112 - SELF PERCEPTION OF ACADEMIC COURSE OF PHYSICAL EDUCATION AND ITS INFLUENCE ON CAREER CHOICE

LUIZ PAULO AMARAL
DEOCLECIO ROCCO GRUPPI
Unicentro - Guarapuava, PR, BRASIL
lupa_amaral@hotmail.com

INTRODUCTION

The choice of profession is a challenge , due to the importance which it contains and the difficulties they have to face (PRIMI et al . , 2000) . It should be based on the will of the individual , taking into account the reality of the market that will be acting . (GATT , et al. 1996). According Arbex (1997) the choice for future work must be the result of several investigations and knowledge about their interest and opportunities in the area to be imaged. One of the factors that may be taken into consideration in this decisive moment is body image , being a subject that has long been discussed and new findings and conclusions are being drawn . Research on body image are recorded at the turn of the twentieth century , in order to verify the self body image disturbances in patients with lesions in the brain . Nowadays , the vast field of research related to this issue , as well as new questions that have emerged over the years (Turtelli et al . , 2002).

Some scholars , particularly physical education , some particularities when it comes to body perception and satisfaction (SECCHI et al, 2009 cited SILVA , SAENGER , PEREIRA , 2011).

In the professional field perceive a crisis in body image due to media manipulation . Long before a vision of the individual as a whole , what one sees is a heightened appreciation and exploration of body parts (ARAUJO AND SCHEMES, 2008). Given these considerations it was proposed as main objective of this research to analyze the self-perception of students of physical education and its influence on career choice in a State University of Paraná . Have as objectives: To evaluate the body image of students of Physical Education State University Midwest - Guarapuava , Paraná . Obtain an anthropometric assessment of academic research participants. Compare the data of body image with the results of physical examination . Identify relationships distorted self-image with the provision to the academic learning process .

METHODOLOGY

Cross-sectional study , divided into three stages . Initially , we conducted a bibliographic study in books , journals and internet , in order to identify theoretical studies that discuss the issue .

Secondly , we applied a questionnaire with closed and open questions . And the third time was performed which included anthropometric measurements : weight, height and skinfold thickness .

It is a forward lookup , characterized by fetching data directly from the source , where the researcher search results through scientifically proven methods and tools to collect the data verified .

Subject

For the determination of a significant number of elements to compose the research , sample size calculation was performed , with a sampling error of 5 % (TRIOLA , 1999):

The survey was conducted with 84 students , randomly addressed , of both sexes, enrolled in the Physical Education Course State University Midwest (UNICENTRO) CEDETEG campus , city Guarapuava - PR . Participants were aged between 19 and 25 years.

The gathering took place in the 1st half of 2013 , after the project was approved by the Ethics Committee of the Universidade Estadual do Centro Oeste (Opinion No. 156,862). It was an invitation to the students during class time , where participation was voluntary. The students were addressed in the University itself during the class period . For this purpose , initially sought to obtain consent from the head of the Physical Education Department , to enter the classroom .

Was done by signing the consent form . Then we applied the Body Image Questionnaire , containing Scale Silhouettes and after delivery of questionnaires , held an anthropometric evaluation . Study participants were academics who were present in class on the day of collection. Considering the total sample , we observed a loss and refusal to 12.5 % .

Data Analysis

Data were entered in Excel ® and analyzed according to the benchmarks . After analyzing the data , these results were compared with other studies conducted in the area .

RESULTS AND DISCUSSION

The charts below present the amounts collected through the demarcation of silhouettes evaluated by :

Figure 1 - Relative values (%) of the questionnaire with academics , with respect to satisfaction silhouette , considering the gender of the participants .

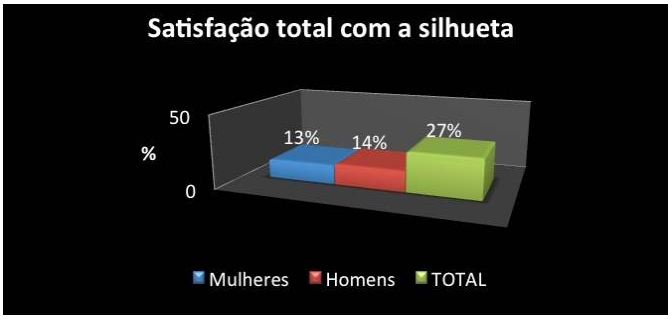


Figure 2 - Relative values (%) of the questionnaire to the students, about the silhouette, considering the interest of both genders, having a sulheta larger than the current one.



Figure 3 - Relative values (%) of the questionnaire to the students, about the silhouette, considering the interest of both genders , having a sulheta smaller than the current one.

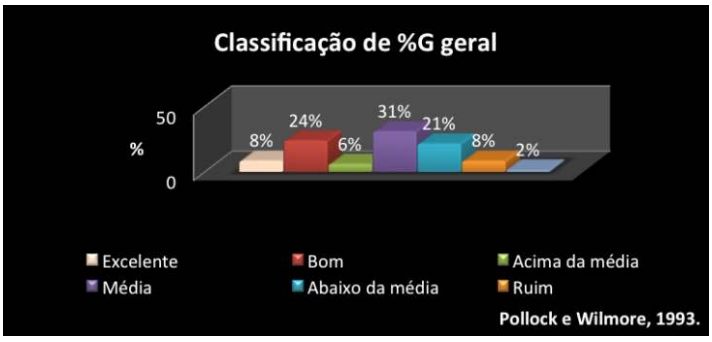


As a result , it is possible to notice that the 84 students assessed, 31 were females and 53 were males , 27 % of the total points to be satisfied with their current silhouette , since, according to them, its silhouette is the current same as optimal.

The remainder , representing 73 % of the sample are shown dissatisfied with their body image and, 39 % want a silhouette larger and 33 % indicate that a smaller silhouette would be ideal for your body type .

Taking as a reference , the table and the values presented by the classification of the percentage of fat in the body composition of Pollock and Willmore (1993) the following results were found , as shown below :

Figure 4 - Relative values (%) of the classification results of % G, of both genders .



It is noticed that the vast majority of respondents , totaling 69 % , concentrated on average presented by the authors or above , based on the age of the students , ranging from 18 to 25 years .

The other 21 % are below average , 8 % are classified as bad percentage and 2 % in the worst ranking , too bad .

The survey results showed that 72.62 % of the students dissatisfied regarding your ideal silhouette .

Of these , 33.33 % wanted a silhouette higher , being 23.81 % 9.52 % women and men . In contrast , 39.29 % would be satisfied with a smaller silhouette , with all these men .

The results corroborate the authors who defend the idea of building self image and dissatisfaction that most individuals have .

To Secchi et al (2009) apud Silva , Saenger and Pereira (2011) " [...] some groups appear to peculiarities with respect to image and body satisfaction , as is the case of academic physical education ." In the professional field perceive a crisis in body image due to media manipulation . Long before a vision of the individual as a whole , what one sees is a heightened appreciation and exploration of body parts (ARAUJO AND SCHEMES , 2008) .

Comparing the percentages of silhouettes with fat percentage collected , it is clear that , according to the classification of Pollock and Wilmore (1993) 69.04 % of respondents are average or above in relation to the ideal fat percentage .

With respect to career choice , although 72.62 % of the students perceive themselves out of their best or ideal silhouette , only 17.86 % said that body image influenced your career choice . With regard to students of Physical Education investigated in this study the minority says have made your choice from their academic self body image .

Many factors are consciously or unconsciously determine the choice of profession. Not only takes into consideration the social prestige , there is also the financial interest , the field work opportunities and skills (FERRETTI , 1976; CASTRO 1984 apud Coutinho , AXE , Nardes 2005) .

Starting from the statements of these authors can point you in the case of the results presented in this study other factors beyond the perception of its own body other factors influenced the decision to choose the course.

As Coutinho et al . (2005) the choice of working in the field of physical education is not necessarily a situation of escape , because the vast majority chooses this course for the interest and affinity for working in this field to be professional, but have not much knowledge about the profession making the choice with little information .

The statement points out that the students of Physical Education mostly looking for the course will actually act in this area . This quote confirms this research, which most do not put at stake their self image as a turning point to attend this graduation .

FINAL

Overall, it is clear that physical education academics are concerned about its aesthetics and so end up having a distorted self body image , being necessary to the subject or problem to be better worked during the academic path by the University , as these will be future professionals who will be working with an audience who , for the most part , can present the same problem , and then the physical education professional , you know how to work with this factor that may be cause for discouragement for your client or student.

If treated in the influence of body image on career choice , it can be said that it does not become a limiting factor or determinant for the choice of future profession , since although academics perceive themselves out of the so called ideal according with its physical structure , it does not make your career choice be rethought.

Still needs to be researched , which would be (the) factor (s) determinant (s) for choosing the profession in the field of physical education, having this issue as a suggestion .

REFERENCES

ARAUJO , D. C. ; SCHEMES , C. The body and the media : analysis of an advertising campaign . EFDeportes.com , Digital Magazine . Buenos Aires , No. 118 , 2008 .

ARBEX E. R. Choosing a profession. Scipione , 1997.

ASUNCION , Sheila S. Marques . Excessive physical exercise and eating disorders . PhD thesis , Faculty of Medicine, University of São Paulo , São Paulo , 2003.

BORDIN E. S. , D. Kopplin A. Motivational conflict and vocational development . J Couns Psychol , 1973.

Coutinho , M. P., F. MACHADO A. , L. Nardes K. . Physical Education - the reasons for their career choice . Journal of Physical Education - No. 131 - August 2005 . Available at: <http://www.ebah.com.br/content/ABAAAA54kAL/educacao-fisica-os-motivos-dessa-escolha-profissional> . Access: 20set . In 2012 .

FERRETTI C. J. Vocational choice : foundations of educational guidance . São Paulo : Editora and Pedagogical University , 1976.

GIL , A. C. How to develop research projects . 4th edit. Sao Paulo : Atlas
2002.

Glaner , M. F. , RODRIGUEZ - AÑEZ , C. R. Validation of equations to estimate body density and / or fat percentage for male military . Journal Athletic Training . Volume 4 , 1999.

Glaner , M. F. Body mass index as an indicator of body fat compared to skinfolds . Rev Bras Med Esporte Vol 11 , No. 4 - Jul / Aug 2005 .

GRAUP , S. , PEREIRA , E. P., Lopes , A. S. , Araujo , V. C. , Legnani , R. F. S. , BORGATTO , A. F. Association between body image perception and anthropometric indicators of school . Rev. bras . Educ . Physics . Esp . , São Paulo , v.22 , n.2 , p.129 - 38 , April / June 2008 129 . Available at: <www.revistas.usp.br/rbefe/article/download/16688/18401> Access: 18mar 2013 .

MATARUNA , L. Body image under physiologic optics : analyzing the works of Paul Schilder . State University of Campinas . Sao Paulo : ETF - UNICAMP , 2002.

Moraes , C. , ANGELS , L. A. MARINO , S. M. S. A. Construction, adaptation and validation of scales silhouettes for self-assessment of nutritional status : a systematic review of the literature . Cad Public Health , Rio de Janeiro , 28 (1) :7 -19 , Jan , 2012.

PEDRETTI , A. , Vasconcelos , M. O. F. Media and body image : mental health issues for society . In proceedings of the XXIX Brazilian Congress of Communication Sciences , Brasilia , 2006

PRIMI R , MUNHOZ A. M. H. ; Bighetti C. A. ; NUCCI E. P.; PELEGRINI M. C. K. ; Moggi M. A. Development of an inventory survey of the difficulties of professional decision . Reflection and Critical Psychology 2000.

QUEIROGA , M. R. Use of anthropometric measurements for the determination of body fat distribution . Brazilian Journal of Physical Activity and Health , Vol 3 , No. 1 . 1998.

RECH , C. R. , Araujo , E. D. S. ; VANAT , J. R. Self-perception of body image in students of physical education. Rev. bras . Educ . Physics . Sport , Sao Paulo , v.24 , n.2 , p.285 -92 , April / June 2010.

RICARDO , D. R. , Araujo , C. G. S. Body Mass Index : A Challenging Scientific Evidence-Based . Arq Bras . Cardiol , Volume 79 (No. 1) , 61-9 , 2002.

SANT'ANNA , D. B. Body politics : Elements for a history of bodily practices . Sao Paulo : Liberty Station , 1995.

SANTOS , G. E. O. Sample calculation : online calculator . Available at: <http://www.calculoamostral.vai.la> . Access: 25jun 2013 .

SILVA , T. R. ; SAENGER , G. ; PEREIRA , E. C.. Factors associated with body image in physical education students . Motive , Rio Claro , v.17 n.4 , p.630 -639 , October / Dec. In 2011 . Available at: <http://www.scielo.br/pdf/motriz/v17n4/a07v17n4.
pdf.> Access: 02abr 2012.

Sroczyński , H. C. Body image of students of physical education in different semesters Feevale . Conclusion Work Degree in Physical Education Feevale . New Hamburg, 2007.

Turtelli , L. S. Relations between body image and movement qualities : a reflection from a literature search . State University College of Physical Education meadows Department studies of adapted physical activity . Campinas, 2003. Available in: <http://www.portalsaudebrasil.com/artigospsb/psico017.pdf.> Access: 02abr 2012.

Turtelli , L. S. ; TAVARES , M.C.G.C. DUARTE & E. Avenues of research into body image in relation to the movement .

Brazilian journal of sport sciences . v.24 , n.1 , 2002. Available at: <http://www.rbceonline.org.br/revista/index.php/RBCE/article/view/348/303.> Access: 18mar 2013 .

Rua Bernardo Jose Lacerda 333
Centro Guarapuava PR
CEP 85015-400

SELF PERCEPTION OF ACADEMIC COURSE OF PHYSICAL EDUCATION AND ITS INFLUENCE ON CAREER CHOICE

ABSTRACT

The choice of profession is one of the biggest challenges faced in life, because of the importance which it contains and the difficulties they faced . Moreover , it is not always prepared to make that decision . A good career choice is valuable both for the individual and the community in which it is inserted , it is through the profession that plays a social function . In this context , some groups seem to have quirks , image and body satisfaction , as is the case of academic physical education . The present study aimed to analyze the self-perception of academic physical education and its influence on career choice in a State University of Paraná . Data were collected through a questionnaire and anthropometric measurements . The results showed that most academics are dissatisfied with your body , a phenomenon that is not restricted to females . It can be noticed that the choice of physical education as a profession , predominantly , is not linked to situations of escape , and the absolute majority of individuals who choose this career , because it really makes you want to work in this area . In contrast, those who enter the Physical Education course have no knowledge of what the profession really is and what its importance in society , thus making the choice without information. We conclude that the body , health and body aesthetics are emerging demands of society that deserve special attention in the training of Physical Education .

KEYWORDS : Physical education , self-image , career choice

PERCEPTION DE SOI COURS UNIVERSITAIRE DE L'EDUCATION PHYSIQUE ET SON INFLUENCE SUR LE CHOIX PROFESSIONNEL

RÉSUMÉ

Le choix de la profession est l'un des plus grands défis rencontrés dans la vie , en raison de l'importance qu'il contient et les difficultés auxquels ils sont confrontés . En outre , il n'est pas toujours prêt à prendre cette décision . Un bon choix de carrière est précieuse à la fois pour l'individu et la communauté dans laquelle elle est insérée , il est par la profession qui joue une fonction sociale . Dans ce contexte , certains groupes semblent avoir bizarreries , l'image et la satisfaction du corps , comme c'est le cas de l'éducation physique scolaire . La présente étude visait à analyser la perception de soi de l'éducation physique scolaire et son influence sur le choix de carrière dans une université de l'Etat du Paraná . Les données ont été recueillies au moyen d' un questionnaire et les mesures anthropométriques . Les résultats ont montré que la plupart des universitaires sont mécontents de votre corps , un phénomène qui ne se limite pas aux femmes . On peut noter que le choix de l'éducation physique en tant que profession , surtout , n'est pas liée à des situations de fuite , et la majorité absolue des personnes qui choisissent cette carrière , car il fait vraiment vous voulez travailler dans ce domaine . En revanche, ceux qui entrent dans le cadre de l'éducation physique n'ont aucune connaissance de ce que la profession est vraiment et ce que son importance dans la société , ce qui rend le choix sans information. Nous concluons que l'esthétique du corps , de la santé et du corps sont les nouvelles demandes de la société qui méritent une attention particulière à la formation de l'éducation physique .

MOTS-CLÉS: éducation physique , l'image de soi , choix de carrière

AUTO PERCEPCIÓN DEL CURSO ACADÉMICO DE LA EDUCACIÓN FÍSICA Y SU INFLUENCIA EN LA ELECCIÓN PROFESIONAL

RESUMEN

La elección de profesión es uno de los mayores desafíos que enfrentan en la vida, debido a la importancia que contiene y las dificultades que enfrentaban. Por otra parte , no siempre está dispuesto a tomar esa decisión. Una buena elección de carrera es valioso tanto para el individuo y la comunidad en que está inserta , es a través de la profesión que desempeña una función social. En este contexto , algunos grupos parecen tener peculiaridades , la imagen y la satisfacción del cuerpo, como es el caso de la educación física escolar. El presente estudio tuvo como objetivo analizar la percepción de la educación física escolar y su influencia en la elección de carrera en la Universidad del Estado de Paraná . Los datos fueron recolectados a través de un cuestionario y las medidas antropométricas . Los resultados mostraron que la mayoría de los académicos no están satisfechos con su cuerpo, un fenómeno que no se restringe a las mujeres. Se puede observar que la elección de la educación física como una profesión , predominantemente , no está vinculada a las situaciones de evacuación, y la mayoría absoluta de las personas que eligen esta carrera, ya que realmente te dan ganas de trabajar en esta área . Por el contrario, los que entran en el curso de Educación Física no tienen conocimiento de lo que la profesión es realmente y cuál es su importancia en la sociedad , con lo que la elección sin información. Llegamos a la conclusión de que la estética del cuerpo, la salud y el cuerpo son las demandas emergentes de la sociedad que merecen especial atención en la formación de la Educación Física .

PALABRAS CLAVE : Educación Física , la autoimagen , la elección de carrera

A AUTO PERCEPÇÃO DOS ACADÊMICOS DO CURSO DE EDUCAÇÃO FÍSICA E A SUA INFLUENCIA NA ESCOLHA PROFISSIONAL

RESUMO

A escolha da profissão é um dos maiores desafios defrontados na vida, devido à importância de que se reveste e das dificuldades a serem enfrentadas. Além disso, nem sempre se está preparado para realizar essa decisão. Uma boa escolha profissional é valiosa tanto para o indivíduo, quanto para a comunidade em que o mesmo está inserido, pois é através da profissão que se desempenha uma função social. Neste contexto, alguns grupos parecem apresentar peculiaridades, a imagem e satisfação corporal, como é o caso de acadêmicos de educação física. O presente estudo teve como objetivo analisar a auto percepção dos acadêmicos de Educação Física e a sua influência na escolha profissional numa Universidade Estadual do Paraná. Os dados foram obtidos através da aplicação de questionário e avaliação antropométrica. Os resultados demonstraram que a maioria dos acadêmicos está insatisfeito com seu corpo, um fenômeno que não se restringe apenas ao sexo feminino. Pode-se perceber que a escolha da Educação Física como profissão, predominantemente, não está ligada a situações de escape, sendo que a maioria absoluta dos indivíduos que escolhe esta carreira, o faz porque realmente deseja trabalhar nesta área. Em contrapartida, os indivíduos que ingressam no curso de Educação Física não têm conhecimento do que realmente é a

profissão e qual sua importância na sociedade, realizando, portanto, a escolha sem informação. Conclui-se que o corpo, a saúde e a estética corporal são demandas emergentes da sociedade que merecem receber uma atenção especial na formação dos profissionais de Educação Física.

PALAVRAS CHAVE: Educação Física, auto-imagem, escolha profissional