150 - PERCEPTION OF BODY IMAGE RELATED TO LIVE WITH IMC WOMEN PHYSICALLY

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INTRODUCTION:

Body image can be conceptualized as a construçãomultidimensional1, which is how individuals think, feel and behave about their físicos² attributes. Defines body image as an entity in constant self and self-destruction, in constant change, growth and development. Are part of this building conscious and unconscious processes, it is not only a cognitive construction. It involves feelings given us both the outside of the body, as the inside, bowel, muscles and their covering. It also involves our experiences, our memory, as well as our intentions, aspirations and trends. Our relationship with the environment and the body images of others, as well as the attitudes of others with their own bodies and in relation to us.

The perception of body image reflects the way people see and perceive their own body, being influenced by numerous factors of physical origins, psychological and culturais4. Possible disturbances in the perception of the body can be investigated based on the ratio of body image perception with indexes and antropométricas5 measures. However, the specialist literature about the interaction of subjective perception body with the actual body size, is still restricted in many grupos6.

The changes in certain components of body composition, such as the reduction of adipose tissue and muscle mass increase resulting from the exercise and diet, are responsible for the association between body image perception and actual values of the variables anthropometric, which leads people to a sense of well-estar7. Based on literature review, Friedman and Brownell8 highlighted two aspects of body image: dissatisfaction and body image distortion. As for dissatisfaction, the authors found that she seems to be associated with obesity; while the distortion, although associated with obesity, the data have not been shown consistent.

The perception of body image and feelings of dissatisfaction that can negatively influence the general people's lives, their professional performance and even interpersonal relationships are associated with overweight situations and obesidade9. Nevertheless, dissatisfaction with the body has also been identified in individuals with nutritional status within the standards of normalidade10, referring to a major social and media pressure by certain body patterns and even trouble identifying (and accept) his own image body. The body image involves three components: perceptive, which relates to accuracy of perception of one's physical appearance, involving a sense of size and body weight; subjective, involving aspects such as satisfaction with appearance, the level of concern and anxiety associated with it; behavioral, focusing situations avoided by the individual to experience discomfort associated with corporal[11] appearance.

According to Thompson et al.12, the use of the term body image would be a way to standardize the different components that make up the body image. Among them we have: satisfaction with weight, accuracy of size perception, body satisfaction, evaluation of appearance, orientation, appearance, body esteem, perfect body, body pattern, body image, body awareness, body distortion and disorder body image, among others.

Body weight and height has strong influence genética13, therefore, the ideal body weight, especially, suffer social pressures that determine it. Some authors consider that are negative messages, especially those from family, teachers, friends and the media, that make "being fat" and bad "be thin" something very good and acceptable socialmente14. Also in relation to body weight - but now in your weight / height ratio (BMI) - Researchers confirm that, both in boys and in girls, higher body mass index are directly associated with adopting attitudes and behaviors toward diets eexercício15.

The media reports a certain body pattern, unique pattern, white, young, muscular, especially in the case of the female body, slim. Research points to the fact that this standard of beauty released applies only 5 a8% of the population. Especially in Brazil where diversity is a hallmark, the media in general, just to show his contempt for the wealth of types, races, by the very miscegenation, insisting on a single standard of beauty both women and for men. This representation can clearly be seen in advertising, magazines, novels and televisão16 programs.

Body dissatisfaction can be defined as the negative evaluation of corpo17 own, being diagnosed usually by means of figures (body silhouettes) and questionarios18. The concept of a beautiful body has undergone several transformations over the years. Standards of beauty, influenced by the media, has demanded anthropometric profiles increasingly slimmer for women and strong for homens19. The looks have turned the bodies shaped by exercise, plastic surgery and esteticas20 technologies. The relationship between eating disorders and body image perception are well documented in the literature22. However, Leonhard & Barry23 report the fact that the study of distortion and dissatisfaction with body image mainly focused on subjects with specific eating disorders (bulimia, anorexia nervosa and morbid obesity).

A major difficulty encountered during the treatment of anorexic patients is the fact that they start treatment with little or no intention of progressing . In this case , the family now has a primary function of great importance in the treatment of disorders alimentares25 . The strategies are suggested for the treatment to decrease food restriction and physical activity frequency to facilitate increased weight; decreasing body image disturbance and increased self - estima26 .

The Body Mass Index (BMI) or Quetelet Index given by weight (kg) / height 2 (m) is the measure most commonly used in studies of population groups for primary classification of state nutricional29 . Similarly , work on perception measures of body image have used BMI as an indicator of nutritional status by associating them as determinants of behaviors related to weight corporal30 .

Methodological procedures:

Measures of body image - To verify the actual and ideal body image was used the scale proposed by Stunkardet al . 31 (Figure 1) . The set of profiles was shown to individuals and conducted the following questions: What is the silhouette that best represents your actual physical appearance ? What is the silhuetaque you like to have? To verify body dissatisfaction , we used the difference between the actual profile (AP) and the ideal profile (IP) indicated by the individual. The assessor is exempted opinion in the choice of silhouettes.

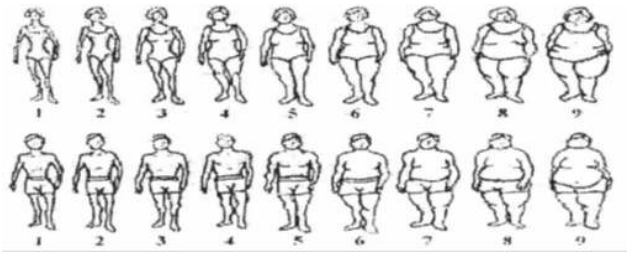


Fig. 1 - set of silhouettes proposed by Stunkardet al.31

Measurements of weight and height were obtained in a single take, according to standards recommended by the World Health Organization (WHO) 32 . Height was measured using antropômetromilimetrado of Welmy brand with the individual in orthostatic position, barefoot and feet together , keeping your heels and occipital region in touch with the back of the platform. Reading the height was carried out with the inflated lung (then inspiration apnea) .

Weight was measured with the aid of Welmy scale, capacity 150kg and 100g precision , with the individual using only basic pieces of clothing (shirt and pants / shorts) , removing the heavy shoes and clothes , standing erect in the center of balance.

RESULTS:

Figure 1: Sample

	Média	*Desvio Padrão*	*Mínimo*	*Máximo*
Peso	66,854	13,12664	42,2	110
Estatura	1,6058	0,050065	1,49	1,73
IMC	25,9446	5,009482	16,48	44,06
Idade	36,2	13,09619	19	73

Figure 2: Level of sati



Figure 3: BMI:

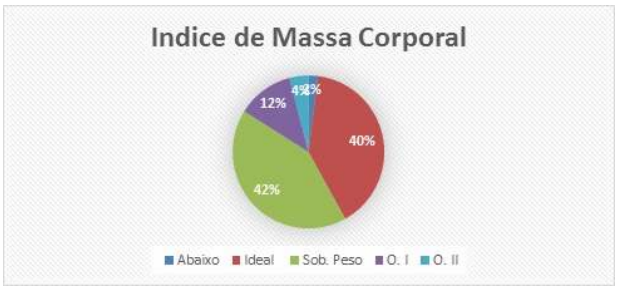
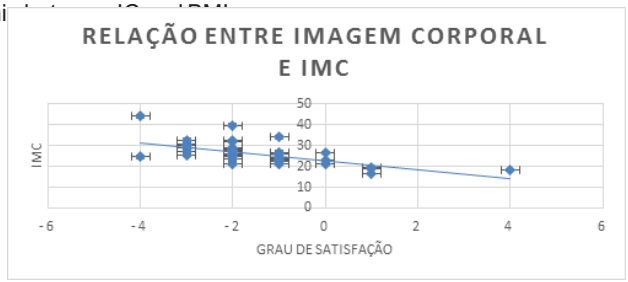


Figure 4 : Relationshi



The higher the BMI, the greater the degree of dissatisfaction. But the great degree of dissatisfaction is focused on overweight people and people at your ideal weight, which leads us to believe that women believe that to achieve your ideal corpora image they should be underweight. Dissatisfaction with body image and the search for the ideal body type seems to be linked to some anthropometric variables, and are influenced by sociocultural factors.

White et al.[33] using different tools for assessing body dissatisfaction found among adolescents in São Paulo-SP (14-19 years) that girls tended to have greater dissatisfaction than boys. McLaren and Kuh[34], investigating older women found a

prevalence of approximately 80% of dissatisfaction with their body and weight, a result similar to that found in the investigated group (72.6%). The study Mclaren and Kuh³4 also found that discontent led the elderly to avoid certain situations of everyday life to not expose themselves.

In the studies by Damasceno et al³5 practitioners with adult women walk, the silhouette 4 was the most cited. However, this silhouette in the same manner as in the elderly practicing gymnastics group is 3, indicating that there is possibly the ideal pattern regardless of age female figure.

The body shape and increased body mass in adult women, are references that are given greater influence of sociocultural factors, presenting a thin stereotype, lanky, expressed in low body mass index in women. The overweight women are possibly subject to greater psychological distress when compared to both skinny or very obese physical, as suggested by the proceeded questionnaire on body image.

The results of this study suggest that other aspects of body image perception to be searched as important subjective components in adopting attitudes and determinants practices of feeding behavior and the regular practice of physical activity, in addition to psychological factors that influence the acquisition and / or maintenance a healthy body.

CONCLUSION:

Most of the subjects are presented dissatisfied with body image that make themselves, considering the aesthetic distant goal.

Overweight individuals are dissatisfied with their body image, but the relevant factor in this study was to realize that individuals within their ideal weight are also dissatisfied with their body image , leading us to see that the aesthetic standard is more important than the health standard .

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PERCEPTION OF BODY IMAGE RELATED TO LIVE WITH IMC WOMEN PHYSICALLY

ABSTRACT

Body image can be conceptualized as a multidimensional construct that represents how individuals think, feel and behave about their physical attributes. Objective: To relate the degree of satisfaction with body image of women engaged in physical activity to their BMI. Methods: To check the current and ideal body image proposed by Stunkardet al scale was used. Measurements of weight and height were obtained in a single take, according recommended by the World Health Organization (WHO) standards. Conclusion: The majority of the individuals present themselves dissatisfied with their body image of themselves they do, considering the aesthetic distant goal. Overweight individuals are dissatisfied with their body image, however the relevant factor in this study was the realization that individuals within their ideal weight are also dissatisfied with their body image, leading us to see that the aesthetic standard is more important than the health standard.

KEYWORDS: body image; IMC; physical activity.

PERCEPTION DES CORPS IMAGE ASSOCIES A VIVRE AVEC IMC PHYSIQUEMENT LES FEMMES

RÉSUMÉ

L'image corporelle peut être conceptualisée comme un concept multidimensionnel qui est la façon dont les individus pensent, sentent et se comportent sur leurs attributs physiques. Objectif: se rapportent le degré de satisfaction de l'image corporelle des femmes engagées dans l'activité physique à leur IMC avec. Méthodes: Pour vérifier l'image réelle et idéale corps a été utilisé le barème proposé par Stunkardet al. Les mesures de poids et la taille ont été obtenus en une seule prise, conformément aux normes recommandées par l'Organisation mondiale de la Santé (OMS). Conclusion: La plupart des sujets sont présentés insatisfait image du corps qui font eux-mêmes, compte tenu de l'objectif lointain esthétique. Les personnes en surpoids sont insatisfaits de leur image corporelle, mais le facteur pertinent dans cette étude était de réaliser que les personnes relevant de leur poids idéal sont également insatisfaits de leur image corporelle, qui nous conduit à voir que la norme esthétique est plus important que la norme de santé .

MOTS-CLÉS: l'image corporelle; IMC; l'activité physique.

PERCEPCIÓN DE LA IMAGEN CORPORAL EN MATERIA DE VIVIR CON IMC MUJERES FÍSICAMENTE

RESUMEN

La imagen corporal puede ser conceptualizado como un constructo multidimensional que es cómo las personas piensan, sienten y se comportan de sus atributos físicos. Objetivo: Relacionar el grado de satisfacción con la imagen corporal de las mujeres que ejercen la actividad física a su IMC con. Métodos: Para verificar la imagen corporal real e ideal se utilizó la escala propuesta por Stunkardet al. Las mediciones de peso y talla se obtuvieron en una sola toma, de acuerdo a los estándares recomendados por la Organización Mundial de la Salud (OMS). Conclusión: La mayoría de los sujetos se presentan insatisfechos imagen corporal que hacen ellos mismos, teniendo en cuenta el objetivo lejano estético con. Las personas con sobrepeso están insatisfechos con su imagen corporal, pero el factor relevante en este estudio fue darse cuenta de que los individuos dentro de su peso ideal también están insatisfechos con su imagen corporal, que nos lleva a ver que la norma estética es más importante que la norma sanitaria .

PALABRAS CLAVE: imagen corporal; IMC; actividad física.

PERCEPÇÃO DA IMAGEM CORPORAL RELACIONADO AO IMC COM MULHERES ATIVAS FISICAMENTE

RESUMO

A imagem corporal pode ser conceituada como uma construção multidimensional que representa como os indivíduos pensam, sentem e se comportam a respeito de seus atributos físicos. Objetivo: Relacionar o grau de satisfação com a imagem corporal de mulheres praticantes de atividade física ao seu IMC. Métodos: Para verificação da imagem corporal atual e ideal foi utilizada a escala proposta por Stunkardet al. As medidas de peso e estatura foram obtidas em única tomada, de acordo com normas recomendadas pela Organização Mundial da Saúde (OMS). Conclusão: A maioria dos indivíduos estudados apresentam-se insatisfeitos com a imagem corporal que fazem de si mesmos, considerando-se distantes do objetivo estético. Indivíduos com sobrepeso estão insatisfeitos com sua imagem corporal, entretanto o fator relevante neste estudo foi perceber que indivíduos dentro do seu peso ideal também estão insatisfeitos com a sua imagem corporal, nos levando a constatar que o padrão estético é mais importante que o padrão de saúde.

PALAVRAS-CHAVE: imagem corporal; IMC; atividade física.