15 - SELF-PERCEPTION OF BODY IMAGE IN EDUCATION COURSE UNDERGRADUATE PHYSICS OF A PUBLIC UNIVERSITY TERESINA-PI

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1. INTRODUCTION

Body image is the mental representation of our body structure and physical appearance that an individual has of himself and in relation to others (DAMASCENO et al., 2006 cited by Jesus et al., 2010). To Kakeshita (2008), the image that a person has of itself is formed by the representation of three distinct information idealized image, the image represented by the third-party printing and objective picture.

Almeida et al. (2005) reported in their study that in addition to age and gender, society, the media, culture, family and individual experiences also influence our body image. The reinforcement given by the media to show attractive bodies, causes a part of our society to embark on the search for an idealized physical appearance (Russian, 2005). And this intense search for attractive body image and unrealistic standards of beauty that cause excessive concern with appearance, resulting in increased body dissatisfaction (Mantovani et al., 2009).

Dissatisfaction with body image can be regarded as a negative assessment of his own body (ADAMI et al., 2008). With this dissatisfaction with the real body the individual tends to get the ideal body even if it will compromise your health (MORGADO et al., 2009).

Kakeshita and Almeida (2006), in a study involving 106 college students came to the conclusion that both men and women have a distorted self-image in order to overestimate it or underestimate it. Dissatisfaction or rejection and body size overestimation factors are directly linked to distortions of body image (FERREIRA, LEITE, 2002).

According to Saikali et al (2004) in relation to the distortion of body image, self-assessment this can occur: when the individual thinks in extremes related to its appearance and is very critical of her, when comparing their appearance with extreme standards of society and when you focus on one aspect of their appearance.

Thus, Damasceno et al (2005) concluded in their study that not only women seek the perfect body (thinner and less bulky), but also men want to have a stronger and bulky body. According to this study, Merlin et al. (2002) point out that the professions related to exaggerated concerns body shape may be related to eating disorders.

People afflicted with eating disorders have in common, excessive preoccupation with weight and diet, as well as dissatisfaction and body image distortion (Oliveira et al., 2003).

Given the above, the general objective of this study was to analyze the perception of body image in undergraduate physics education course at a public university of Teresina-PI.

2. METHODOLOGY

This is a descriptive research, cross and qualitative and quantitative approach. The research was conducted at the Federal University of Piauí, campus Petronio Portela, in Teresina-PI, the Bachelor's Degree in Physical Education. The sample consisted of 50 undergraduate students: 28 freshmen and 22 conclusive of the year 2016, in the age group 17-30 years in good academic standing, duly registered in the evaluated course. Data collection was performed using instruments that assess the perception of body image: Scale the silhouettes adaptation Kakeshita (2008) for Brazilian adults and the questionnaire Body Shape Questionnaire (BSQ) developed by Cooper et al. (1987) and validated by Di Pietro (2002).

The BSQ evaluates how the person sees the last four weeks compared to physical appearance (concern with body shape, feeling of being fat and onset of eating disorders symptoms linked to the image). Responses of 34 items are added after assigning of one to six points on each item. It is considered that when the total points is less than 80, there is no distortion on the body image. Between 80 and 110, the subject has mild distortion. Values between 111 and 140 classify it as moderate distortion. Above 140 points, the subject is considered to serious distortion of body image.

The silhouettes scale used consists of a set of 15 silhouettes of each gender. It is presented in ascending ordered series, should choose "the figure that best represents its current size" and then "the figure you would like to have." When the figure chosen as "desired" is greater than the selected as "current", it is considered that the individual wants to increase the size of your body, and when smaller, there is a desire to decrease it (LAUS et al. , 2013). In case of equal choice for both real and for desired, there is dissatisfaction.

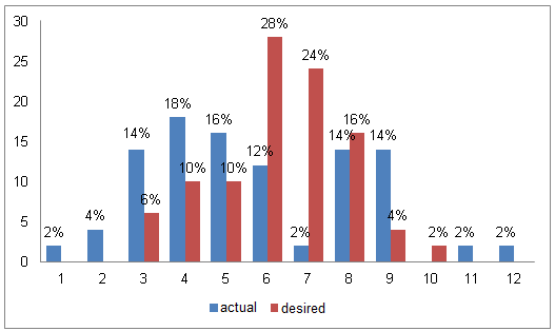
The instruments were applied collectively on different days for the two classes and the schedule of classes, with permission of the teacher present at the time, but without the presence of this during application. Subsequently, all participants signed a Consent term and Clarified - IC, in accordance with Resolution 196/96 of the National Health Council (CNS).

Initially a descriptive statistics were performed by means of percentages, means and standard deviations. Then we carried out a bivariate analysis using the chi-square test to verify the association between sex and BSQ and between body and BSQ image. Analyses were performed in STATA 13.0 and the significance level was 5%.

3. RESULTS AND DISCUSSION

The participants were 50 students from Federal University of Piauí, 54% male and 46% female, enrolled in the Bachelor's Degree in Physical Education, aged 17-30 years, mean age of 21.48 (3,92). Figure 1 shows the perception of the real and desired silhouettes for undergraduates surveyed in its entirety. It is observed that the most desired silhouette for them, was the number 6 (28%).

Figure 1 - Percentage of self-perception of actual and desired silhouettes in percentage of graduates of Bachelor's Degree in Physical Education. Teresina, 2016.

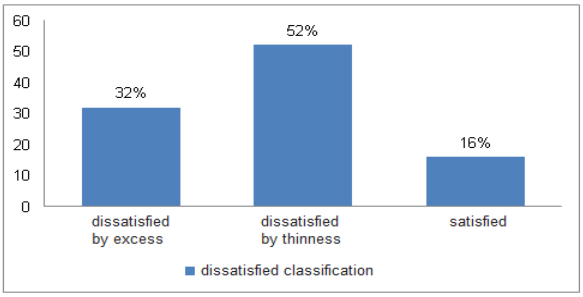


Source: Direct Research (2016).

In figure 1 we note that 34% of surveyed rated as their actual silhouettes number of the 4 (18%) 5 (16%), while the desired silhouettes presenting greater predilection were silhouettes 6 (28%) and 7 (24%), totaling 52% of respondents. They were not identified by any graduating silhouettes 13, 14 and 15. According Kakeshita (2008), in his work entitled "Adaptation and validation of silhouettes scales for Brazilian children and adults," Figures 3 and 4 represent normal weight people and figures 6 and 7, overweight people. What corroborates the findings of this study where the majority of respondents is dissatisfied with thinness. Figures 13, 14 and 15 represent people with obesity (levels I, II and III).

Figure 2 shows the self-awareness that graduate students had regarding their body image and it was observed that most were dissatisfied, either by excess or by thinness.

Figure 2 – Actual body image satisfaction of the students of the Bachelor's Degree in Physical Education. Teresina, 2016.



Source: Direct Research (2016).

It can be seen in Figure 1, the 52% surveyed feel dissatisfied by their thinness; 32% dissatisfied by excess and 16% are satisfied with their current body shape. Indeed unusual in the literature, as the prevalence of dissatisfaction with body image occurs, in most studies, the dissatisfaction with the excess. One sees the search for a "piebald" body by both sexes.

According Claumann et al (2014) the chosen instrument to assess satisfaction with body image, scale silhouettes, classifies individuals in satisfied and dissatisfied by excess and by thinness, while they may want a more muscular body or defined, and not necessarily greater or lesser than the actual profile. The same author draws attention to the dissatisfaction situation related to body weight, or some specific parts of the body, which can not be identified by means of the scale.

Table 1 shows the classification of the BSQ of the students surveyed in its entirety and can be observed that 68% of students showed no distortion of body image.

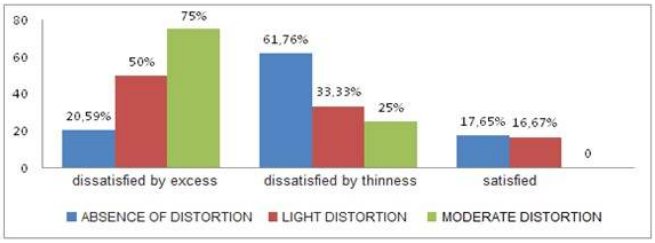
Table 1 – BSQ rating of graduates of Bachelor's Degree Physical Education. Teresina, 2016.

CLASSIFICATION	ABSOLUTE FREQUENCY	FREQUENCY ON (%)
ABSENCE OF DISTORTION	34	68,00
LIGHT DISTORTION	12	24,00
MODERATE DISTORTION	04	8,00
TOTAL	50	100,00

Source: Direct Research (2016).

According to Table 1, it was found that 68% of the students do not have distorted body image, or the most. While 24% showed slight distortion and 8%, moderate distortion. That is, only 32% of the students were classified as dissatisfied with their body image. This fact is explained by Miranda et al (2012) in which had stressed that the BSQ assesses thoughts, feelings and behavior of the individual in relation to his body and not the size and body shape, as with the scale silhouettes. Similar studies have found 59.6% and 82.9% of university nutrition and physical education satisfied with their body image, respectively (BOSI et al, 2006, 2008).

Figure 3 – Association between the result of the BSQ and Silhouettes range of graduates of Bachelor's Degree in Physical Education. Teresina, 2016.



*p=0,107

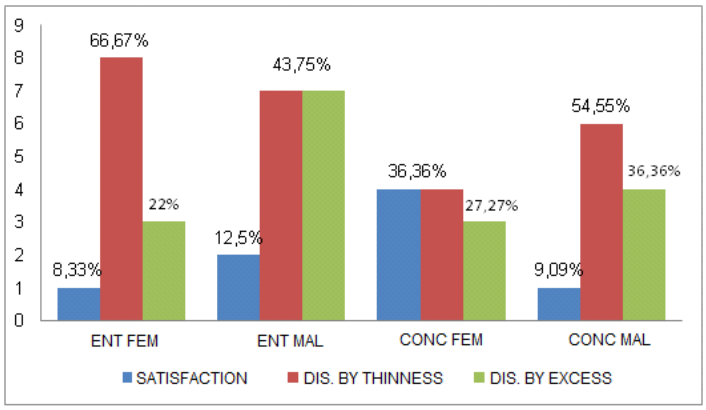
Source: Direct Research (2016).

Figure 3 shows that when you make an association between the BSQ and the graduate students silhouettes of scale, which showed moderate distortion (75%), feel dissatisfied by too much, or want to lose weight; while those who did not distortion (61.76%) feel dissatisfied with thinness, that is, want to increase muscle mass, although this association was not statistically significant (p = 0.107). This association is in line with several published works about this subject.

Corroborating the same, it may be mentioned the study by Miranda et al. (2012) with 535 students from different areas of knowledge of both sexes who had 88.9% of participants free of body dissatisfaction by BSQ. However, the scale of silhouettes, 76.6% were considered dissatisfied.

Figure 4 shows the satisfaction of body image of freshmen and seniors of respondents of both sexes. Furthermore, the figure also shows that the difference in perception between the sexes were not significant for any class (p = 0.482 and p = 0.310 entering graduating).

Figure 4– Satisfaction body image of freshmen and seniors of both sexes of the students of the Bachelor's Degree in Physical Education. Teresina, 2016



*p=0,482 (freshmen); **p=0,310 (graduates).

Legend: FEM=female; MAL=male; ENT=entrant; CONC=conclusive; DIS=dissatisfaction.

Source: Direct Research (2016).

In figure 4, it is observed that most of the incoming university (66.67%) feel dissatisfied by thinness; while only 36.36% of the graduates showed dissatisfaction by thinness, comparing with the showing satisfaction of their way. Regarding the freshmen students, there is an equity in body dissatisfaction thinness and excess (43.75%); on the other hand the graduating students feel dissatisfied mostly for thinness (54.55%). There was a statistically significant association in the comparison of dissatisfaction rating with the sex of respondents (p = 0.482 for the freshmen, p = 0.310, for graduates).

Contrary to the literature, this study shows the dissatisfaction thinness, or by the desire to increase silhouette, the female audience. On the other hand, the research confirms the prevalence of dissatisfaction thinness by male audience, as the ideal body for them is a body with strong, muscular feature (ASUNCION, 2002).

In a study by Martins et al. (2012) on dissatisfaction with body image and associated factors in university concluded that men are more often the desire to increase the weight and women, to reduce.

4. FINAL

Therefore, it is concluded that most of the students of the course of study Physics Education is dissatisfied by its thinness, which is different from other findings already in the literature, which mostly shows a dissatisfaction by excess. Possibly this may have occurred because this sample was composed of students of Physical Education.

Regarding the assessment of concern with body image of the participants found that the majority showed no distortion in their body image. Meaning a reduction in the chance of them developing an eating disorder.

It can be concluded also that the prevalence of body image distortion in both undergraduate freshmen as graduates was not significant in any of the observed associations. But despite this, it was possible to observe a high prevalence of dissatisfaction with body image in the direction of both sexes want to have your increased silhouette. Note, too, that the prevalence of actual profile in students in its entirety is 4 and 5, while the desired silhouettes of greater predilection is 6 and 7, which means a median choice for a desired body shape to be sought. This reinforces the dissatisfaction with thinness that they demonstrated.

Thus, it is suggested that further studies be carried out with this theme in the university with students from various areas, so that they can work more fully with the theme, also analyzing other associated factors. It is important to know the way we see ourselves, so that we can teach that our picture can and should be individually systematized, despite being molded with the interaction between the environment and individuals.

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SELF-PERCEPTION OF BODY IMAGE IN EDUCATION COURSE UNDERGRADUATE PHYSICS OF A PUBLIC UNIVERSITY TERESINA-PI

SUMMARY

Body image is the mental representation of the body structure and physical appearance that an individual has of himself and toward others. The aim of this study was to evaluate the self-perception of body image in undergraduate physics education course at a public university of Teresina-PI. The research is descriptive, cross-sectional, qualitative and quantitative. The target audience of the research were 50 undergraduate freshmen and conclusive of the year 2016, 27 males and 23 females, aged 17-30 years who were willing to participate. Data were collected on the perception and dissatisfaction with body image through the range of 15 silhouettes and validated questionnaire on body image Body Shape Questionnaire (BSQ). Most of the students (52%) presented themselves dissatisfied with thinness. By associating the BSQ variables and the range of silhouettes, the graduate students who had moderate distortion (75%), feel dissatisfied by excess; while those who did not distortion (61.76%), feel dissatisfied with thinness, although this association was not statistically significant (p = 0.107). We conclude that the prevalence of body image distortion in the surveyed graduate students was not significant in any of the observed associations. Although this did not prevent the prevalence of dissatisfaction with body image in the direction of both genders want to have your increased silhouette. Thus, there is importance of reflecting a guiding reflective praxis for future health professionals and sports.

Keywords: Body image. body satisfaction. Graduate students.

AUTO-PERCEPTION DE BODY IMAGE DANS L'ENSEIGNEMENT UNIVERSITAIRE COURS PHYSIQUE D'UN PUBLIC UNIVERSITY TERESINA-PI

RÉSUMÉ

L'image corporelle est la représentation mentale de la structure du corps et de l'apparence physique qu'un individu a de lui-même et envers les autres. Le but de cette étude était d'évaluer l'auto-perception de l'image corporelle en physique de premier cycle cours de formation d'une université publique de Teresina-PI. La recherche est descriptive, transversale, qualitative et quantitative. Le public cible de la recherche étaient 50 étudiants de première année de premier cycle et concluante de l'an 2016, 27 hommes et 23 femmes, âgés de 17-30 ans qui étaient prêts à participer. Les données ont été recueillies sur la perception et l'insatisfaction de l'image corporelle à travers la gamme de 15 silhouettes et validées questionnaire sur l'image du corps Forme du corps Questionnaire (BSQ). La plupart des étudiants (52%) ont présenté eux-mêmes mécontents de la minceur. En associant les variables BSQ et la gamme de silhouettes, les étudiants des cycles supérieurs qui ont eu une distorsion modérée (75%), se sentent insatisfaits par l'excès; tandis que ceux qui ne l'a pas distorsion (61,76%) se sentent insatisfaits de la minceur, bien que cette association ne soit pas statistiquement significative (p = 0,107). Nous concluons que la prévalence de l'image corporelle distorsion des étudiants diplômés interrogés n'a pas été significative dans aucune des associations observées. Bien que cela n'a pas empêché la prévalence de l'insatisfaction de l'image corporelle dans le sens des deux sexes avec voulez avoir votre silhouette augmenté. Ainsi, il est important de réfléchir une praxis réflexive guide pour les futurs professionnels de la santé et des sports.

Mots-clés: image du corps. la satisfaction du corps. Les étudiants diplômés.

AUTOPERCEPCION DE LA IMAGEN CORPORAL EDUCACIÓN FÍSICA CURSO DE GRADO DE LA UNIVERSIDAD PÚBLICA A TERESINA-PI

RESUMEN

La imagen corporal es la representación mental de la estructura del cuerpo y la apariencia física que una persona

tiene de sí mismo y hacia los demás. El objetivo de este estudio fue evaluar la autopercepción de la imagen corporal en el curso de educación física de grado de una universidad estatal de Teresina-PI. La investigación es descriptiva, transversal, cualitativa y cuantitativa. El público objetivo de la investigación fueron 50 estudiantes de primer año de licenciatura y concluyentes del año 2016, 27 hombres y 23 mujeres, con edades entre 17-30 años que estaban dispuestos a participar. Se recogieron datos sobre la percepción y la insatisfacción con la imagen corporal a través de la gama de 15 siluetas y validados cuestionario sobre la forma de la imagen corporal del cuerpo Questionnaire (BSQ). La mayoría de los estudiantes (52%) presentaron insatisfechos con la delgadez. Al asociar las variables BSQ y el rango de las siluetas, los estudiantes graduados que tenían la distorsión moderada (75%), se sienten insatisfechos por el exceso; mientras que aquellos que no lo hicieron distorsión (61,76%) se sienten insatisfechos con la delgadez, aunque esta asociación no fue estadísticamente significativa (p = 0,107). Se concluye que la prevalencia de la distorsión de la imagen corporal en los estudiantes graduados encuestados no fue significativa en ninguna de las asociaciones observadas. Aunque esto no impidió que la prevalencia de la insatisfacción con la imagen corporal en la dirección de ambos sexos con la que desee tener su aumento de la silueta. Por lo tanto, no hay importancia de reflejar una praxis reflexiva de guía para futuros profesionales de la salud y el deporte.

Palabras clave: imagen corporal. satisfacción con el cuerpo. Los estudiantes graduados.

AUTOPERCEPÇÃO DA IMAGEM CORPORAL EM GRADUANDOS DO CURSO DE EDUCAÇÃO FÍSICA DE UMA UNIVERSIDADE PÚBLICA DE TERESINA-PI

RESUMO

A imagem corporal é a representação mental da estrutura corporal e da aparência física que um indivíduo tem de si mesmo e em relação aos outros. O objetivo deste estudo foi avaliar a autopercepção da imagem corporal em graduandos do curso de educação física de uma universidade pública de Teresina-PI. A pesquisa tem caráter descritivo, transversal, quali-quantitativa. O público alvo da pesquisa foram 50 graduandos ingressantes e concludentes do ano de 2016, sendo 27 do gênero masculino e 23 do gênero feminino, na faixa etária de 17 a 30 anos, que se dispuseram a participar da pesquisa. Foram coletados dados sobre a percepção e insatisfação com a imagem corporal por meio da escala de 15 silhuetas e o questionário validado sobre imagem corporal Body Shape Questionnaire (BSQ). A maioria dos graduandos (52%) apresentaram-se insatisfeitos pela magreza. Ao associar as variáveis BSQ e a escala de silhuetas, os graduandos que apresentaram moderada distorção (75%), sentem-se insatisfeitos pelo excesso; enquanto os que não apresentaram distorção (61,76%) se sentem insatisfeitos pela magreza, embora essa associação não tenha sido estatisticamente significativa (p=0,107). Conclui-se que a prevalência de distorção da imagem corporal nos graduandos pesquisados não foi significativa, em nenhuma das associações verificadas. Embora tal fato não impedisse a prevalência de insatisfação com a imagem corporal no sentido de ambos os gêneros desejarem possuir a sua silhueta aumentada. Assim, há importância de se refletir uma práxis reflexiva norteadora para os futuros profissionais de saúde e desporto.

Palavras-chave: Imagem corporal. Satisfação corporal. Graduandos.