151 - DISTORTION OF AUTO BODY IMAGE IN ADOLESCENT BOTH SEXES OF STATE RONDÔNIA

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doi:10.16887/86.a1.151

INTRODUCTION:

The perception of body image can be defined as an illustration you have in mind about the size, image and body shape, and also the feelings related to these characteristics , as well as its constituent parts (FREITAS, 1999). Thus, it can be understood as a phenomenon of affective, cognitive , perceptual and behavioral components (COQUEIRO , 2007).

The body consciousness is also deeply rooted in history, given the ideological determinations as body models defined as "beautiful", "strong", "healthy", "unwanted". We saw how the body was and continues to be manipulated by the capitalist mode of production and as a productive body has also become consumable and consumer body. The bodies "ugly" too fat, too skinny, dirty, poor, misfits, the bodies are not conducive to the reproduction of relations of production - and so are questioned, marginalized. They do not sell, do not give profit (FREITAS, 1999). The ideal model propagated and recommended body in modern society requires for girls a lean and slender, and between boys strong, muscular body, in females this is a standard of quality, so no need to lose weight. Among men this dissatisfaction is due to the need to obtain a muscular body as preconization to media. Conti et al (2005).

This skewed pattern of beauty brings an increasing number of women who undergo diets for controlling body weight, excessive exercise and the indiscriminate use of laxatives, diuretics and anorectic drugs. These behaviors are considered as precursors of eating disorders (TCAs) - which include anorexia and bulimia nervosa and so-called non-specific eating disorders, among which highlights the recurrent binge eating disorder (BED). OLIVEIRA (2003).

LITERATURE REVIEW:

BODY IMAGE:

For Hart cited Corseuil (2009) Body image is a psychological construct that develop through thoughts, feelings and people's perceptions of their general appearance, body parts and structures and physiological functions. However, these perceptions may or may not correspond to reality.

The vast majority of teens unaware of the importance of knowing about a subject that is increasingly present in the day-to-day, and many of these teenagers exhibit early symptoms of these diseases, for example, dissatisfaction with their weight, height and making about their diagnosis. The model of beauty imposed by the corresponding current company to a lean body without content, consider aspects of health and the different physical conditions of the population.

According to Oliveira (2003) that distorted beauty carries a growing number of women who undergo diets for weight control, the excessive physical exercises and the indiscriminate use of laxatives, diuretics and anorectic drugs. These behaviors are considered eating disorders precursors (TCAs) - which include anorexia and bulimia nervosa and so-called non-specific eating disorders, among which highlights the binge eating disorder (BED).

BULIMIA NERVOSA:

Bulimia is an eating disorder that has a higher incidence from adolescence and prevalence 3-7% of the population, although it is difficult to map the actual number of people suffering from the disease, since it is surrounded by prejudices and it is difficult to the oente own confess your problem. About 90% of cases occur in women. A bulimic person, according to the ICD 10 diagnostic criteria, tend to have periods when feeds in excess, much more than most people could be fed in a certain period of time, followed by feelings of guilt (HERSCOVICI , 1997).

NERVOUS ANOREXIA:

Anorexia is an eating disorder, characterized by a rigid and insufficient diet (characterized by low body weight) and physical get stressed. Anorexia is a complex disease, involving psychological, physiological and social components. A person with anorexia is called anorexic. An anorexic person can also be bulimic. Anorexia affects primarily adolescent females and young women in the Western Hemisphere, it also affects some guys. For young adolescents of both sexes can be linked to self-image problems, dysmorphia, difficulty being accepted by the group, or in dealing with the emerging genital sexuality, especially if there is a neorótico framework (particularly the type obsessive compulsive) (HERSCOVICI, 1997).

SPORTS PSYCHOLOGY:

As state Vaneck and Cratty (1970), European comportamentistas come more than half a century paying attention to psychological athlete's system, but only after the Olympics in Melbourne in 1956, the coaches began to perceive and value the importance of evaluation and the psychological training of athletes.

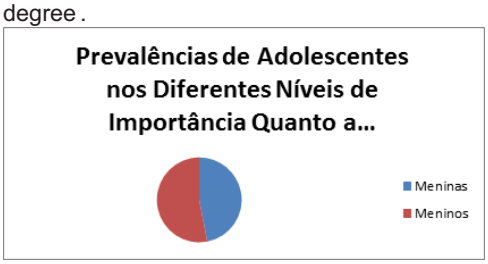
Studies cited Riera Machado (1997) reports that some of the early publications of which are known are Schulte in 1921, called Body and soul in sports: an introduction to the psychology of exercise. It is also notorious the knowledge that Griffith has published his book Psychology of training in 1926, followed by the Athletics Psychology, giving rise to the psychology lab applied to sports. However the Western world little assimilated the mentioned works, while the Soviets actively developing their research in the area.

As Singer apud Machado data (1997), until the decade of the 70 Sport Psychology has been very little studied; Lawther studies dating from 1951 are American examples of productions that later would receive considerations and international awards. With the onset of circulation newsletters, newspapers, magazines and specific books in addition to the founding companies of researchers from Sport Psychology, one realizes then a consolidation of this specialty in many countries. Despite this solidification, the Sport Psychology has a slower evolution than other psychological specialties, probably due to having begun in Physiology or Physical Education laboratories, distancing themselves from the very psychology advances, as

his science-mother. Or, because they do not have further explored the ways of interdisciplinary, as befits a specialty that should address elements of Psychology and Sports Science.

RESULTS AND DISCUSSION:

Below are willing graphs 1 and 2, the first concerning the prevalence of adolescents classified as normal and abnormal as the perception of body self-image and the latter referring to stratification at different levels of abnormality, ie distortion in severe, moderate and mild degree .



GRAPHIC 01 - (BSQ).

By analysis of Figure 1, it can see that the prevalence May as the perception of body self-image among adolescents of both sexes is related to distortion. There, more than half of the adolescents of both groups have abnormalities of this analysis. These results portray that sex is not a determining factor for identifying this disorder, that is, their presence is not something restricted to one sex, male or female.

There are previous studies that show high prevalence for this syndrome in both sexes, as observed in this study (CONTI, 2005 MELIN And Araújo, 2002). But the motivating factor for such conduct is different, that is, when it comes to the male there is a concern about the fitness and muscle tone, while that among women there is concern with the total body mass (MALIN, 2002). Therefore, the social influences that directly affect the distortion of self-image of boys and girls is different.

For Conti et al (2005), the ideal model of spread and recommended body in modern society requires for girls a slim and slender body, and between boys strong, muscular body. Reinforcing this statement, it was observed in a study of 96 young average age similar to the present study that, among boys, they wanted to be heavier and muscular and among girls, wanted to lose weight (MACCREY And SASSE, 2000). Boys and girls also suffer from social pressure and respond to these, directing their attitudes towards meeting such cultural pressures of society to which they belong, as noted between the two groups in this study.



GRAPHIC 02 - (BSQ).

The data shown in Chart 2, we highlight only teenagers who were identified as having the distorted body self-image syndrome, excluding the group normally.

Chart 2, has stratified the prevalence of adolescents in different levels of importance as the identification of distorted body self-image syndrome, being the least worrisome mild and the most serious concern for both groups. The analysis of the graph denotes that compared the prevalence of values between the groups, one can realize that the adolescent males had a higher prevalence only in mild, less worrisome. Among adolescent females, the highest prevalence was for moderate and severe degrees, the two most worrying where commonly there is a greater willingness of the young to take misconduct to control total body mass, characteristic of people with eating disorders, compromising their health.

Studies claim that the distortion of the actual image may contribute to that young women have increased vulnerability to developing eating abnormalities. According to Rodrigues et al (2001), altered and unrealistic perception generates restriction on food intake, especially those considered calorie. Through analysis of the chart 2, it can be inferred that the girls, although less prevalent for the presence of distorted self-image, when present, was more worrisome. So these are more vulnerable and predisposed to the development of unhealthy eating behaviors. This result can be partly explained by the stage of life in which these teenagers are going through, where it is common present fat mass gain, condemned by modern society that advocates the beauty ruled the skinny (SOUZA & CAMPAGNA, 2006).

A study by Conti (2009) in São Paulo with 147 subjects, 95 girls and 52 post-pubertal boys, it was found that girls express dissatisfaction degree more severe when compared with boys, as shown by this study. But it does not rule out the distortion presented by males, while light. This distortion is possible dissatisfaction with the worst body image among adolescents and young women is related to the fact that the young female population be vulnerable to dissatisfaction with body image, overestimating their total body mass, from the influence the media because they are pressured to prioritize an ideal, perfect body. (BELLONE, 2004; OLIVEIRA & PERINI 2009 Saikali et al, 2004).

The literature points out that the dissatisfaction with the self-image of women and men is related to need to conform to a body pattern imposed by the media. In females this is a standard pre-established footwear in squalid body, so no need to lose weight. Among men this dissatisfaction is due to the need to obtain a muscular body as recommended by the media. Other authors confirm that in males there is concern with the muscular fitness and body mass, whereas among women the preoccupation with weight and body mass. Further considers normal anthropometric condition for gender and age, highly stigmatized and rejected. (BELLONE, 2004; OLIVEIRA & PERINI, 2009). Therefore, these assertions can be motivating the development of distortion and possible dissatisfaction with body image among adolescents of both sexes, as found in this study.

FINAL CONSIDERATIONS:

The study found that while males had a greater prevalence of distortion of body image , this was identified in the mild , while in girls was more prevalent in moderate and severe degrees , more worrying. Therefore, the study showed that sex is not decisive for the presence of distortion of body image . However , the severity of their presence seems to be more common among female adolescents of school age. It is recommended that these teens should do regular follow-up with a specialist in psychology and professionals in the field of physical education so that these adolescents do not suffer wear emotional that might take inappropriate eating behaviors in order to meet the perfect body of standards recommended by media and modern society.

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DISTORTION OF AUTO BODY IMAGE IN ADOLESCENT BOTH SEXES OF STATE RONDÔNIA.

ABSTRACT

This study aimed to analyze the distortion of body image and their degrees of development in adolescents of both sexes of the state of Rondonia. Therefore, in the study sample consisted of 93 adolescents, 42 males and 51 females, aged between 11 and 16, all from one school to private school, the Centro Educational Sao Paulo , located the city of Ji-Paraná, Rondonia state. To obtain data regarding the presence of distortion of body self-image and their degree of development was applied to the Body Shape Questionnaire (BSQ), in its translated version and validity for Portuguesa analysis of prevalence data was performed using Excel (2000). Through data analysis, we determined that more than half of both groups, 65% of female adolescents and 74% male, a prevalence of distorted body image in varying degrees. When comparing both groups, can be seen that although males had a greater prevalence of distorted body self-image, this was identified with mild, while in girls was more prevalent in moderate to severe levels of greater concern. Therefore, the study found that sex is not decisive for the presence of distortion of body self-image. However, the severity of their presence seems to be more common among adolescent girls of school age. Recommended that preventive measures be taken in the school through the SDSS population of students, as well as psychological and a physical education professional to guide young people to practice physical activity in ahealthyway.

KEYWORDS: self-image; adolescents; distortion.

DISTORSION DE CARROSSERIE IMAGE DANS DES ADOLESCENTS DEUX SEXES DE RONDONIA .

RÉSUMÉ

Cette étude visait à analyser la distorsion de l'image corporelle et de leurs niveaux de développement des adolescents des deux sexes dans l'Etat de Rondonia. Pour ce faire, participé à l'étude d'un échantillon de 93 adolescents, 42 hommes et 51 femmes, âgés de 11 et 16, à partir d'une des écoles privées de l'école, le centre éducatif de São Paulo, situé dans la ville de Ji-Paraná, Etat de Rondônia. Pour obtenir des données sur la présence de distorsion de l'image corporelle et leur niveau de développement, nous avons appliqué de la forme du corps Questionnaire (BSQ) dans sa version traduite et la validité pour les Portugais. L'analyse de la prévalence de données a été effectuée dans le logiciel Excel (2000). Grâce à l'analyse des données, il a été constaté que plus de la moitié des deux groupes, 65% des adolescentes et 74% du sexe masculin, ont une prévalence de distorsion de l'image corporelle à des degrés divers. Lorsque l'on compare les deux groupes, on peut voir que tandis que les mâles avaient une plus grande prévalence de la distorsion de l'image corporelle, cela a été identifié dans le doux, alors que chez les filles était plus répandue dans les degrés modérés et sévères, les plus inquiétants. Par conséquent, l'étude a montré que le sexe est pas déterminante pour la présence de la distorsion de l'image corporelle. Cependant, la gravité de leur présence semble être plus fréquente chez les adolescentes d'âge scolaire. Recommande que des mesures préventives sont prises dans les écoles, grâce à la cartographie d'éduquer la population, en plus de conseils, et un professionnel de l'éducation physique pour guider les adolescents à l'activité physique d'une manière saine.

MOTS-CLÉS: l'image de soi, les adolescents, la distorsion.

DISTORSIÓN DE LA IMAGEN DEL CUERPO AUTO EN ADOLESCENTES DE AMBOS SEXOS ESTADO DE RONDONIA.

RESUMEN

Este estudio tuvo como objetivo analizar la distorsión de la imagen corporal y sus niveles de desarrollo en los adolescentes de ambos sexos en el estado de Rondonia. Para ello, participaron en el estudio de una muestra de 93 adolescentes, 42 machos y 51 hembras, 11 años de edad y 16, todos ellos de una escuela privada de la escuela, el Centro de Educación de Sao Paulo, que se encuentra en la ciudad de Ji-Paraná, el estado de Rondônia. Para obtener datos sobre la presencia de la distorsión de la imagen corporal y sus niveles de desarrollo de les aplicó el Body Shape Questionnaire (BSQ), en su versión traducida y la validez de los portugueses. El análisis de los datos de prevalencia se realizó en el software Excel (2000). A través del análisis de los datos se encontró que más de la mitad de ambos grupos, el 65% de las adolescentes y el 74% del sexo masculino, tienen distorsión prevalencia de la imagen corporal en diversos grados. Al comparar ambos grupos, se puede

ver que mientras que los hombres tenían una mayor prevalencia de la distorsión de la imagen corporal, esto fue identificado en el leve, mientras que en las niñas fue más prevalente en grados moderados y severos, más preocupantes. Por lo tanto, el estudio mostró que el sexo no es determinante para la presencia de la distorsión de la imagen corporal. Sin embargo, la gravedad de su presencia parece ser más común entre las adolescentes en edad escolar. Recomienda que se tomen medidas de prevención en las escuelas, a través del mapeo de educar a la población, además de asesoramiento, y un profesional de la educación física para guiar a los adolescentes a la actividad física de una manera saludable.

PALABRAS CLAVE: autoimagen, los adolescentes, la distorsión.

DISTORÇÃO DA AUTO-IMAGEM CORPORAL EM ADOLESCENTES DE AMBOS OS SEXOS DO ESTADO DE RONDÔNIA.

RESUMO

Este estudo teve por objetivo analisar a distorção da auto-imagem corporal e seus graus de desenvolvimento em adolescentes de ambos os sexos do estado de Rondônia. Para tanto, participaram do estudo uma amostra composta de 93 adolescentes, sendo 42 do sexo masculino e 51 do sexo feminino, com idade entre 11 e 16 anos, todos oriundos de uma escola da rede particular de ensino, o Centro Educacional São Paulo, localizado na cidade de Ji-paraná, estado de Rondônia. Para obtenção dos dados referentes à presença da distorção da auto-imagem corporal e seus graus de desenvolvimento foi aplicado o Body Shape Questionnaire (BSQ), na sua versão traduzida e validade para o português. A análise das prevalências dos dados foi realizada no programa Excel (2000). Por meio das análise dos dados foi possível constatar que mais da metade de ambos os grupos, 65% das adolescentes do sexo feminino e 74% dos sexos masculino, apresentam prevalência de distorção da auto-imagem corporal nos diferentes graus. Quando comparamos ambos os grupos, pode-se perceber que embora o sexo masculino tenha apresentado maior prevalência para distorção da auto-imagem corporal, esta foi identificada no grau leve, enquanto que nas meninas houve maior prevalência nos graus moderado e grave, mais preocupantes. Portanto, o estudo comprovou que o sexo não é determinante para a presença da distorção da auto-imagem corporal. Porém, a gravidade da sua presença parece ser mais comum entre adolescentes do sexo feminino em idade escolar. Recomenda que sejam tomadas medidas preventivas no âmbito escolar, através de mapeamento de população de educando, além do acompanhamento psicológico, e de um profissional de educação física para que orientem os adolescentes à prática de atividades físicas de forma saudável.

PALAVRAS-CHAVE: auto-imagem, adolescentes, distorção.