26 - INTERNALISING CULTURALLY TAXES TO AESTHETIC STANDARDS BODY IN THE ADOLESCENT FEMALE GENDER OF A PUBLIC SCHOOL OF FORTALEZA

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doi: 10.16887/85.a2.26

INTRODUCTION

Body image can be viewed as a biopsychosocial construction of a physical body, but not limited to it, and imbued with meanings and based on the experiences (BARBOSA et al, 2011). We realize that dissatisfaction with her own body is markedly higher among adolescents (DUNKER et al, 2009), especially in females (Stenzel 2004).

Various social, interpersonal and biological factors can negatively influence the formation of body image as the internalisation of media ideals, verbal negative feedback (i.e., teasing or bullying), the tendency to compare the raised appearance, and even sexual abuse (Berg et al, 2002). These factors have great relevance in the adoption of risky behavior and the etiology of eating disorders (Amaral, 2011).

Thus arises the concern for the well-being and healthy development of adolescents, causing the questions that will be objects of investigation in this research, ie, seek to identify the degree of internalisation of culturally aesthetic standards imposed on the body in female adolescents a public school in the city of Fortaleza.

METHODOLOGY

This study is characterized as a field research through a case study, analytical, with a quantitative approach. The locus of the investigation was a school of elementary and secondary education in the city of Fortaleza, linked to the Department of Education of the State of Ceará. The universe of the research is formed by the 115 students who were in high school in the morning and afternoon. The option for females is due to the fact the woman's body being more susceptible to the aesthetic standard set by society. The choice not to search the night shift is due to the fact that this turn focuses the students outside the age range, many of them having already started a family and, consequently, the teens live a different reality from the day shift. All students belonging to this universe were invited to participate in the study, with no need to select a random sample.

Anthropometric data were collected (weight, height) and calculated body mass index of each student, followed by application of SATAQ-3 questionnaire (Sociocultural Attitudes Toward Appearance - Sociocultural Attitudes Scale of Focused on Appearance). This questionnaire was developed by Thompson et al (2004) and translated and validated for the Brazilian population by Amaral (2011), and consists of a questionnaire of 30 questions in Likert Scale of points. The collected data were organized and analyzed using the STATA statistical analysis software. The students were divided into groups according to their BMI, using the 15 and 85 percentiles of the distribution of BMI for each age group elaborated by the World Health Organization (WHO, 2012). Adolescents with BMI values below the 15th percentile were organized in the group of "stunted" adolescents with BMI between the 15th and 85th percentiles were considered "well-nourished", while adolescents with a BMI above the 85th percentile were classified as "group on weight ".

According to the questionnaire answers SATAQ-3 points according to the Likert scale points were calculated, and then calculated the mean and standard deviations for each group and BMI for each of the four factors analyzed by questionnaire SATAQ -3 ("general internalisation of socially established standards"; "internalization of the ideal athletic body"; "pressure exerted by these standards"; "media as a source of information about appearance"). To analyze possible differences between the groups, ANOVA One Way being considered statistically significant at P-value <0.05 was used.

The present study is in accordance with the Guidelines and Norms Regulating Research Involving Human Subjects, Resolution 466/2012 of the National Health Council. Terms of Consent was obtained from parents and guardians of students, as well as the Statement of Consent by the school principal.

RESULTS

Of the 115 students enrolled at the school studied in shifts (morning and afternoon), 82 students participated in the survey, representing 71.3% of the population. The non-participation of other students due to factors such as absence on the day of presentation of the research and/or the day of the interview; failure to return the consent form signed by their parents; have over 19 years of age; or have elected not to participate in the study.

The 82 participants were divided into three groups according to their nutritional status. In this population, we found 15 students (10.29%) classified as underweight, 46 (56.10%) considered eutrophic, and 21 (26.61%) with over weight. These data are systematized in Table 1.

Table 1. Distribution of study subjects according to the Body Mass Index.

Groups:	N	%
Underweight	15	18,29%
Eutrophic	46	56,10%
About Weight	21	25,61%
Total	82	100,00%

The averages for each group in each of the four subscales in the questionnaire as a whole were calculated. As SATAQ-3 questionnaire is based on Likert scale points, the averages could range from 1.0 (if all respond "strongly disagree" to all questions) to 5.0 (if all respond "strongly agree" on all issues).

After verifying that the groups met the assumption of homoscedasticity, the Analysis of Variance One-Way (One Way ANOVA) statistical test getting the P-values for each of the four subscales and the total questionnaire was conducted. Both the medium and the P-values obtained are systematized in Table 2.

Table 2. Average scores on the four subscales and the total questionnaire, for each group, and their respective † P-values.

	Internalization	Athetic	Pressure	Information	Total
Underweight	2,25	2,99	2,20	2,94	2,57
Eutrophic	2,31	2,37	2,17	2,92	2,47
AboutWeight	2,41	2,23	2,73	2,98	2,63

Total	2,33	2,44	2,32	2,94	2,53
P-value†	0.7201	**0.0050***	**0.0043***	0.9450	0.3385

† One-way Analysis of Variance
** Statistically significant

After analyzing the data, we find that the overall sum of scores, the group with nutritional status on weight had the highest score (2.63), followed by low weight (2.57) and eutrophic (2.47). When we analyzed each subscale separately, had the following result: subscale 'general internalization of socially established standards "over weight group had a higher score (2.41) followed by eutrophic (2.31) and low weight (2.25); "ideal athletic body" subscale the highest score was the low weight group (2.99), followed by eutrophic (2.37), and on weight (2.23); subscale "pressure exerted by these standards" over weight group had a higher score (2.73), followed by low weight (2.20), eutrophic (2.17); subscale "media as a source of information about appearance" was the highest score of the group on weight (2.98), followed by low weight (2.94) and eutrophic (2.92).

To find statistically significant differences in "ideal athletic body" subscale (P = 0.005) and "pressure exerted by these standards" (P = 0.0043), we performed multiple comparisons between groups using statistical test of Scheffé, whose values were organized in Table 3.

Table 3. P-values ‡ for multiple comparisons between groups for the subscales "ideal athletic body" and "pressure exerted by these standards."

Groups compared:	Athletic Body	Pressure Exerted
Underweight x Eutrophic	**0.016***	0.988
Underweight x About Weight	**0.009***	0.055
Eutrophic x About Weight	0.765	**0.006***

‡ Scheffé Test
* Statistically significant

Thus, in relation to the score in the "ideal athletic body" subscale, the group of underweight was significantly higher than the scores of the other two groups. In the subscale "pressure exerted by these standards," the group about weight had significantly higher scores only when compared to well-nourished group, with no statistically significant difference among the other groups.

In our study, by applying the questionnaire SATAQ-3, we found that the group of overweight adolescents are more influenced by the socio-cultural environment in shaping the ideal image, followed by the low weight group and the group of eutrophic. However, no statistically significant difference was found in this analysis.

Alvarenga et al. (2010) in a study with Brazilian university, found a similar result, where the group about what weight was also achieved the highest scores in SATAQ-3 scale. However, this population of college, the eutrophic group was more influenced than the underweight group, unlike our research.

In our study population, the group with over weight also obtained the highest scores in three of the four subscales of SATAQ-3: "General internalisation of socially established standards"; "Pressure exerted by these standards"; and "media as a source of information about appearance." However, we found statistically significant only in the subscale "pressure exerted by these standards" compared to the eutrophic group (P = 0.006). Tiggemann (2005) in his study on the relationship between body dissatisfaction and self-esteem with students in high school American, reported that adolescents with higher body mass perceive themselves overweight, are dissatisfied with their bodies and particularly vulnerable to development of low self-esteem, which could explain the higher score of the group on our weight in the questionnaire.

Regarding adolescent eutrophic group, although obtaining the lowest scores on the questionnaire as a whole, this result was repeated only in the subscale "pressure exerted by these standards", obtaining intermediate scores on the other three subscales. This result contrasts with the research Alvarenga et al. (2010) found that in the group of university eutrophic intermediate scores on all four subscales and the total questionnaire.

Regarding the group of adolescent underweight, they scored lower on the subscale 'general internalization of socially established standards ", and intermediate scores on the subscales" pressure exerted by these standards "and" media as a source of information about appearance. "Surprisingly, this group had the highest score in the "ideal athletic body" subscale, statistical significance when compared to well-nourished groups (P = 0.016) and on weight (P = 0.009).

The findings in adolescents with low weight this school strongly contrast with the study of Alvarenga et al. (2010), where groups of low birth weight scored lower on all subscales of the questionnaire SATAQ-3, indicating that this group would less influenced by the sociocultural environment.

On the other hand, some studies corroborate our findings by showing the growing interest in athletic appearance by adolescents with low birth weight. In the study by Rosenblum and Lewis (1999) found that adolescents with low birth weight, especially males, are dissatisfied and wish to increase their body weight. Martins et al. (2012) found that youth with low weight, both sexes showed greater satisfaction with body image relative to eutrophic, demonstrating a desire to increase the weight. These results reveal dissatisfaction among adolescents with low birth weight and the need, especially males, to increase body mass towards the ideal of athletic, muscular body.

FINAL THOUGHTS

This research demonstrates that adolescents are dissatisfied with their bodies. Found significant results in body dissatisfaction in adolescents, especially in young people with over weight, but also in young underweight. In general, the young people want to reduce weight on your body weight, while young underweight seeking to acquire a more athletic body. We see the problem of distortion of body image as a public health problem that affects all school body mass index, causing the school then becomes one of the most important venues for promoting healthy habits, awareness for the acceptance of own body, and stimulate the embodiment in accordance with nature.

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INTERNALISING STANDARDS AESTHETIC CULTURALLY IMPOSED THE BODY IN TEENS OF GENDER OF A PUBLIC SCHOOL FEM FORTRESS

ABSTRACT

Body image is a multidimensional construct that is influenced by the socio-cultural environment, causing dissatisfaction with the body in higher prevalence in female adolescents. This article aims to present the results of a survey of girls in high school students from public schools in the city of Fortaleza, on the internalisation of aesthetic standards culturally imposed. The universe of the research is formed by the 115 students who were in high school in the morning and afternoon shifts, with no need for random sample selection. For data collection was applied SATAQ-3 questionnaire (Sociocultural Attitudes Toward Appearance) taking anthropometric measurements (weight, height) and calculated the body mass index of each student. The participants were divided into groups according to BMI, using the percentiles 15 and 85 for each age group. The points according to the Likert scale were calculated, the means and standard deviations for each group of BMI and for each of the four factors analyzed by SATAQ-3 questionnaire (general internalisation of socially established standards; internalization of the athletic body ideal ; pressure exerted by these standards; media as a source of information on appearance). We found significant results of body dissatisfaction among adolescents, especially in young people about weight, but also in young people with low weight. The distortion of body image in adolescents is configured in a public health problem, affecting students from all body mass indexes, causing the school to become a privileged place for intervention on body image and acquiring healthy habits.

KEYWORDS: Body image. Internalization. Teens. Aesthetic standard.

INTERNALISER NORMES ESTHÉTIQUES IMPOSÉE CULTURELLEMENT LE CORPS DANS LES JEUNES DE SEXE D'UNE ÉCOLE PUBLIQUE FÉM FORTERESSE

RÉSUMÉ

L'image corporelle est un concept multidimensionnel qui est influencé par l'environnement socio-culturel, provoquant l'insatisfaction avec le corps de la prévalence plus élevée chez les adolescentes. Cet article vise à présenter les résultats d'une enquête des filles dans les élèves du secondaire des écoles publiques dans la ville de Fortaleza, sur l'internalisation des normes esthétiques imposées culturellement. L'univers de la recherche est formée par les 115 élèves qui étaient au lycée le matin et l'après-midi des changements, sans avoir besoin de sélection de l'échantillon aléatoire. Pour la collecte des données a été appliquée SATAQ-questionnaire (Sociocultural Attitudes Toward Appearance) prendre des mesures anthropométriques (poids, taille) et calculé l'indice de masse corporelle de chaque élève. Les participants ont été divisés en groupes selon l'IMC, en utilisant les percentiles 15 et 85 pour chaque groupe d'âge. Les points selon l'échelle de Likert ont été calculés, les moyens et les écarts types pour chaque groupe de l'IMC et pour chacun des quatre facteurs analysés par SATAQ-trois questionnaire (internalisation générale des normes socialement établies; internalisation du corps athlétique idéale ; pression exercée par ces normes, les médias comme une source d'information sur l'apparence). Nous avons trouvé des résultats significatifs de l'insatisfaction corporelle chez les adolescents, en particulier chez les jeunes au sujet du poids, mais aussi chez les jeunes ayant un faible poids. La distorsion de l'image corporelle chez les adolescents est configuré dans un problème de santé publique, affectant des étudiants de tous les index de masse corporelle, provoquant l'école pour devenir un lieu privilégié d'intervention sur l'image corporelle et l'acquisition de saines habitudes de vie.

MOTS-CLÉS: l'image du corps. Internalisation. Teens. Norme esthétique

INTERNALIZACIÓN ESTÁNDARES ESTÉTICOS IMPUESTA CULTURALMENTE EL CUERPO EN ADOLESCENTES DE GÉNERO DE UNA ESCUELA PÚBLICA FEMENINO FORTALEZA

RESUMEN

La imagen corporal es un constructo multidimensional que se ve influenciada por el entorno sociocultural, generando insatisfacción con el cuerpo en mayor prevalencia en mujeres adolescentes. Este artículo tiene como objetivo presentar los resultados de una encuesta de las niñas en los estudiantes de secundaria de las escuelas públicas en la ciudad de Fortaleza, en la internalización de las normas estéticas culturalmente impuestas. El universo de la investigación está formado por los 115 estudiantes que estaban en la escuela secundaria en los turnos de mañana y tarde, sin necesidad de selección de la muestra aleatoria. Para la recolección de datos se aplicó SATAQ-3 cuestionario (Sociocultural Attitudes Toward Appearance) la toma de medidas antropométricas (peso, altura) y se calcula el índice de masa corporal de cada estudiante. Los participantes fueron divididos en grupos según el IMC, utilizando los percentiles 15 y 85 para cada grupo de edad. Se calcularon los puntos según la escala de Likert, las medias y las desviaciones estándar para cada grupo de IMC y para cada uno de los cuatro factores

analizados por SATAQ-3 cuestionario (internalización general de las normas socialmente establecidas; internalización del cuerpo atlético ideales , la presión ejercida por estas normas; los medios de comunicación como fuente de información en la apariencia). Encontramos resultados significativos de insatisfacción corporal entre los adolescentes, sobre todo en los jóvenes sobre el peso, sino también en los jóvenes con bajo peso. La distorsión de la imagen corporal en adolescentes se ha configurado en un problema de salud pública, que afecta a los estudiantes de todos los índices de masa corporal, haciendo que la escuela para convertirse en un lugar privilegiado para la intervención sobre la imagen corporal y la adquisición de hábitos saludables.

PALABRAS CLAVE: Imagen corporal. La internalización. Adolescentes. Estándar Estética.

INTERNALIZAÇÃO DOS PADRÕES ESTÉTICOS CULTURALMENTE IMPOSTOS AO CORPO EM ADOLESCENTES DO GÊNERO FEMININO DE UMA ESCOLA PÚBLICA DE FORTALEZA

RESUMO

A imagem corporal é uma construção multidimensional que recebe influência do meio sociocultural, provocando insatisfação com o corpo em maior prevalência em adolescentes do gênero feminino. O presente artigo teve como objetivo apresentar os resultados de uma pesquisa envolvendo meninas adolescentes de uma escola da rede pública de ensino da cidade de Fortaleza, sobre a internalização dos padrões estéticos culturalmente impostos. O Universo da pesquisa é formado pelas 115 alunas que estavam cursando o Ensino Médio nos turnos da manhã e tarde, não havendo necessidade de seleção de amostra aleatória. Para a coleta de dados foi aplicado o questionário SATAQ-3 (Sociocultural Attitudes Toward Appearance) tomada as medidas antropométricas (peso, altura) e calculado o índice de massa corpórea de cada aluna. As participantes foram divididas em grupos de acordo com o IMC, utilizando os percentis 15 e 85 para cada faixa etária. Foram calculados os pontos de acordo com a escala Likert, as médias e os desvios-padrão para cada grupo de IMC e para cada um dos quatro fatores analisados pelo questionário SATAQ-3 (internalização geral dos padrões socialmente estabelecidos; internalização do ideal de corpo atlético; pressão exercida por esses padrões; mídia como fonte de informações sobre aparência). Encontramos resultados expressivos de insatisfação corporal nas adolescentes, especialmente nas jovens com sobre peso, mas também nas jovens com baixo peso. A distorção da imagem corporal nas adolescentes se configura em problema de saúde pública, afetando escolares de todos os índices de massa corpórea, fazendo com que a escola se torne local privilegiado para intervenção sobre a imagem corporal e aquisição de hábitos saudáveis.

PALAVRAS-CHAVE: Imagem corporal. Internalização. Adolescentes. Padrão estético.