87 - CORRELATION BETWEEN PHYSICAL FITNESS LEVELS AND BODY IMAGE IN SWIMMING DISABLED ATHLETES

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INTRODUCTION

The purpose of this paper is to present the correlation between levels of physical fitness and body image of swimming paraatletas. The parasports is growing in Brazil in number of participants and professionals involved in the organization and training of athletes (Professionals of Physical Education, Physical therapists, nutritionist, psychologists and Managers), which are generating increased public investment, private, creating training centers and social projects. This movement has attracted the participation of new supporters of sports in order to: improve the quality of life, physical, social and emotional aspects and higher qualification in the sport, resulting in significant results in championships World, Parapan and Paralympics games.

For body image, cultural standards of beauty are also important in the body's self-perception, particularly in adolescence. These aspects influence how people relate with you, which are often imposed by society. It is known, however, that the hardships inflicted on individuals by culture, family or friends do not reach their body image in the same way. The way we think, feel and react to perceived physical attributes influence the characterization of personality (CASTILHO, 2001).

The perception of body image appears as an analysis and judgment of the individual on their size, shape and weight relative to its current proportion, can the affective dimension being conceptualized as individual feelings about the appearance of your body and how the person feel (FERNANDES, 2007).

The relationship that teenagers have with body image, enables the initial finding as regards Alves et al. (2009), which more or less satisfaction with body image is closely related to the more or less correspond to the ideals of beauty, culturally instilled. In fact, in Western culture we are daily confronted by the media, with real aesthetic models, which impose on or create a desire in the demand for a framework these standards.

According to a study released by the World Health Organization (WHO) in the world there are over 1 billion people who have a disability and have life more difficult for lack of conditions. According to the report, few countries have sought in recent years mechanisms that correspond to the needs of those living with disabilities. The barriers faced include discrimination, lack of adequate health care and rehabilitation services, and transport and buildings without accessibility (BRAZIL, 2011).

According to the 2010 Census, in Brazil there are about 45.6 million people with disabilities being considered in the investigation, visual, hearing, motor and mental. For people with multiple disabilities were computed only a deficiency, the overall quantity is 23.9% of the population. The highest percentage was found in the Northeast (26.6%), one of the highest incidences the State of Ceará (27.7%) (IBGE, 2010).

Sport can have multiple representations for an athlete from an enjoyable activity to a means of subsistence. Sports activities in its core demand that the athlete has strength, speed, endurance, skill and agility (ANDRADE; CASTRO, 2010).

This proposal promotes the improvement and development of self-esteem, socialization, autonomy stimulus, experiences and overcoming situations of success, overcoming frustration situations, development of motor and functional skills to better perform activities of daily living, prevention of secondary disabilities, promote and encourage movement, motivation for future activities, among others (MELO; LOPEZ, 2009).

Sport for people with disabilities, do not differ in their purpose and characteristics of the general sport, it just consists of made adjustments in accordance with the limitations and individual capabilities, in order to create opportunities experiments with new moves and new experiences (MAUERBERGDE; CASTRO, 2007).

The Paralympic sport is a high level of sport, practiced by people with disabilities, either congenital or acquired which identified the sport an opportunity to professional fulfillment. Usually they start to play sports just for the need for rehabilitation, social integration, recruiting and continuity in the sport (WHEELER, STEADWARD, LEGG, Hutzler, CAMPBELL EJOHNSON, 1999).

As for the factors that most influence the quality of life of Paralympic athletes in training environments and competition, stand out as the most influential, according to the biological dimension, fitness level, the quality of sleep and adequate rest breaks and recovery in training and competitions. With regard to the psychological domain, the factors perceived by athletes as the most influential are: the level of self-confidence, pleasure in training and competitions and positive feelings such as joy, satisfaction and happiness. Regarding the social field, appear to be the most influential factors, family support, the relationship with the coach, technical staff and managers, as well as communication and understanding between team members (PARREIRAS, 2008).

The adapted swimming is among the most practiced sports for People With Disabilities (PWD), and in this environment, one of the most important places where the first stimulators movements for motor rehabilitation in the use of the motor are carried out. During the rehabilitation phase, the previous experience this helped sport in developing new physical stimuli, however, adaptation in the aquatic environment is important to start learning the four swimming: butterfly, backstroke, breaststroke and crawl (Yatsuda, 2010).

The classification is made following the IPC scoring criteria, in which the conditions are evaluated and how they limit the movements performed during swimming. The smaller the more limited will be your class (CPB, 2010). The class is named with a number that determines the degree of disability, preceded by the letter S (swimming) for crawl, backstroke and butterfly athletes with physical disabilities being classified as S1 to S10, the athlete can receive different ratings for swimming chest (SB) and medley (SM) (CPI, 2011).

METHODOLOGY

The research was qualitative and quantitative nature, associated with the descriptive field research with application of a questionnaire. The locus of the investigation was the Industry Social Service - SESI, Maracanaú, Ceará. Data were collected in the aquatic park of the institution for the training of athletes. Questionnaires were completed individually in the time that preceded the training and the 12-minute test was performed in a group. The research universe consisted of 14 disabled athletes

participating in high performance swimming team. Of this total were selected to sample seven athletes who met the inclusion criteria. To collect data we used two instruments: Disorder Questionnaire Body Dysmorphic and aerobic endurance test in the water.

This study is in line with the Guidelines and Norms Regulating Research Involving Human Subjects, Resolution 466/2013 of the National Health Council (BRAZIL, 2013).

Results and Discussions

These results were obtained through a questionnaire administered to all participants, as is described in the chapter on methodology. After quantitative analysis of the questionnaires and the Cooper test we obtained the following results, table 1:

		TOTAL TRAVELLED	COOPER TEST	QUESTIONS
ATHLETE	AGE/ GENDER	DISTANCE IN YARD	AEROBIC RESISTANCE CAPACITY	DISORDER DYSMORPHIC BODY
A1	19/ F	793 yd	EXCELLENT	49P
A2	25/ M	766 yd	EXCELLENT	36P
A3	38/ F	574 yd	EXCELLENT	38P
A4	12/ F	656 yd	GOOD	19P
A5	13/ M	656 yd	STEADY	37P
A6	42/ M	465 yd	STEADY	34P
A7	41/ F	492 yd	GOOD	35P

TABLE 1: RESULTS OF QUANTITATIVE RESEARCH.

Aerobic resilience of the group split with 42% excellent, 29% good and 29% fair featuring a good cardiorespiratory fitness even though the test is not adapted for people with disabilities all reached an acceptable standard of fitness related to non-disabled people of the same gender and age. The positive influence of physical fitness can be seen in the results of the questionnaire where 100% of respondents did not show any degree of dissatisfaction with the handsome appearance.

The questionnaire Body dysmorphic disorders in their qualitative part divided into three groups:

Group 1: Physical problem: When asked about what has not liked in his appearance in their daily lives, the answers were divided into two groups with a higher incidence: aesthetic (pimples, facial physiognomy, balding and overweight) and physical (postural deviation and decreased ankle joint mobility).

Analyzing the response the researcher found that 86% of respondents did not use his disability eligible for Paralympic competitions for causing bodily disorder, although the specific deficiency of this group manages motor mobility limitations.

Group 2: Social Problems (body perception and beautification strategies): relating the appearance problem to the degree of conviction of the same responses were concentrated with 43% with good insight, that while concerned about the defect often aware of the data exaggeration him and 43% with regular insight, which admit that the concern often is unnecessary and that the appearance defect is not real. And with 4% poor insight, which shows that it is firmly convinced that the problem exists and that the concern is not meaningless.

When we mentioned the strategies used for aesthetic purposes, we achieved dominance with 57% in weight reduction through diet and exercise, 29% do not use any strategy or attempt to change the appearance problem and 14% use topical treatments for skin.

We can see that the answers concentrated in a positive way in which they recognize the problem, the more that this does not interfere with your social life and alternative to solve the appearance problem mostly relate to weight reduction for improved sports performance;

Group 3: appearance problem: considering reported appearance problem in the first question may notice through researcher's analysis and interviewee that in 100% of cases the concern is restricted to looking not being characterized as compulsions and manifestations that characterize disorder disorders (food and gender identity).

These results have shown that disabled athletes involved in competitive swimming, with experience of local and regional competitions and a training routine has a self-perception of their positive body, so its deficiency in the training environment for it becomes imperceptible, because it is able to improve their full potential, achieve their physical independence and social respect for evidence of resilience and achievements, a fact that goes beyond this environment and improves your social life.

Conclusion

Survey participants demonstrated that disability does not fall within the grounds of body dissatisfaction, but the demands of aesthetic standards and unattainable levels of beauty to the body. The correlation between the level of physical fitness of the group of athletes and body image was positive, and the performance gained with the potentiating factor practice good self esteem and increased positive self-perceived body image.

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CORRELATION BETWEEN PHYSICAL FITNESS LEVELS AND BODY IMAGE IN SWIMMING DISABLED ATHLETES

ABSTRACT

The purpose of this paper is to present the correlation between levels of physical fitness and body image of swimming paraatletas. The research was qualitative and quantitative nature, associated with the descriptive field research with application of a questionnaire. The locus of the investigation was the Industry Social Service - SESI, Maracanaú, Ceará. We had to sample seven athletes who met the inclusion criteria. To collect data we used two instruments: Disorder Questionnaire Body Dysmorphic and aerobic endurance test in the water. The results showed that the aerobic endurance capacity of the group split with 42% excellent, 29% good and 29% fair featuring a good cardiorespiratory fitness even though the test is not adapted for people with disabilities all reached an acceptable standard related fitness the non-disabled people of the same gender and age. The results

regarding the questionnaire Disorder Dismófico Body, proved that disabled athletes involved in competitive swimming, with experience of local and regional competitions and a training routine has a self-perception of their positive body, so its deficiency in the environment training for it becomes unnoticeable, because it is able to improve their full potential, achieve their physical independence and social respect for evidence of resilience and achievements, a fact that goes beyond this environment and improves your social life. Thus, we come to conclusion that the correlation between the level of physical fitness of the group of athletes and body image was positive, and the performance gained with the potentiating factor practice good self esteem and increased positive self-perceived body image.

KEYWORDS: Physical Fitness. Body image. Swimming disabled athletes.

CORRÉLATION ENTRE LES NIVEAUX DE CONDITION PHYSIQUE ET IMAGE DU CORPS EN NATATION ATHLÈTES HANDICAPÉS

RÉSUMÉ

Le but de cet article est de présenter la corrélation entre les niveaux de condition physique et l'image corporelle des paraatletas de natation. La recherche a été la nature qualitative et quantitative, associé à la recherche descriptive sur le terrain avec l'application d'un questionnaire. Le lieu de l'enquête était le Service Industrie sociale - SESI, Maracanaú, Ceará. Nous avons eu de goûter à sept athlètes qui répondaient aux critères d'inclusion. Pour recueillir des données, nous avons utilisé deux instruments: Trouble Questionnaire dysmorphiques corps et l'endurance aérobie test dans l'eau. Les résultats ont montré que la capacité d'endurance aérobie du groupe divisé avec 42% excellente, bonne 29% et 29%, avec juste une bonne forme cardiorespiratoire même si le test est pas adapté pour les personnes handicapées tous atteint une remise en forme de norme relative acceptable les personnes non handicapées du même sexe et l'âge. Les résultats concernant le trouble du questionnaire Dismófico corps, prouvé que les athlètes handicapés impliqués dans la natation de compétition, avec l'expérience des compétitions locales et régionales et une routine d'entraînement a une auto-perception de leur corps positif, donc sa déficience dans l'environnement la formation car il devient imperceptible, car il est en mesure d'améliorer leur plein potentiel, de réaliser leur indépendance physique et le respect social pour preuve de résilience et les réalisations, ce qui va au-delà de cet environnement et améliore votre vie sociale. Ainsi, nous arrivons à la conclusion que la corrélation entre le niveau de la condition physique du groupe d'athlètes et de l'image du corps a été positive, et la performance acquise avec la pratique du facteur de potentialisation bonne estime de soi et une image positive de l'autoévaluation de corps augmenté.

MOTS-CLÉS: forme physique. L'image corporelle. Piscine athlètes handicapés.

CORRELACIÓN ENTRE LOS NIVELES DE APTITUD FÍSICA DE Y LA IMAGEN CORPORAL EN LA NATACIÓN DESHABILITADO ATLETAS

RESUMEN

El propósito de este trabajo es presentar la correlación entre los niveles de la imagen corporal de natación paraatletas aptitud física y. La investigación fue la naturaleza cualitativa y cuantitativa, asociado a la investigación de campo descriptivo con aplicación de un cuestionario. El locus de la investigación fue el Servicio de Industria Social - SESI, Maracanaú, Ceará. Tuvimos que probar siete atletas que cumplieron los criterios de inclusión. Para recoger los datos se utilizaron dos instrumentos: Cuestionario de Trastorno dismórfico corporal y la prueba de resistencia aeróbica en el agua. Los resultados mostraron que la capacidad de resistencia aeróbica del grupo se dividió con un 42% excelente, 29% bueno y 29% justo que ofrece una buena capacidad cardiorrespiratoria a pesar de que la prueba no está adaptado para personas con discapacidad de todo llegó a un gimnasio norma relacionada aceptable las personas sin discapacidad del mismo sexo y edad. Los resultados en cuanto a la Trastorno cuestionario Dismófico Cuerpo, demostrado que los atletas con discapacidad que participan en la natación competitiva, con experiencia en competiciones locales y regionales y una rutina de entrenamiento tiene una auto-percepción de su cuerpo positivo, por lo que su deficiencia en el medio ambiente formación para que se convierte imperceptible, ya que es capaz de mejorar su potencial, lograr su independencia física y el respeto social para pruebas de resistencia y logros, un hecho que va más allá de este entorno y mejora su vida social. Por lo tanto, llegamos a la conclusión de que la correlación entre el nivel de aptitud física del grupo de atletas y la imagen corporal fue positiva, y el rendimiento ganamos con la práctica del factor potenciador buena autoestima y la imagen corporal autopercibida positivo aumentado.

PALABRAS CLAVE: aptitud física. Imagen Corporal. Natación atletas discapacitados.

CORRELAÇÃO ENTRE NÍVEIS DE APTIDÃO FÍSICA E IMAGEM CORPORAL EM PARATLETAS DE NATAÇÃO

RESUMO

A proposta desse artigo é apresentar a correlação entre os níveis de aptidão física e a imagem corporal de paraatletas de natação. A investigação teve natureza qualitativa e quantitativa, associada à pesquisa de campo do tipo descritiva com aplicação de um questionário. O lócus da investigação foi o Serviço Social da Indústria – SESI, Maracanaú, Ceará. Tivemos como amostra sete atletas que atenderam aos critérios de inclusão. Para a coleta de dados utilizamos dois instrumentos: Questionário de Transtorno Dismórfico Corporal e o teste de resistência aeróbia dentro da água. Os resultados apontaram que a capacidade de resistência aeróbica do grupo se dividiu com 42% excelente, 29% bom e 29% regular caracterizando uma boa capacidade cardiorrespiratória embora o teste não seja adaptado para pessoas com deficiência física todos atingiram um padrão aceitável de condicionamento físico relacionado a pessoas sem deficiência de mesmo gênero e faixa etária. Os resultados quanto ao questionário de Transtorno Dismófico Corporal, comprovaram que atletas com deficiência física envolvidas na natação competitiva, com experiência de competições locais e regionais e com uma rotina de treinamento tem uma autopercepção do seu corpo positiva, de forma que a sua deficiência no ambiente de treinamento para ele se torna imperceptível, pois nele se consegue aprimorar todas as suas potencialidades, conquistar a sua independência física e respeito social pelas provas de superação e conquistas, fato este que extrapola este ambiente e melhora o seu convívio social. Dessa forma, chegamos a conclusão que a correlação entre o nível de aptidão física do grupo de atletas e a imagem corporal foi positiva, sendo a performance adquirida com os treinos fator potencializador de boa auto estima e elevação da autopercepção positiva da imagem corporal.

PALAVRAS-CHAVE: Aptidão Física. Imagem Corporal. Paratletas de natação.