134 - BODY AND SOCIETY: THE VIGOREXIA AND ITS IMPLICATIONS

HENRIQUE LEOPOLDO DE SOUZA JÚNIOR;
FELIPE DA SILVA TRIANI;
JOSÉ MARINHO MARQUES DIAS NETO
Universidade do Grande Rio – UNIGRANRIO, Duque de Caxias, Rio de Janeiro, Brazil
marinho@bbheart.com.br

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Introduction

It is understood that the cult of the body is one of the greatest expressions and characteristics of contemporary society, and the media stipulated aesthetic standards as the bodies with well developed muscles and low body fat percentage. So many individuals in order to insert this standard end up worrying only at the ends, not caring about the media and its consequences (CAMARGO et al., 2008). Body image and their satisfaction or not, is related to self-esteem, or self-esteem and well-being. One of the first manifestations of loss of confidence occurs when the body is not in the aesthetic standards set by society (BUCARETCHI, 2003). One of the main causal factors changes the perception of body image is given by the imposition media, society and sports field, through a considered ideal body pattern, which is associated with success and happiness. This context leads people to seek physical exercise programs increasingly intense, just for aesthetic reasons and not for health benefits (CONTI et al., 2005).

The Body Image Disorders that are often associated with feeding behavior of disease was at first linked to women. Bulimia and anorexia are the most common examples. Currently, some men, intending to form perfect bodies for themselves and for society, began to devote much of their time available to vigorous physical activity, in addition to use of dietary supplements not controlled for this purpose (ASSUNÇÃO, 2002).

The vigorexia can be defined as muscular dysmorphia or reverse Anorexia Nervosa and it fits in between a few of body dysmorphic disorders. The concern of an individual that your body is small and weak when in fact it is large and muscular, is the main characteristic of muscle dysmorphia. This symptom is related to specific eating patterns, usually high-protein diet compounds and numerous dietary supplements the basic amino acids or substances to increase physical performance. Physical activity can be performed excessively, including causing losses in social functioning, occupational and recreational individual, coming to take 4-5 hours a day. Aerobic activities are avoided so that no muscle mass loss occurs gained during heavy weight training sessions (ASSUNÇÃO, 2002).

Another important aspect that needs to be addressed regarding the cult of the body is the constant presence of anabolic steroids as alternatives for achieving the goals and standards set by the media and society. These hormones produce and structure the male sexual characteristics from him the secondary characteristics and fertility of man. Testosterone and its derivatives are included in this classification. These synthetic hormones, can be classified as anabolic steroids, work influencing body structures improving physical performance. Many risks are associated when it makes use of these substances, including physical and psychiatric (CAMARGO et al., 2008).

Given these understandings, this paper aimed to identify what are the effects of vigorexia on the body, considering the studies that have been developed in national and international literature on this theme.

Ergogenic resources: some notes

Anabolic steroids are synthetic substances derived from the male hormone or androgen characteristics, possessing the characteristic anabolic effects, both muscle mass and for androgenic effects, the latter correlated with masculinizing characteristics (DUTRA et al, 2012).

The ways to manage them are orally or intramuscularly exist various derivations of the substance, such as oxymetholone, oxandrolone, methandrostenolone, stanozolol (oral), nandrolone decanoate, fempropinato nandrolone and testosterone cypionate (intramuscularly). Due to its higher characteristic anabolic androgenic and in relation to the ground to reduce the conversion to estradiol, nandrolone decanoate is the most widely used among practitioners of sports that require strength (DUTRA et al., 2012).

The increased use of these substances is cause for attention because there are side effects to the indiscriminate management of this resource, which may affect organs and systems. In humans the most serious effects possible with the abuse of anabolic steroids can cite prostate enlargement, decrease or atrophy of the testicles, reduced sperm production, impotence and infertility. In women between the main side effects are, enlargement of the clitoris, deep voice (thick), breast reduction, and growth of the end of the menstrual cycle (RIBEIRO, 2001).

The abuse of these substances may lead the individual to have tremors, severe acne, fluid retention, increased blood pressure, abnormal cholesterol metabolism lowering HDL cholesterol and increasing LDL, creating an increased risk of coronary heart disease, abnormal function tests liver, jaundice and liver tumors, polycythemia, exacerbation of sleep apnea, stretch marks and increased provisions of the locomotor system injuries (DUTRA et al., 2012).

A recent study (SILVA et al., 2002) found that anabolic steroids are associated with behavioral syndromes, connecting to the aggressive practices and crimes, as well as irritability and hostility. In the cognitive aspect, one can take the example of distraction, confusion and forgetfulness. Also know the effects on behavior, such as: mood swings, increases self-esteem, motivation and confidence, decrease fatigue and insomnia. The overuse is identified when the feelings of aggression become hostile and violent acts, up to and including child abuse and murder.

Victims Mirror: Body Image Disorders

There is debate about the physical standards set by society and how it affects the way we see ourselves and others, in addition to interfering in the judgment of values about body image. The body can become a slave of these social levies, featuring in a body condition increasingly difficult to achieve, leading individuals to spend time struggling to overcome limits and spending large sums of money, all in search of recognition and integration to the standard set by society (MISKOLCI, 2006).

Body image is very important to recognize, construction of personal identity and is closely linked to satisfaction with their body weight, body shape or specific body parts, often influenced by the mass media. So many individuals come into conflict with the natural and intrinsic characteristics of his body in an attempt to reach the definitions imposed by the media (KAKESHITA;

ALMEIDA, 2006).

Among the diseases of feeding behavior, one can cite bulimia nervosa and anorexia nervosa. Bulimia is characterized by high intake of foods with high calorie followed by unconventional practices not to increase weight as: induction vomiting, use of laxatives and excessive physical activity. Anorexia nervosa is just the opposite of study of this research object. She is represented by excessive concern about not gaining weight and may result in severe psychiatric problems. The individual looking at a mirror is facing an obese figure, but when actually is below the ideal weight (ASSUMPÇÃO; CABRAL, 2002).

Both eating disorders have consequences to the body affected, changes in metabolism are frequent. In women, the decrease in estradiol may result in consequences such as menstrual irregularity and even amenorrhea, leading to a return in the size of the uterus and ovaries to prepubertal levels and can lead to infertility. In structural aspect, interference may occur in bone mass gain, poor nutrition in the growth phase caused by these disorders and may contribute to the occurrence of osteopenia and even osteoporosis, favoring fractures (ASSUMPÇÃO; CABRAL, 2002).

The Delgado Body: vigorexia

Vigorexia or muscle dysmorphic disorder is already framed as obsessive-compulsive disorder, much like anorexia on the question of interpretation of body image, where Anorexics see themselves as overweight and underweight vigoréxicos (VARELLA, 2013).

The prevalence of vigorexia affects more often men between 18 and 35, but can also be seen in women, being expressed by socio-economic, emotional, physiological, cognitive and behavioral factors. Socioeconomic status of these patients is varied, but is usually more frequent in the lower middle class (ALONSO, 2006; GRIEVE, 2007). The practice of continuous physical activity, characteristic of this disorder can be likened to a religious fanaticism, constantly putting to the test the fitness of the individual, who does not care about the consequences regarding health your body (ALONSO, 2006).

The exacerbated use of anabolic steroids can develop serious diseases, such as high blood pressure, testicular and breast atrophy, erectile problems and enlargement of the clitoris and amenorrhea in women. In studies conducted with 24 men and 30 normal vigorexia practitioners of weight training, they showed that vigoréxicos had greater body dissatisfaction, higher number of users of anabolic steroids, eating disorders and mood swings. The abuse of anabolic steroids, in order to increase muscle mass is higher in individuals affected by vigorexia. This abuse can lead to dependence, because the more exercises practice, the greater the release of endorphins, result in the sensation of pleasure and the dangerous combination of being beneficial to excessive physical activity and the use of these substances (CAMARGO et al., 2008).

In a case study of a young man 20 years of age and without psychiatric case history, cannabis user (marijuana) since 14 years, with common signals between individuals affected by vigorexia. Always very worried about his fitness, the study of the subject attended the gym every day, staying for hours in a period of two consecutive years. In the study, in his final six months, the individual became more aggressive discounting their dissatisfaction objects like chairs and doors, leading his family to associate such behavior with the use of anabolic steroids. Some illicit products were found in his residence, such as testoviron and decadurabolin. The individual believed that anabolic steroids ingested by him at all hinder or affect your life and health. On the contrary, would help him achieve his goal, to gain more muscle to your body. Another feature that the individual had in common those affected by vigorexia is that he has a hypertrophied body, not being satisfied and always trying to get more exercise and use of anabolic (VIADEL et al., 2005).

Bodybuilders, the name given to those using the weight competitively, are always in longing for highest possible muscle volume and the lowest percentage of body fat. These people have a tendency to try to overcome the human physiological limits. In most cases these goals are achieved through use of anabolic steroids and many hours of intense training. With this greatly increases the risk and commitment to health, also raising the possibility of sudden death. It is said that without the use of anabolic steroids bodybuilding would not exist, so for those who worship the body and aim to achieve results so almost immediately, would live in frustration. This statement is highlighted in one of the speeches taken from an interview conducted by the study, namely: "the anabolic complete the training, because there comes a stage that weight training does not so much answer" (ESTEVÃO; BAGRICHEVSKY, 2004).

Castro, Ferreira (2007) and Facchini (2006) state that those suffering from vigorexia, because they have a distorted view of their body image, abuse the intake of protein and carbohydrates, restrict the maximum the use of fats in food, reaching for Finally, make use of growth hormone and anabolic steroids.

In classic study on the subject (POPE et al., 1993) it was observed that in 108 bodybuilders, nine of them showed antisocial behavior and wear warm clothes even in hot situations. Only in competitive situations these individuals exposed their body and they used anabolic steroids.

Final considerations

The society and the media have influenced negatively by establishing standards of beauty. As a result, many men and women have suffered from eating disorders and distortions of body image. In men, this influence has led many of them to devote excessive time with high intensity exercise in an attempt to develop more hypertrophied bodies to enter the standards set by society and the media, rather than train to reach own benefits. When training and conventional power no longer have the expected results, many resort to indiscriminate use of anabolic steroids.

It becomes increasingly important guidance to those people about the side effects in the short and long term, inadequate diets and the use of anabolic steroids, as well as strengthen and make more effective the fight against commercialization of these products.

Studies carried out in an attempt to identify the prevalence of people suffering from vigorexia, especially in Brazil, where its geographical features, with its extensive coastline, going from south to north and with the reputation of being a country of beautiful people, may be contributing factor to increase their incidence, assuming that these people live seeking to fit within the stipulated physical aspects.

Just as other health professionals, the professional of Physical Education has important social function in combating cases of vigorexia, creating awareness of the problems that can be posed with excessive physical exercise just for aesthetic purposes stereotyped by society. It's professional role of Physical Education incite the practice of physical exercises aimed at health seeking welfare body in an attempt to avoid or minimize cases of vigorexia.

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José Marinho Marques Dias Neto
Rua Almirante Tamandaré, número 23, apartamento 1301, Flamengo, Rio de Janeiro, Brasil. CEP: 22210-060

BODY AND SOCIETY: THE VIGOREXIA AND ITS IMPLICATIONS

RESUME

The aim of this paper was to identify what are the effects of vigorexia on the body, considering the studies that have been developed in national and international literature on this theme. To achieve the goal outlined a qualitative research bibliographic nature. Thus, it was possible to understand that under the influence of the standards set by the media, men and women have dedicated hours practicing physical exercise in an exaggerated way, moreover, one sees still a high recurrence studies indicating increased consumption of anabolic steroids as resources for increased muscle volume in the body.

KEYWORDS: Body; Vigorexia; Anabolic Steroids.

CORPS ET SOCIÉTÉ: LE VIGOREXIA ET SES IMPLICATIONS

RÉSUMÉ

Le but de cette étude était d'identifier quels sont les effets de vigorexia sur le corps, en tenant compte des études qui ont été développés dans la littérature nationale et internationale sur ce thème. Pour atteindre l'objectif défini une recherche bibliographique nature qualitative. Ainsi, il était possible de comprendre que sous l'influence des normes établies par les médias, les hommes et les femmes ont des heures dédiées à pratiquer l'exercice physique de façon exagérée, d'ailleurs, on voit encore une des études de haute récurrence indiquant une consommation accrue de stéroïdes anabolisants comme ressources pour volume musculaire accrue dans le corps.

MOTS-CLÉS: Corps; Vigorexia; Stéroïdes Anabolisants.

CUERPO Y SOCIEDAD: LA VIGOREXIA Y SUS CONSECUENCIAS

RESUMEN

El objetivo de este trabajo fue identificar cuáles son los efectos de la vigorexia en el cuerpo, teniendo en cuenta los estudios que se han desarrollado en la literatura nacional e internacional sobre este tema. Para lograr el objetivo esbozado una naturaleza bibliográfica investigación cualitativa. De esta manera, fue posible comprender que bajo la influencia de las normas establecidas por los medios de comunicación, los hombres y las mujeres tienen horas dedicadas a practicar ejercicio físico de forma exagerada, por otra parte, se ve todavía a estudios de alta recurrencia que indican un aumento del consumo de esteroides anabólicos como recursos para aumento del volumen muscular en el cuerpo.

PALABRAS CLAVE: Cuerpo; Vigorexia; Esteroides anabólicos.

CORPO E SOCIEDADE: A VIGOREXIA E SUAS IMPLICAÇÕES

RESUMO

O objetivo do presente artigo foi de identificar quais são os efeitos da vigorexia sobre o corpo, considerando os estudos que vem sendo desenvolvidos na literatura nacional e internacional acerca dessa temática. Para atingir o objetivo traçou-se uma pesquisa qualitativa de cunho bibliográfico. Assim, foi possível compreender que sob efeito dos padrões instituídos pela mídia, homens e mulheres têm dedicados horas praticando exercícios físicos de forma exagerada, além disso, percebe-se ainda uma elevada recorrência de estudos indicando a aumento do consumo de esteroides anabolizantes como recursos para aumento do volume muscular do corpo.

PALAVRAS-CHAVE: Corpo; Vigorexia; Esteroides Anabolizantes.