116 - PERCEPTION OF BODY IMAGE OF ELDERLY PRACTITIONERS OF PHYSICAL EXERCISE.

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doi:10.16887/87.a1.116

Human aging is a biological process that happens gradually and is characterized by several changes, whether morphological, functional, biochemical and / or psychological. Together these changes are progressive losses to adapt to the environment capacity, causing greater vulnerability and greater chances of incidence of pathological processes that can lead the individual to death (FERREIRA et al., 2012).

With age, performing daily activities becomes more and more difficult due to the decrease of the motor capacity, reduced muscle strength and metabolism, among other variations, thereby causing weight gain and sometimes osteoarticulares problems. Decreases in lung vital capacity and cerebral blood flow are some of the changes that the respiratory, cardiovascular, nervous and musculoskeletal systems suffer as a result of the consequences resulting from aging, plus the agility deficit, coordination, balance and flexibility (VILELA; BUSANELLO; OLIVEIRA, 2010).

The changes that the elderly person presents with advancing age influence negatively on self-esteem and self-image because society values youth as stereotype of beauty and productivity, thus interfering in the biopsychosocial balls elderly (SILVA; ZAGO; ANDRADE 2005 apud ROLA, 2015). In Brazil, research, programs and associations are for the elderly, because with the increase in population was generated concerns in several professional sectors (ROLA, 2015).

It can be said that when the individual can direct his own life, has the notion of autonomy linked to welfare. Thus, the more the elderly have autonomy, the better their quality of life in old age. Functional capacity will be responsible for many positive changes; since the elderly will feel much more secure and able to carry out the activities and will be easier to accept the modifications made by the appearance over the years (AMORIM et al., 2014).

Body image plays an important role in the construction of personal identity. The third age, "[...] arouses negative feelings such as pity, fear and embarrassment as a result of physical, cognitive and social changes that triggers" (FERREIRA et al., 2010).

It is the third age where changes occur more significantly. Changes resulting from the loss of ability to perform some day to day tasks or functions in society, affecting their self-esteem and therefore interfering with their self-image. Physical activity contributes mitigating the effects of this phase of life, providing quality of life and satisfaction for those who remain active. (SANTOS; MARRAMARCO, 2014)

It is known that longevity means alone, quality of life, making it a concern with the elderly. To the elderly, positive body image is the stereotype of young body as ideal that hinders the process of accepting your body shape, causing dissatisfaction in the way you see. When this occurs, the sense of well being is diminished, which consequently affects factors of biological, psychological and social order (JESUS et al., 2016).

The practice of physical activity has numerous health benefits, not only to reduce the decline of the locomotors system and to improve self-esteem in the elderly. Physical activity provides functional independence so that they can carry out their daily tasks, have quality of life and face with optimism the aging process; because of the many changes the body undergoes this stage of life. Staying active involves increased social contact, reduces typical diseases of old age such as anxiety and depression (FECHINE; TROMPIERI, 2012).

In this context, it operates the way of how old you see that body image is of itself, which can cause them psychological problems occurring retraction by insecurity and dissatisfaction with their appearance.

Thus, this project is of great academic importance, as it aims to analyze the contribution that the Gerontológica gymnastics provides to elderly practitioners of physical activity of the project "Active Life" of the Integrated Faculties of Patos (FIP), with respect to body image, contributing to research directed to aging and body image.

Thus, knowing of the benefits of exercise and the importance of movement in the reconstruction of body image, the contribution of exercise for body image of older practitioners of gerontology fitness project "Active Life" of the Integrated Faculties of Patos- PB?

The elderly and the aging process

The aging process is characterized by the decline of the body, resulting in physical, social and emotional changes. According to the Elderly Statute and its legal framework of the National Policy for the Elderly, they are considered elderly all who make up the population aged 60 or more (BRAZIL, 2010).

In Brazil, the elderly population is only going to keep growing, according to the latest census, where in 1991 it was 4.8% in 2000 rising to 5.9% and in 2010 7.4%. For the year 2050, there is a Brazilian forecast life expectancy increase to an average of 81.29 years, as a result of medical advances and therefore improvements in the general living conditions of the population (IBGE, 2010).

United Nations data show further estimative as point 1100 billion elderly for the year 2025 and for the year 2050 worldwide the number of elderly will exceed the number of young people (FECHINE; TROMPIERI, 2015).

The demographic profile of the country is heading towards a more aged Brazil, with features and great emphasis on chronic diseases, requiring adjustments of policies for the areas of health, social care and welfare (MENDES, 2011).

When the population ages brings important social and emotional repercussions, because with the arrival of this stage of life, there is a possibility of loss of independence and efficiency, resulting in many anxieties and expectations for the future. But for this process to happen in a healthy manner and quality is of fundamental importance to the way the elderly accepts this natural physical decline arising from age to age healthily and with quality (GUERRA; CALDAS, 2010).

There are no time agings as human's age from birth. So, old age would be the last phase of the life cycle, to designate the elderly; as it evolves also degrades; live is age (VILELA, 2016).

We need to develop self-confidence, autonomy and sense of efficiency for the elderly to adapt to this point in their lives. When the elderly remains active, it has the ability to raise their self-esteem, being able also to develop new skills (Ferreira et

al., 2012). And for this to happen to practice a body activity is a very important strategy, because this way the elderly will get subsidies to face positively the decline, be it organic, psychological and how you perceive your body, in addition to structured programs exercises that promote satisfaction in the elderly, since this also has a direct influence on the way how it behaves, and how to interact socially (FONSECA et al., 2014).

As science advances, it increases the number of elderly people and their longevity (IBGE, 2010). Becoming old is a process by which there is no reversal is gradual and therefore is a much discussed topic, research topic in today's society (MAZINI FILHO et al., 2010).

Every human being has special features and therefore do not always age will be a factor to state who is more active. So every elderly has its individual limitations, where a 90-year old may present active, while other 70 years are already confined and full of limitations. Thus, every human being has differences, and through their individualities is that determine how each will age. However, among men and women there are differences in aging rates. Variables such as gender, genetics and lifestyle contribute as determining factors (FECHINE; TROMPIERI, 2015).

The elderly population is heterogeneous, given that its functionality depends not only on age, but your lifestyle, gender, social and economic factors among others. In this way, all this will determine their functional categorization, being able to observe different biological conditions in people with the same age group (BIFFIGNANDI, 2013). In this final phase of the life cycle is also marked by the appearance of loneliness, decreased affectivity, baldness, loss of roles in society by virtue of engines and psychological damage. (FECHINE; TROMPIERI, 2015).

So the elderly should engage in structured physical activity programs to provide maximization of social counted, encouraging improvements in life satisfaction and reduce loneliness. (FRANZIN;SANTOS, 2016).

Successful aging and body image of the elderly

The successful aging is related to the development and maintenance of functional capacity over the years. It refers to the importance of keeping active, promoting healthy behaviors, and thus reducing harmful risk factors (FRANZIN; SANTOS, 2016).

Body image includes the shape of the perception of how people see themselves, and factors of physical, psychological and cultural factors influence enough. Are multiple specificities, developed through thoughts, feelings and about the perception of one's appearance and other body structures (DE CARVALHO, 2013; FRANZIN; SANTOS, 2016).

The image that the individual has of it is formed from various stimuli that can be visual, emotional sensations, kinesthetic and proprioceptive suffering constant changes according to the stimuli and interactions with the environment. Thus, it is extremely important to invest in resources for the study of the psychological impact of physical decline and social consequences of aging, and how all this problem can affect personal satisfaction self-esteem (FONSECA et al., 2014).

The environmental stress and diseases may increase the vulnerability of the individual to age more rapidly, signifying a different biological chronological age, since the former is demonstrated by the organism, based on the medium with the tissue image is presented. Psychological age also influences the way how the old projects in relation to their body image, and social age varies in different societies (FECHINE; TROMPIERI, 2012).

The aging process generates dissatisfaction with body image; are changes with respect to the physical and psychological well, especially with women. With the resulting changes in body shape changes, you can link it to an imbalance in the nutritional status of the elderly, which can be seen a gradual increase in fat mass and reduced lean body mass, as well as the amount of minerals and water present in the inside and outside the body's cells (ANITELI et al, 2006 cited FRANZIN;. SANTOS, 2016).

When it comes to successful aging, some variables are discussed and among them a very important is good nutrition. Not that it will mean longer survival, but a positive impact in maximum life cycle. healthy aging include changes in lifestyle, especially with physical exercise, balanced diet, which will allow reduction of future complications and increased life expectancy, resulting in healthy aging, from the control of nutritional habits, associated with health mental elderly, social interaction and independence in daily life (CORADINI et al., 2012).

The way the Elder plays and accepts the natural physical decline of age is critical to the aging process is healthy and quality (GUERRA; CALDAS, 2010).

Losses and physical changes associated with aging can be prevented or even reversed through prevention, if appropriate intervention through exercise. With regular practice it is possible to obtain good health and functional capacity, as well as the acquisition and maintenance of self-confidence, self-control and security in daily life through the physical well being and mental domain that has the body (MAZO; LOPES; BENEDETTI 2001 apud CORADINI et al, 2012).

The elderly population to practice a body activity only has to contribute in a positive way to deal with its organic, psychological and body perception decline. When these activities take place in interaction with groups or structured programs, promote satisfaction and directly influence the behavior of the elderly (FONSECA et al., 2014).

Thus, physical activity should is focused on improving the performance of individuals, either in activities of daily life, their autonomy and independence, because once these areas are lost are vulnerable to depressive disorders and low self-esteem. At the moment there is the possibility of a person having a physically active life in old age, it becomes able to make their own decisions and carry out their day to day, providing a positive effect on your thoughts and feelings on your self-assessment and on their self-image (LUCENA, 2014).

The influence of physical activity on the body of the old image.

Physical activity has a very important role for all people because it allows individuals to remain active, increasing their provisions for everyday activities, and functions as a social integration factor (FECHINE; TROMPIERI, 2012).

Body image is the way the body is presented to you with form and structure figured in mind the same individual.

“Body image is defined as an illustration that you have in mind about the size, appearance and body shape, as well as the emotional responses (feelings) associated with it" (FRANZIN; SANTOS, 2016, p.3).

The physical changes from the aging are synonymous in most cases of dissatisfaction, in which the body appearance is crucial in valuing confidence, and psychological as the main barrier to be overcome, and therefore the ideal body expectation can lead to distortions body image (FRANZIN; SANTOS, 2016).

The individual perceives the body throughout life, as body awareness helps it to stay with high self-esteem. However, it is probably in old age that this attribute becomes more noted, in view of the larger accommodations that happen in the body (FRANZIN; SANTOS, 2016).

Increased body fat and loss of muscle mass results in a decrease in aerobic function and redistribution of body fat, there was an increase mainly in the abdomen, which is associated with other diseases, and to influence body image (SKOPINSK;

RESENDE; SCHNEIDER, 2015).

Physical activity away from sedentary lifestyles decreases the use of medications for pain, antidepressants and tranquilizers, remembering that it is paired with a balanced diet and motivation, making life much more fun elderly (FERNANDES, 2014).

When the old guy suffers appropriate intervention through physical activity, many of the physical losses resulting from aging can be prevented and even reversed, since regular practice is able to achieve essential variables such as good health and functional capacity, self-confidence, sense of self-control, security on a daily basis through the mastery of the body and physical and mental well-being (CORADINI et al., 2012).

The body image, and self-esteem are conditions which can be influenced by the movement, since they are interdependent and dynamic variables; bodily practices carried out in groups provide greater independence and autonomy by restoring the balance, reducing the risk of acquiring chronic and degenerative diseases and has the ability to decrease social isolation (ANTUNES; MAZO; BALBÉ, 2011).

As the subjects perform physical activities, contribute to the improvement in the sense of physical competence, and thus feel more satisfied with their own bodies, in addition to changes in behavior related to practices and eating habits, promoting changes that may greatly influence the psychological aspects in the elderly (CORADINI et al., 2012).

The elderly population to practice a physical activity gains subsidies to deal positively with their organic, psychological and body perception decline; Furthermore, the social interaction provided by structured exercise programs promote satisfaction in the elderly and also has a direct influence on their behavior (FONSECA et al., 2014).

When performed regularly, physical activity and contribute to the positive image of the elderly body produces other effects; in addition to providing improvements in health and physical condition in general, allows contact with other seniors in a supportive environment, encouraging even friendship, favoring social life (CORADINI et al., 2012).

The practice of physical activity can bring benefits to the body of the old image, so being able to have an active aging so that has autonomy and independence, physically active life, carrying out its activities with positive effects on how they feel and their own image (LUCENA, 2014).

Physical activity in the usual way for the elderly contributes to the improvement of the functional and mental health skills, slows the aging process to achieve longevity with quality, favoring the life of any individual, because age does not mean being near the end, but it is after 60 years you can learn to revive, live longer and with more quality (FERNANDES, 2014).

This study is defined by Mattos, Rossetto Junior and Blecher (2008) as cross-sectional, qualitative and quantitative, due to its main characteristic is the "interpretation" of opinions where there are observations, records, correlations and description of facts, but in a way no occurring manipulation of observed reality.

To achieve the goals the sample is composed of 40 practitioners in practicing older group of Gerontológica gymnastics project "Active Life" the Faculdades Integradas de Patos - PB- (FIP), Patos - PB.

For the collection of data will be used two instruments to analyze the body image of the studied population. The first instrument (STUNKARD, SORENSON AND SCHULSINGER, 1983) will be used to display the real image and the ideal of older while the second tool (questionnaire) will be used and developed to categorize the lines of the population.

The second instrument is a questionnaire prepared by the researchers for the purpose of analyzing the perception of body image of older study participants. This questionnaire will be prepared in order to establish categories of responses. The instrument in question will consist of six open issues where elderly respond as the real body and how it would be the ideal body.

For a probable measurement of the perception of body self-image, and as the volunteers selected participants will be practitiones in practicing older group of Gerontológica gymnastics project "Active Life" the Faculdades Integradas de Patos - PB- (FIP), Patos - PB, which respond the questionnaire with questions and alternatives established objectively by the protocol. To this end, participants will contribute to the research will not be exposed to contraindications in partial or full terms, following protocol recommendations of the research.

The methodological procedures will not cause any embarrassment or discomfort elderly, and will only be made by signing the consent form and clarified.

For the analysis of body image will be used Stunkard test, Sorenson and Schulsinger (1983) to assess body image, adapted to the Brazilian population by Matsudo, Velardi, Brandão et al. (2007). The test consists of 12 silhouettes in progressive scale allowing for the analysis of body image of older. The evaluated observe the silhouettes and identify an image that represents your real body and another image that represents your ideal body. Therefore, each volunteer two mark images.

The second instrument is a questionnaire prepared by the researchers for the purpose of analyzing the perception of body image of older study participants. This questionnaire will be prepared in order to establish categories of responses. The instrument in question will consist of six open issues where elderly respond as the real body and how it would be the ideal body.

For a probable measurement of the perception of body self-image, and as the volunteers selected participants will be practitioners in practicing older group of Gerontológica gymnastics project "Active Life" the Faculdades Integradas de Patos - PB- (FIP), which respond the questionnaire with questions and alternatives established objectively by the protocol. To this end, participants will contribute to the research will not be exposed to contraindications in partial or full terms, following protocol recommendations of the research.

The methodological procedures will not cause any embarrassment or discomfort elderly and will only be made by signing the consent form and clarified.

The methods used will be the Silhouette Scale Stunkard (Scagliusi et al., 2006), verifying the perception of the elderly about their current body image and also the ideal body image, the progressive scale of nine silhouettes; They will also be applied semi-structured interviews with six questions about body image and its relationship with physical activity.

To implement this project will be submitted to the Ethics Committee of the Integrated Faculties of Patos. Visits will be scheduled for the presentation of the proposed study and procedures. The tests will be carried out after signing the informed consent authorizing, with the delivery of questionnaires and explanation of possible questions and by scheduled date collected.

To carry out the statistical process data will be analyzed qualitatively and quantitatively from the establishment of categories of responses and images marked as real and ideal. The answers found in the questionnaire and body image protocol will be compared in order to establish relationships and categories as the response groups.

It will therefore be necessary to establish two categories for the study: the real body and the ideal body. The first category will refer to body image that older have at the time of the study while the second category will refer to body image that they would like to reflect.

This project will be submitted to the Ethics Committee of the Integrated Faculties of Patos. Visits will be scheduled for presentation and clarification of the questionnaire proposed by the study and the procedures. The tests will be carried out with the delivery of questionnaires and explanation of possible questions and by scheduled date will be collected.

The subjects will be informed of the study objectives, risks, benefits and confidentiality of information and agreeing to participate voluntarily, sign the consent form and clear - IC, meeting thus the requirements of the National Council Resolution 466/12 of health.

This research will be conducted in accordance with the Resolution 196/96 With regard to the national health council, when it comes to research involving human beings, ensuring full subject of privacy in what will be preserved and authorized by the Ethics and Research Committee CEP / FIP under a number to file.

Participants involved in the study will take knowledge of the research objectives, ensuring freedom of choice to participate on the said research, thus having the guarantee of anonymity, by this approval sign the consent form and clear.

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VILELA, Alba Benemérita Alves. Envelhecimento bem-sucedido: representação de idosos. Saúde. com 2.2, 2016.PERCEPTION OF BODY IMAGE OF ELDERLY PRACTITIONERS OF PHYSICAL EXERCISE.

ABSTRACT

Introduction: Human aging is a biological process that happens gradually and is characterized by several changes, whether morphological, functional, biochemical and / or psychological. The changes that the elderly person presents with advancing age influence negatively on self-esteem and self-image because society values youth as stereotype of beauty and productivity, thus interfering in the biopsychosocial balls elderly. Objective: To analyze the effects of physical activity for body image of older practitioners of gerontology fitness project "Active Life". Materials and Methods: Presenting main characteristic is the "interpretation" of opinions where there are observations, records, correlations and description of facts, but in a way though without manipulation of observed reality. The methods used are the data collected through questionnaires, tests and systematic observations, checking the levels of satisfaction or dissatisfaction with body shape related to the aging process and also compare the results with other studies. The research will be developed in gerontológica fitness practitioners elderly group project "Active Life" the Faculdades Integradas de Patos - PB- (FIP), Patos - PB. Partial considerations: It is estimated that this positive assessment of body image may be related to the benefits of physical exercise, as it helps in understanding the physiological individuals, psychological and social needs of the elderly, favoring experience with the body for a body full image.

Keywords: Body image. Elderly. Physical Exercise.

PERCEPTION DU CORPS IMAGE DE PRATICIENS ÂGÉES DE L'EXERCICE PHYSIQUE.

RÉSUMÉ

Introduction: vieillissement humain est un processus biologique qui se produit graduellement et se caractérise par plusieurs changements, que ce soit morphologique, fonctionnelle, biochimique et / ou psychologique. Les changements que la personne âgée présente avec l'avancement influence de l'âge négatif sur l'estime de soi et l'image de soi parce que la société

valorise la jeunesse comme stéréotype de la beauté et de la productivité, ainsi interférer dans les boules biopsychosociales personnes âgées. Objectif: analyser les effets de l'activité physique de l'image corporelle des praticiens âgés de projet de remise en forme de gérontologie "Vie active" pour. Matériels et méthodes: Présenter la principale caractéristique est la «interprétation» des opinions où il y a des observations, des dossiers, des corrélations et description des faits, mais d'une manière mais sans manipulation de la réalité observée. Les méthodes utilisées sont les données recueillies au moyen de questionnaires, de tests et d'observations systématiques, en vérifiant les niveaux de satisfaction ou d'insatisfaction avec la forme du corps en rapport avec le processus de vieillissement et de comparer également les résultats avec d'autres études. La recherche sera développée dans les praticiens de fitness gérontologiques projet de groupe de personnes âgées "Vie active" les Ducks College intégré - (FIP), Patos - PB. Considérations partielles: On estime que cette évaluation positive de l'image corporelle peut être liée à des avantages de l'exercice physique, car elle contribue à la compréhension des individus physiologiques, les besoins psychologiques et sociaux de la, en favorisant l'expérience des personnes âgées avec le corps pour une image complète du corps. Mots-clés: Image du corps. Personnes âgées. L'exercice physique.

PERCEPCIÓN DE LA IMAGEN DEL CUERPO DE PRACTICANTES MAYORES DE EJERCICIO FÍSICO.

RESUMEN

Introducción: El envejecimiento humano es un proceso biológico que ocurre de manera gradual y se caracteriza por varios cambios, ya sea morfológica, funcional, bioquímico y / o psicológica. Los cambios que presenta la persona de edad avanzada con el avance de la edad influyen negativamente en la autoestima y la propia imagen ya la sociedad valora la juventud como estereotipo de la belleza y la productividad, por lo tanto interferir en las bolas biopsico ancianos. Objetivo: Analizar los efectos de la actividad física de la imagen corporal de los profesionales de más edad de la gerontología proyecto de fitness "Vida activa" para. Materiales y Métodos: Presentación principal característica es la "interpretación" de opiniones en las que hay observaciones, registros, correlaciones y descripción de los hechos, pero de una manera aunque sin manipulación de la realidad observada. Los métodos utilizados son los datos recogidos a través de cuestionarios, pruebas y observaciones sistemáticas, comprobando los niveles de satisfacción o insatisfacción con la forma del cuerpo en relación con el proceso de envejecimiento y también comparar los resultados con otros estudios. La investigación se desarrolló en los practicantes de fitness gerontológicos del proyecto del grupo de edad avanzada "vida útil" de los patos Integrado College - (FIP), Patos - PB. Consideraciones parciales: Se estima que esta evaluación positiva de la imagen corporal puede estar relacionada con los beneficios del ejercicio físico, ya que ayuda en la comprensión de los individuos fisiológica, necesidades psicológicas y sociales de la experiencia a favor de personas mayores con el cuerpo para obtener una imagen completa del cuerpo.

Palabras clave: imagen corporal. Personas de edad avanzada. Ejercicio Físico.

PERCEPÇÃO DA IMAGEM CORPORAL DE IDOSAS PRATICANTES DE EXERCÍCIO FÍSICO.

RESUMO

Introdução: O envelhecimento humano é um processo biológico, que acontece de forma progressiva, e caracteriza-se por diversas alterações, sejam elas morfológicas, funcionais, bioquímicas e/ou psicológicas. As mudanças que a pessoa idosa apresenta com o avançar da idade influenciam de forma negativa na autoestima e auto-imagem, pois a sociedade valoriza o jovem como estereótipo de beleza e produtividade, interferindo assim, nas esferas biopsicossociais do idoso. Objetivo: Analisar os efeitos da atividade física para a imagem corporal de idosas praticantes de ginástica gerontológica do projeto “Vida Ativa”. Materiais e Métodos: Apresentar como característica principal a “interpretação” de opiniões onde há observações, registros, correlações e descrição de fatos, mas de uma forma sem que ocorra manipulação da realidade observada. Os métodos utilizados serão as coletas de dados através de questionários, testes e observações sistemáticas, verificando os níveis de satisfação ou insatisfação com as formas corporais relacionadas ao processo de envelhecimento e também comparar os resultados com outros estudos. A pesquisa será desenvolvida no grupo de idosas praticantes de ginástica gerontológica do projeto “Vida Ativa” das Faculdades Integradas de Patos - (FIP), Patos – PB. Considerações Parciais: Estima-se que essa avaliação positiva da imagem corporal possa estar relacionada aos benefícios da prática de Exercícios Físicos, pois auxilia na compreensão das individualidades fisiológicas, psicológicas e sociais dos idosos, favorecendo a experiência com o corpo para uma imagem corporal íntegra.

Palavras-chave: Imagem corporal. Idosas. Exercicio Físico.