social interactions established throughout life, reflecting the history of a body, its experiences and its unique character. It is understood by body image mental representation of one's body (SCHILDER, 1994).

Generally people with disabilities should be encouraged to practice sports activities, seeking to become aware of its limitations, but also its potential. Each type of disability presents unique characteristics that must be taken into account. The favoring of non- prejudiced attitudes and positive values is necessary. The sports environment as people that are inserted this should make your adjustments, including the person with disabilities (SOARES, 2011).

Sport is a vehicle for the inclusion of people with disabilities in society. In physical and motor aspects, the sport improves cardiovascular fitness practitioners, enhances strength, agility, coordination and balance. In the social aspect, the sport provides the opportunity for socialization between people with and without disabilities, makes the independent individual to conduct their daily activities, causing the company best know the capabilities of PWD. The psychological aspect, sports improves self-confidence and self-esteem of these people, making them more secure and optimistic to achieve their goals (INDESP, 1998; Lianza , 1985; SOUZA , 1994) .

Souza (1994) reports that the experience of people with disabilities in sport allows this display a positive path for your life, guiding him in his behavior towards his personality, his social life and other aspects. It is this adjustment that will benefit the process of inclusion. According to Freitas and City (2002) the objectives of physical activities for the disabled should include the development of self-image and self-esteem , encourage independence and interaction with other groups ; extend intensive experience with its possibilities and limitations ; experience of situations of success enabling the improvement of self-worth and self-confidence .

The sports activity provides new insights and PWD moves with the body, implying among other aspects, the development of body image, self-concept, self-esteem and social interaction (SOARES, 2011).

For Wheeler et al. (1999), personal competence is associated with the ability to compete with the concept of disability and the installation of low esteem. The sport and overcoming the same renews the perception changing self-esteem and creating a positive body image. The athlete individual becomes skilled to compete in the world, learns to defeat your opponent with respect and learn how to lose with dignity. The sports environment allows the athlete to create a sense of political responsibility. The athlete with learning disabilities to help other competitors to overcome disability and low self-esteem.

OBJECTIVE

Analyze the level of satisfaction and self-perceived body image of athletes with physical disabilities.

METHODOLOGY

The methodology for conducting this research is qualitative and quantitative, associated fieldwork with the descriptive nature of a questionnaire.

Descriptive research aims to describe the characteristics of a given population or phenomenon, or the establishment of relationships between variables, involving the use of standardized techniques of data collection: questionnaire and systematic observation (GIL, 1991).

The locus of the investigation was the Service Industry - SESI Club Partnership, located at Avenida do Contorno, 1102, Distrito Industrial, CEP 61939-160, Maracanaú – Ceará.

The universe of the survey consists of 14 participating athletes with physical disabilities team of high performance swimming Project Make a Disabled Athlete - PFDA. This universe was selected to sample seven players.

Both collection tools were used: the Body Dysmorphic Disorder Questionnaire consisting of 34 closed questions where the sum of the issues (except 1, 2, 3, 22, 33 and 34) can reach 168 points so that scores higher than 66 already reflect some degree of dissatisfaction with appearance. The issues that are not analyzed quantitatively are analyzed qualitatively where the view is expressed by the interviewee and researcher on the problem description in physical appearance, observable physical defect, somatic complaints delusional disorders or similar observable physical defect, degree of conviction of the appearance problem strategies, beautification and cosmetic problems by not considering other disorder , the questionnaires were filled out individually at a time that preceded the training , the 12-minute test was conducted in groups; aerobic endurance test in water (Cooper test). To perform the Test a semi-Olympic pool, 25m long and 12.5 m wide was used. After a standard heating from 100 to 200 meters Freestyle swimming in the pool (25m), the test was started. The Cooper Test in pools is to swim the greatest possible footage in 12 minutes the results are analyzed according to age and gender.

RESULTS AND DISCUSSION

Questionnaire with application of body dysmorphic disorders diagnosed Image and levels of satisfaction with body image from the perception of athletes with physical disabilities are high because of the positive experiences found on training and competitions as autonomy and freedom of movement in the aquatic environment ; increase functional capacity and greater ease of performing activities of daily life, the possibility of interaction with other athletes , crew and families by improving the social , emotional and mental health aspects, gain muscle strength , low-impact exercises , increasing flexibility of movement , motor coordination, balance and cardiovascular fitness . These factors contribute directly to improving the quality of life of individuals, leading him to take a more active and healthy lifestyle. Fact that we have identified and include is the frequency with which reported dissatisfaction in aspects not related to disability, but, cosmetic issues, as some part of the body they do not like or related to body weight.

CONCLUSIONS

By correlating the levels of physical fitness with body image of Paralympic athletes swimming was possible to draw a profile of this group where the limitations caused by the disability is not apparent , but rather its potentialities which are developed and refined by the modality , athletes with disabilities have self-esteem , body image and positive self-perception , and noticeable fact that the interaction with this group being those with an active social life (personal relationships, work, study and training), not depriving social relations.

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LEVEL OF SATISFACTION AND SELF BODY IMAGE IN ATHLETES WITH PHYSICAL DISABILITIES

ABSTRACT

This study addresses the Paralympic swimming that through government, private incentives and social projects is growing and attracting the growing interest of new practitioners and professionals from diverse fields. The present study aimed to analyze the level of satisfaction and self-perceived body image of athletes with physical disabilities. The type of study is descriptive with quantitative and qualitative nature, where seven athletes belonging to the staff of High Yield PFDA Paralympic swimming in the survey. Data were collected before and during training conducted in SESI - Club Partnership through Dysmorphic Disorders Questionnaire and the Cooper test adapted to swimming which was held in a 25 meter pool. The results showed that athletes with disabilities team have satisfactory levels of physical fitness and do not reflect the degree of dissatisfaction with their appearance. It was concluded by correlating levels of fitness with body image of Paralympic athletes swimming the limitations caused by physical disability are not seen by them, but rather that its potentialities are developed and refined by the modality.

KEYWORDS: Paralympic. Swimming. Body Image. Physical Fitness.

NIVEAU DE SATISFACTION ET D'AUTO IMAGE DU CORPS DANS LES ATHLÈTES AYANT UN HANDICAP PHYSIQUE

RÉSUMÉ

Cette étude traite de la natation paralympique , que par le gouvernement, les incitations privées et des projets sociaux est de plus en plus et attirer l'intérêt croissant de nouveaux praticiens et professionnels de divers domaines. La présente étude visait à analyser le niveau de satisfaction et l'image de soi - perçu corps des athlètes ayant un handicap physique. Le type d'étude est descriptive avec la nature quantitative et qualitative, où sept athlètes appartenant au personnel de la natation à haut rendement PFDA paralympique dans l'enquête. Les données ont été recueillies avant et pendant la formation menée en SESI - Partenariat Club grâce à des troubles dysmorphiques questionnaire et le test Cooper adapté à la natation qui a eu lieu dans une piscine de 25 mètres. Les résultats ont montré que les athlètes avec l'équipe de handicapés ont des niveaux satisfaisants de la condition physique et ne reflètent pas le degré d'insatisfaction de leur apparence. Il a été conclu en corrélant les niveaux de remise en forme de l'image corporelle des athlètes paralympiques de natation les limitations causées par le handicap physique ne sont pas vus par eux, mais plutôt que ses potentialités sont développés et affinés par la modalité avec.

MOTS-CLÉS: natation paralympique. L'image corporelle. La condition physique.

NIVEL DE SATISFACCIÓN Y AUTO IMAGEN CORPORAL EN LOS DEPORTISTAS CON DISCAPACIDADES FÍSICAS

RESUMEN

Este estudio aborda la natación paralímpica, que a través del gobierno, los incentivos privados y proyectos sociales está creciendo y atrayendo el interés creciente de los nuevos practicantes y profesionales de diversos campos. El presente estudio tuvo como objetivo analizar el nivel de la imagen corporal autopercibida de los atletas con discapacidad física y la satisfacción. El tipo de estudio es de tipo descriptivo con carácter cuantitativo y cualitativo, donde siete atletas pertenecientes al equipo de natación de alto rendimiento PFDA Paralímpico en la encuesta. Los datos fueron recogidos antes y durante el entrenamiento realizado en el SESI - Clubes Asociación a través de los trastornos dismórficos cuestionario y el test de Cooper adaptado a la natación que se celebró en una piscina de 25 metros. Los resultados mostraron que los atletas con discapacidades equipo tienen niveles satisfactorios de la condición física y no reflejan el grado de insatisfacción con su apariencia. Se concluyó mediante la correlación de los niveles de aptitud de la imagen corporal de los atletas paralímpicos que nadan las limitaciones causadas por la discapacidad física no son vistos por ellos, sino más bien que sus potencialidades se desarrollan y refinan por la modalidad con.

PALABRAS CLAVE: Natación Paralímpica. Imagen Corporal. Aptitud Física.

NÍVEL DE SATISFAÇÃO E AUTOPERCEPÇÃO DA IMAGEM CORPORAL EM ATLETAS COM DEFICIÊNCIA FÍSICA

RESUMO

Este estudo aborda a natação Paraolímpica, que através de incentivos governamentais, privados e de projetos sociais vem crescendo e despertando o interesse cada vez maior de novos praticantes e profissionais de diversas áreas de atuação. A presente pesquisa teve como objetivo analisar o nível de satisfação e autopercepção da imagem corporal de atletas com deficiência física. O tipo de estudo é descritivo com natureza quanti-qualitativa, onde participaram da pesquisa sete atletas de natação paraolímpicas pertencentes à equipe de alto rendimento do PFDA. Os dados foram coletados antes e durante os treinos realizados no SESI – Clube da Parceria através do Questionário de Transtornos Dismórficos e do teste de Cooper adaptado para natação que foi realizado em uma piscina de 25 metros. Os resultados mostraram que os atletas com deficiência da equipe possuem níveis de aptidão física satisfatória e não refletem grau de insatisfação com a sua aparência. Concluiu-se ao correlacionar os níveis de aptidão física com imagem corporal de atletas da natação paraolímpica que as limitações causadas pela deficiência física não são evidenciadas por eles, mais sim suas potencialidades que são desenvolvidas e aperfeiçoadas pela modalidade.

PALAVRAS-CHAVE: Natação Paraolímpica. Imagem Corporal. Aptidão Física.