108 - BODY IMAGE AND OBESITY: A CASE STUDY

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INTRODUCTION

The body can be understood as a construction produced in the intertwining of the life history of individuals, with the significance and meanings present in the social context in which they are inserted; never reduced to mere individual plan, either being a product of social determinants, but always from the tension and interaction between these poles (MARCUZZO, PICH, DITTRICH, 2012).

Industrial Revolution to the twentieth century the representation of the body of work was predominant, but in 1930 the weight of the body becomes essential criterion of beauty and health and obesity, disease (RIBEIRO, 2011).

According to Benedetti (2003), from the time that obesity has become related to organic complications and mortality in the obese patient received status and, as such, needed treatment.

Behaviors directed toward the goal of achieving a body that complies with those standards of beauty imposed as ideal, can negatively affect the perception of body image, especially in individuals who represent the framework of overweight and obesity (ALMEIDA, ZANATTA, REZENDE, (2012); APPOLINARIO, CLAUDINO, 2000).

Although bariatric surgery is an effective remedy for weight loss, when it is intense and very fast, can also promote rapid changes in body image (Franques, 2002 apud ALMEIDA, ZANATTA, REZENDE., 2012).

To Benedetti (2003), although there is a group of authors that improvement in regards to body image disorders related to bariatric surgery, there is another stream of scholars who emphasize that weight loss is no guarantee of positive body image, since this is a psychological construct, and therefore does not necessarily have a direct relation with the objective appearance.

However, changes in physical shape of the body may not be accompanied by immediate changes in body image, since psychological changes can occur more slowly, then there is a possibility that even with a significant weight loss, even a perception of image persists body obese, requiring a slow perceptual restructuring (Tavares, 2003 apud ALMEIDA, et al., 2012).

The issue of body image arouses questions, and the present study aims to understand the changes involved when it comes to body image after bariatric surgery.

MATERIALS AND METHODS

The descriptive study was conducted with 01 patient male, 24 years, from the metropolitan region of Porto Alegre - RS attended the Psychology Service linked to the Bariatric Surgery Program, Hospital de Clínicas de Porto Alegre (HCPA) in the period 2010-2014 , which was submitted to Psychological Assessment through semi-structured interview and then sent to psychotherapy.

RESULTS AND DISCUSSION

The current phenomenon of corpulence seems to be subject to some as a possible current registration and expression of their suffering, but this can not be reduced to being fat, neither of which psychological difficulties cause obesity (ROSA CAMPOS , 2009). It becomes necessary, therefore, to understand the complexity of the phenomenon, by tracing the history of the subject's life in order to understand the significance of obesity in your life.

About the time when it began to experience problems with obesity, the patient brought treatment in the 12 years began the process of weight gain. Stated that at this time, would not leave the house much or interacted with his colleagues and neighbors, for their parents believe that would not be good company. Spent most of the time at home, eating large quantities of food:

> "I do not get out much, stayed home eating crisps, biscuits, ginger ale ... My parents would not let me leave.. They said they (neighbors and classmates) were not good company or that it was dangerous (…)".

For Frois et al. (2011), although the construction of body image is a process of life, adolescence is that it is structured, setting the conquest of a body that identity proposes, at best an outcome with a well structured and balanced in corporeality relationship with the world. In our case, from the psychological appointments, one might think that the period of adolescence was permeated by insecurities and experienced by the patient, especially regarding the issue of sexuality - emerging in this period - causing difficulty as the experience of the body and body identity.

Moreover, as it brings Aberastury (1983), this is a period marked by contradictions, ambiguities and conflicts. Osorio (1989) states that the adolescent experiences an existential dilemma in the quest for ownership of an identity different from that arising from childhood, as new demands arise in adolescence, raising new knowledge of yourself. In this sense, we think that the internal and external conflicts inherent in the developmental period that the patient was experiencing, can have very close relationship with the issue of overweight, since obesity using body description to give vent to emotions (BERG, 2011). For McDougall (1996), the obese can not express in words their affective state, and does not distinguish one from the other affection or dispersed into action to alleviate affective arousal that does not support.

The patient, during the sessions, described the period between 12 and 18 years had been marked by intense social isolation. She reported feelings of inadequacy and low self-esteem, and suffer many prejudices referred by their colleagues.

> "During my teens, I suffered much prejudice ... I think that I carry to this day ... At that time I saw people looking at me differently because of my weight ... Today, I even know that I lost weight, although not the way I imagined ... (...) whether I thought I was going to be quite thin ... but it seems that people keep looking at me".

Bariatric surgery promotes considerable improvement in the quality of life of obese and clinical comorbidities such as diabetes, hypertension and sleep apnea have significant regression and even resolution with decreasing weight. However, issues of psychological experience a more reserved decrease, remaining still present on some scale after bariatric surgery (PINE et al., 2011),

For Rosa, Campos (2009), the physical change wrought by surgery modifies the development of psychological distress, but not placated. The above passage on the initial demands of the patient and the difficulty of preparing their new body image may be related to the high initial expectations regarding the surgical procedure and its results, corroborating the idea of bariatric surgery as a "magic solution" for obesity and its consequences. In the case of the patient, the idealization of an unattainable model - being "completely thin" - could be hindering the development of self-esteem, identity and acceptance of body image.

For Ribeiro et al. (2013), these patients often do not consider that the scope of ideal body size and shape as possible after bariatric surgery is quite different from the size and shape previously idealized or aspirated.

> "I found that after the surgery my life was going to change much ... I would find it easier to relate to people ... but not.".

Moreover, the above excerpt shows that the persistence of difficulties in their interpersonal relationships, could also be a factor that was hindering the process of preparing your body image, since it suffers interferences's relation with oneself and with others.

The patient, during the sessions, bringing issues to the changes that came with realizing relation to your image, as can be seen in the following excerpt:

> “Today I found myself thin (…)I live long in the same place ... and neighbors are the same, so I know them since childhood .. eh .. just that with all the function of being fat, I left the house! They almost never saw me … and when I came out, I'd drive .. And they never had seen me after surgery. Now as I'm leaving again, and today I found a neighbor and she said "wow! Like you're skinny!” Then looked in the mirror and found myself thin”.

The issue of perception of gaze of another, is related to the appearance, since it is drawn from the gaze of the other as a way of ordering, construction and interpretation of its own image. This is because body image also includes the relationship between how one sees and how she believes to be seen (Malysse, 2007 apud CASTRO et. Al., 2013). As puts us Schilder (1999), the external world influences the construction of identity and the body image of the person, to the point that the look and the comments of others are internalized going to be part of it

According to Luz (2005), the establishment of strong bond of trust and solid therapeutic alliance, and the careful and respectful attitude of the therapist on the themes brought by the patient allows this increasingly feel encouraged to report their sufferings and concerns.

The issue of sexuality was brought by the patient, after some time of treatment. The impression was that it was a "forbidden" subject - was present, but was not spoken; remained implicit, it seemed difficult for the patient to name it:

> "I always knew what I was, but I suffered a lot in adolescence ... I was different because of my sexuality (..) and then I suffered prejudice because of obesity (...)"
> "You know what's weird ... it seems that before people looked at me because I was fat ... now where I lost weight, it seems that they look because of my sexuality ... I do not know what it is ... is my way of talking ... walking ... but I feel that my sexuality're more in evidence now after surgery”.

The excerpts presented can be understood from Benedetti (2003), which brings us to the issue hyperphagia as a form of psychological defense - the exaggeration in food intake represent a psychological process in which the individual would use food to deal with feelings of personal inadequacy . In this sense, one can think of the relationship between psychological distress from the patient's difficulties in dealing with their sexuality with obesity as a symptom. Observe that, because during the time that it was in psychotherapy, there have been advances and setbacks in their treatment, the latter being related to times when the patient tried to get in touch with your feelings and talk about the issue of sexuality.

CONCLUSIONS

By the patient's history, it is understood that the issues related to sexuality that were emerging in a period marked by internal and external conflicts, and the characteristic identify formation of adolescence, were so mobilisers for patient that obesity through its history as a tamponade of anguish that these issues would bring, however obesity could whithewash these conflicts. In this sense, the therapeutic process must respect the time of the subject, in which accept your (new) image, means accepting yourself .

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ABSTRACT

The way the subject relates to your body, makes you create a body image that for obese can acquire multiple meanings. The aim of this descriptive study was to understand the changes involved when it comes to body image, after bariatric surgery, 01 (one) male patient, aged 24, from the metropolitan region of Porto Alegre - RS attended the Psychology Service linked to the Bariatric Surgery Program, Hospital de Clinicas de Porto Alegre (HCPA) in the period 2010 to 2014 With the application of a semi-structured interview used during psychological assessment. The results indicate that the issues related to sexuality that were emerging in a period marked by internal and external conflicts, and the characteristic identify formation of adolescence, were so mobilisers for patient that obesity through its history as a tamponade of anguish that these issues would bring, however obesity could whithewash these conflicts. In this sense, the therapeutic process must respect the time of the subject, in which accept your (new) image, means accepting yourself .

KEYWORDS: body image, obesity, psychological adaptation.

IMAGE DU CORPS ET DE L'OBÉSITÉ: UNE ÉTUDE DE CAS

RÉSUMÉ

La façon dont le sujet se rapporte à votre corps, permet de créer une image du corps que pour l'obésité peut acquérir des significations multiples. Le but de cette étude descriptive était de comprendre les changements impliqués quand il s'agit de l'image du corps, après la chirurgie bariatrique, un (01) des patients de sexe masculin, âgé de 24 ans, de la région métropolitaine de Porto Alegre - RS ont assisté à la service de psychologie liée au programme de chirurgie bariatrique, l'hôpital de Clinicas de Porto Alegre (HCPA) dans la période de 2010 à 2014 avec l'application d'une entrevue semi-structurée utilisée lors de l'évaluation psychologique. Les résultats indiquent que les questions liées à la sexualité qui ont été en train d'émerger dans une période marquée par des conflits internes et externes, et formation de l'identité caractéristique de l'adolescence, comme ont été la mobilisation de l'obésité des patients à travers son histoire comme une angoisse de tamponnement que ces questions rapporteraient que l'obésité camuflaria ces conflits.

MOTS-CLÉS: l'image corporelle, l'obésité, l'adaptation psychologique.

IMAGEN DEL CUERPO Y LA OBESIDAD: UN ESTUDIO DE CASO

RESUMEN

La forma en que el sujeto se relaciona con su cuerpo, hace que se crea una imagen del cuerpo que por la obesidad pueden adquirir múltiples significados. El objetivo de este estudio descriptivo fue entender los cambios que tienen lugar cuando se trata de la imagen del cuerpo, después de la cirugía bariátrica, 01 (a) paciente de sexo masculino, de 24 años, de la región metropolitana de Porto Alegre - RS asistieron a la Servicio de Psicología vinculada al Programa de Cirugía bariátrica del Hospital de Clínicas de Porto Alegre (HCPA) en el período 2010 a 2014, con la aplicación de una entrevista semi-estructurada utilizada durante la evaluación psicológica. Los resultados indican que las cuestiones relacionadas con la sexualidad que fueron surgiendo en un periodo marcado por los conflictos internos y externos, y la formación de la identidad característica de la adolescencia, como fueron la movilización para la obesidad del paciente cruces de su historia como una angustia taponamiento que estos cuestiones traerían en que la obesidad camuflaria estos conflictos.

PALABRAS CLAVE: imagen corporal, la obesidad, la adaptación psicológica.

IMAGEM CORPORAL E OBESIDADE: UM ESTUDO DE CASO

RESUMO

O modo com que o sujeito se relaciona com o seu corpo, faz com que se crie uma imagem corporal que para o obeso pode adquirir múltiplos significados. Objetivou-se no presente estudo descritivo, compreender as mudanças envolvidas no que tange a imagem corporal, após a realização da cirurgia bariátrica, de 01 (um) paciente do sexo masculino, 24 anos, procedente da região metropolitana de Porto Alegre - RS atendido no Serviço de Psicologia vinculado ao Programa de Cirurgia Bariátrica do Hospital de Clínicas de Porto Alegre (HCPA) no período de 2010 a 2014. Com a aplicação de uma entrevista semi-estruturada utilizada durante a avaliação psicológica. Os resultados apontam que as questões relacionadas à sexualidade que estariam emergindo em um período marcado por conflitos internos e externos, e de formação de identidade característicos da adolescência, foram tão mobilizadoras para o Paciente que a obesidade atravessa sua história como um tamponamento das angústias que estas questões lhe trariam, em que a obesidade camuflaria estes conflitos.

PALAVRAS-CHAVE: imagem corporal, obesidade, adaptação psicológica.